



Birkat Refua (Health)

רְפְּאוּנוּ ה' וְנִרְפָּא

Heal us Hashem and we will heal

Hashem, you heal us and no-one else, and then we will really get better and the illness will not return

הוֹשִׁיעֵנו וְנוֹשָׁעָה

Save us and we will be saved

You and no-one else saves us from all diseases, and then we will have a true recovery

כִּי תִהְיֶה לְתַנּוּ אַתָּה

Because You are our praise

We only pray to You and we praise You for the health and healing You send us

וְהַעֲלֵה אֲרוּכָה וְרִפוּאָה שְׁלֵמָה
לְכָל מִכּוֹתֵינוּ

Grant complete healing to all our wounds

Send us complete recovery for both body and soul

(ספר דברים: וְהַעֲלֵה אֲרוּכָה וּמְרִפָּא לְכָל

תַּחֲלוּאֵינוּ וְלְכָל מִכְאוּבֵינוּ וְלְכָל מִכּוֹתֵינוּ)

כִּי אֵל-מֶלֶךְ רֹפֵא נֶאֱמַן וְרַחֲמָן אַתָּה

Because You, G-d the King, are a merciful, trustworthy, healer

You are a healer who is always prepared to heal with mercy

בְּרוּךְ אַתָּה ה',

רֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

Blessed are You, Hashem Who heals the ill of His people Israel

The Theme of the Bracha

In this beracha we ask Hashem that we and all Jews should be healthy. We also ask Hashem to send a full recovery to all those who are sick, because He is the Healer of the entire world and without Him there is no health or healing.

רְפְּאוּנוּ

מילים: תהלים ו
ומסדור תפילה
שר: אברהם פריד

רְפְּאוּנוּ ה' כִּי זָבַחַתִּי אֲנִי.

וְנַפְשִׁי זָבַחַתָּה נְאֻדִי;

וְאַתָּה ה' עֲד-נַתִּי.

שׁוּבָה ה' אֲשֶׁר־צָדִיק:

הַיּוֹשִׁיעֵנִי מִן־אֲוֶן לִבִּי

שֶׁבֶת יוֹאֵל מִצְעָק

וּרְפּוּאָה שְׁלֵמָה קְרוּבָה לְבִיא

Refaenu

Words: Tehillim 6 and from the Siddur

Lyrics: Avraham Fried

Heal me Hashem because
my bones are terrified

And my soul is completely scared

And You Hashem, how long?

Return Hashem

and rescue my soul,

Save me for the sake of Your kindness

One should not cry out on Shabbat

And a full recovery is soon on its way



Shirat HaLev Question

Apart from the body, what else needs healing according to this song?

