

Heal Us Now

Leon Sher

R'fa-e-nu Adonai v'ne-ra-fe
Ho-shi-e-nu v'ni-va-she-a
El ka-rov l'chol kor-av
Ach ka-rov li-re-av yish-o

Heal us, Adonai,
and we will be healed.
Save us and we will be saved.¹
God is near to all who seek God.²
Surely, help is near
for those who revere God.³

רְפָאֵנוּ, יְיָ, וְנִרְפָּא,
הוֹשִׁיעֵנוּ וְנִשְׁעָה
אֵל קָרוֹב לְכָל-קוֹרְאָיו
אֲךָ קָרוֹב לִירְאָיו יִשְׁעוּ

We pray for healing of the body.
We pray for healing of the soul.
For strength of flesh and mind and spirit.
We pray to once again be whole.

El na r'fa na
Oh, please, heal us now
R'fu-at ha-ne-fesh
u-r'fu-at ha-guf
r'fu-ah sh'le-ma
Heal us now.

Please, God, grant healing⁴
Healing of the soul,
Healing of the body,
Complete healing.⁵

אֵל נָא רְפָא נָא
Oh, please, heal us now
רְפוּאת הַנֶּפֶשׁ,
וְרְפוּאת הַגּוּף,
רְפוּאָה שְׁלֵמָה
Heal us now.

Ho-shi-a et a-me-cha
u-va-rech et na-cha-la-te-cha
Ur'em v'nas'em ad ha-olam
Mi she-be-rach a-vo-tey-nu
Mi she-be-rach i-mo-tey-nu
Ana Adonai ho-shi-a na

Save Your people
and bless Your inheritance
Care for them and exalt them
forever.⁶
You, who blessed our Fathers
You, who blessed our Mothers⁷
O, God, please help us⁸

הוֹשִׁיעָה אֶת-עַמְּךָ
וּבָרֵךְ אֶת-נַחֲלָתְךָ
וּרְעִם וְנִשְׂאִם עַד-הָעוֹלָם
מִי שֶׁבָרַךְ אֲבוֹתֵינוּ
מִי שֶׁבָרַךְ אִמּוֹתֵינוּ
אָנָּה יְהוָה הוֹשִׁיעָה נָא

We pray for healing of our people.
We pray for healing of the land.
And peace for every race and nation,
Every child, every woman, every man.

¹ From the weekday *Amidah*

² Adapted from Psalm 145:18

³ From Psalm 85:10

⁴ From Numbers 12:13

⁵ From the prayer for healing

⁶ From Psalm 28:9

⁷ Adapted from the prayer for healing

⁸ From Psalm 118:25