

## PRAYERS, RITUALS, AND STORIES FOR SUPPORT AND ENCOURAGEMENT

### Mi Sheberach (Prayer for Healing) for One Who is Struggling

**May the One who blessed our ancestors,  
Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel, and Leah,  
be with us in our struggles.**

**As you blessed Jacob three times, be with us in our struggles.**

**May our wrestling be transformative in our struggles.**

**Give us patience, courage, endurance, and insight.**

**May the sufferer be healed in spirit and in body.**

**May G-d be with us. We pray for meaning in the length of our days.**

### Mi Sheberach for Those Contemplating Suicide



**May the One who blessed our ancestors, Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel, and Leah, be with us in our struggles.**

**As you blessed Jacob three times, be with us in our struggles. May our  
wrestling be transformative in our struggles.**

**Give us patience, courage, endurance, and insight. May the sufferer be  
healed in spirit and in body.**

**May G-d be with us. We pray for meaning in the length of our days.**

## PRAYERS, RITUALS, AND STORIES FOR SUPPORT AND ENCOURAGEMENT

### Mi Sheberach for Those Struggling with Suicidal Thoughts

**May you know better days are ahead and stay with us.**

**May you know taking your own life is not the only path to healing.**

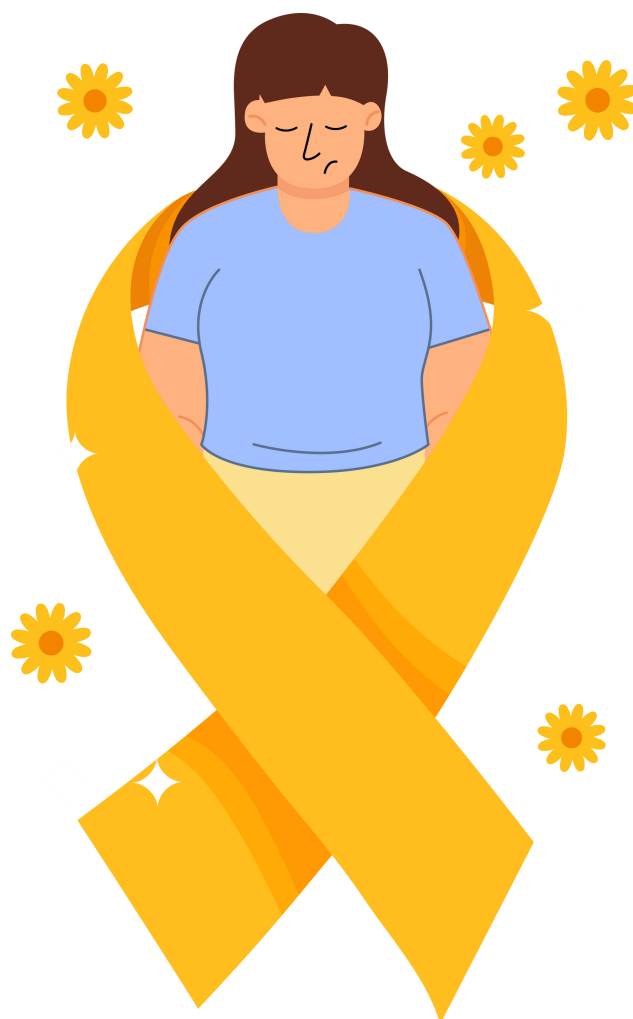
**May you never be so low you make an irreversible decision.**

**May you find courage to reach out and cry for help so you don't suffer alone.**

**May your deep pain and suffering turn to harmony and tranquility as your health improves.**

**May you live to celebrate many milestones in peace surrounded by those who love you.**

**May the prayers of all who care about you bring you healing, happiness, and blessings—refuah, simcha, and bracha.**



## PRAYERS, RITUALS, AND STORIES FOR SUPPORT AND ENCOURAGEMENT

### **Mi Sheberach for those who feel overwhelmed**

**May you feel relief from the pressures. May the decision you make be based on joy, not fear. May your interactions with others bring you happiness, as you see the holy spark inside everyone around you. May you focus less on the differences between you and others, and more on the connections that bring us all together. May you be kind to yourself, giving yourself the same chesed that you give to others.**

**- By Robin & Janine**

