

**Mi Shebeirach, a Jewish prayer for the sick.**

*A healing prayer for when a loved one is suffering.*

One of the central Jewish prayers invoking God's blessing for those who are ill or recovering from illness or accidents is the Mi Shebierach.

The name is taken from its first two Hebrew words, "He Who Blessed".

Mi Shebeirach prays for physical cure as well as spiritual healing, asking for blessing, compassion, restoration, and strength, within the community as well as for all Jews, and for all humanity.

Traditionally, the Mi Shebeirach is said in synagogue after the Torah is read.

It is a resource to help confront the challenges of illness.

A personal Mi Shebeirach is generally recited for every person called to the reading of the Torah. If the person is celebrating a special occasion, such as his bar/bat mitzvah, forthcoming marriage, or the birth of a child, the prayer is worded so as to make reference to the event.

<https://www.myjewishlearning.com/article/mi-sheberakh-may-the-one-who-blessed/>