Praise



Individual Requests



Birkat Refua



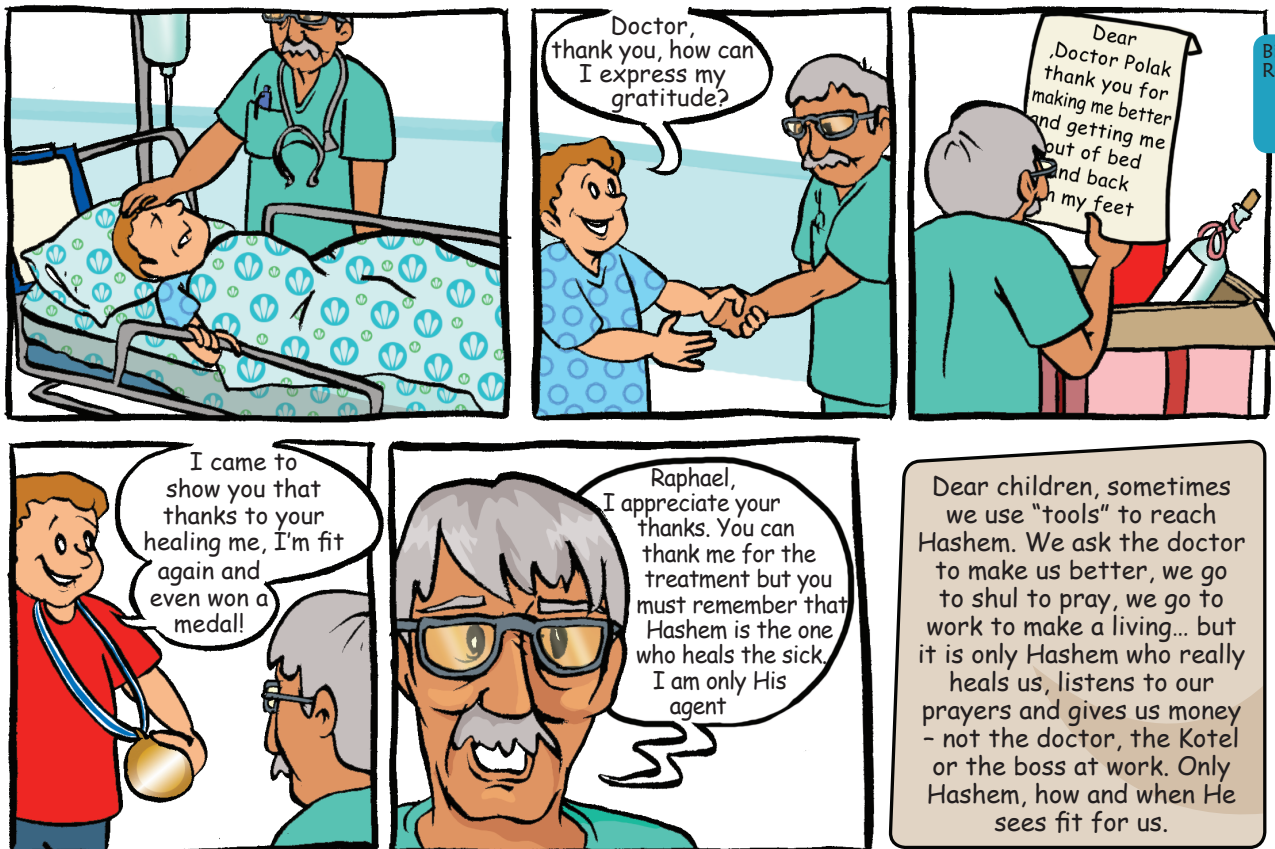
Communal Requests

Thanksgiving



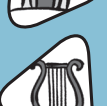
Questions

1. When was the last time you visited a sick person?
2. Why do we pray in the plural (refaeinu) and not in the singular (refaeini)?
3. Why do we need a doctor if we don't feel well?
Isn't it enough to pray to Hashem?



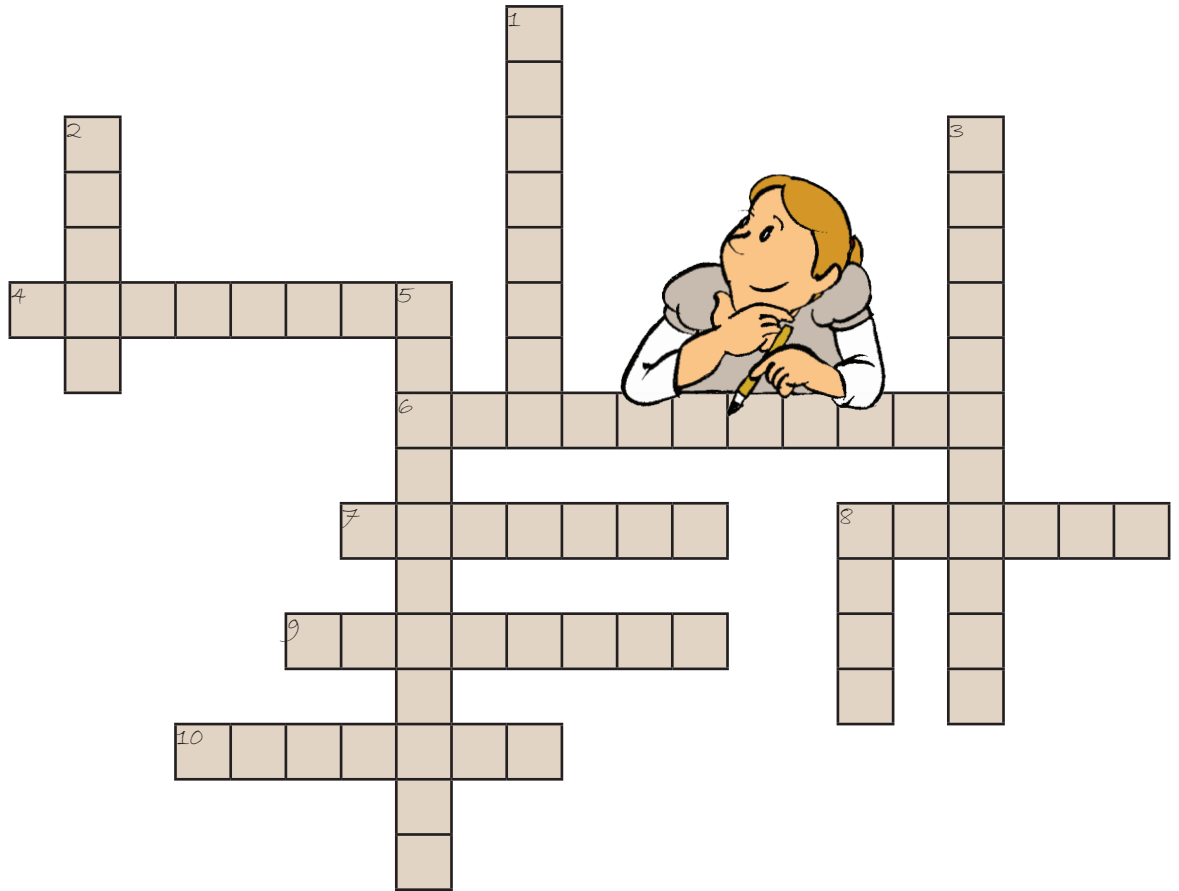
Choose one of these assignments:

1. Prepare a play based on the comic strip.
2. Do you know someone sick who you want to pray for?
Make a pretty greetings card for them.





Birkat Refua (Health)



ACROSS

- 4 When people are sick,
we say for them
in shul.
- 6 Used to listen to lungs
- 7 Opposite of sick
- 8 The ultimate healer
- 9 Physical movement to stay
healthy
- 10 Sickness

DOWN

- 1 What a doctor prescribes
- 2choleih amo Yisrael
- 3 Jewish mom's favourite
cure
- 5 We make a in shul
on shabbat for people
who are sick.
- 8 What doctors do



Question:

From where in the Torah
did the IDF Medical Corps
take its symbol?

(see Bamidbar, 21)

Praise



Individual Requests

Birkat
Refua

Communal Requests



Thanksgiving

