

Introduction

This thanksgiving prayer is recited with gratitude to God after recovery from illness. It is customary after recovery from a serious illness to recite the gomel tefila in the presence of a minyan. The gomel tefila can be found in most siddurs and on the Ematai website.

O great, mighty and awesome God: By Your great love I come before You to offer thanks for all the good You have bestowed on me. In my distress I called to You and You answered me; from my sick bed I cried to You, and You heard my voice and my pleas. You chastened me severely, Lord, but You did not hand me over to death. In Your love and compassion You lifted my soul from the grave. For Your anger is for a moment, Your favor for a lifetime. At night there may be weeping, but in the morning there is joy. The living, only the living, praise You as I do this day. My soul which You have redeemed shall tell of Your wonders to the children of men. Blessed are You, the faithful Healer of all flesh.

O God, compassionate and gracious, who grants favors to the undeserving: I am not worthy of all the kindness You have shown to me until now. Purify, please, my heart that I may be worthy to walk before You in the way of the upright. Extend Your help to Your servant. Grant me the strength and resolution to overcome my weakness, and bless me with physical health. Keep sorrow and grief far from me; protect me from all harm, and guide me with Your counsel. May the sun of righteousness shine for me, bringing healing in its wings. May the words of my mouth and the meditation of my heart find favor before You, O Lord, my Rock and my Redeemer. Amen.

אָנָּא הָא־ל הַגָּדוֹל הַגִּבּוֹר וְהַנוֹרָא,
בְּרַב חֶסֶדְךָ אָבוּא לְפָנֶיךָ לְהוֹדוֹת לְךָ
עַל כָּל הַטּוֹבוֹת אֲשֶׁר גָּמַלְתָּ עָלַי. מִן
הַמִּצַר קָרָאתִיךָ וַתַּעֲנֵנִי, מִעַרְשׁ דְּוֵי
שׁוּעָתִי אֵלֶיךָ, וַתִּשְׁמַע אֶת קוֹלִי תַחֲנוּנֵי.
יְסֹר יִסְרֵתֵנִי יְ-הוָה, וְלִמּוֹת לֹא נִתְתַּנֵּי.
בְּאֶהֱבֵתְךָ וּבְחַמְלַתְךָ הַעֲלִיתָ מִן שְׂאוֹל
נַפְשִׁי. כִּי רָגַע בְּאִפְךָ חַיִּים בְּרִצּוֹנְךָ, בְּעָרֵב
יָלִין בְּכִי וְלִבְקָר רָנָה. חַי חַי הוּא יוֹדֵךָ,
כְּמוֹנֵי הַיּוֹם: וְנַפְשִׁי אֲשֶׁר פָּדִיתָ, תִּסְפָּר
נִפְלְאוֹתֶיךָ לְבָנֵי אָדָם. בְּרוּךְ אַתָּה, רוֹפֵא
נַאֲמֹן לְכָל בָּשָׂר.

אֶ-ל רַחוּם וְחַנוּן, הַגּוֹמֵל לְחַיִּים טוֹבוֹת,
קִטְנֵתִי מִכָּל הַחֲסָדִים אֲשֶׁר עָשִׂיתָ עִמָּדִי
עַד הַנְּהָ. אָנָּא טַהַר לִבִּי, וְזַכְּנִי לְלֶכֶת
בְּדַרְךָ יְשָׁרִים לְפָנֶיךָ וּמִשׁוּךְ עֲזָרְךָ לְעִבְדְּךָ.
חִזְקֵנִי וְאַמְצָנִי מִרַפְיוֹן, וּבְחַלּוּץ עֲצָמוֹת
תִּבְרַכְנִי. הִרְחַק מֵעָלַי כָּל צָרָה וְתוֹגָה,
שְׁמַרְנִי מִכָּל רָע, וּבַעֲצָתְךָ תִּנְחַנֵּי. וְזָרְחָה
לִי שְׁמֶשׁ צְדָקָה, וּמִרְפָּא בְּכַנְפֶיהָ. הֲיִו
לְרִצּוֹן אֲמִרְיָי וְהִגִּיוֹן לְבִי לְפָנֶיךָ י-הוָה
צוּרִי וְגֹאֲלִי: אָמֵן.

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