



MI SHEBERACH FOR EATING DISORDERS

We believe Jewish prayers and rituals can help to strengthen our mental well-being, resilience and recovery in the same way **middot**, or Jewish values, can promote them. Faith is an important part of healing for many, and Jewish thinkers and leaders historically have brought the two together.

When someone is ill or recovering from illness or an accident, we often recite a mi sheberach to wish them a **refuah sheleimah**, or a “full recovery.” We have expanded this prayer for those who are struggling with mental health in different variations of mi sheberachs.

Mi Sheberach for Eating Disorders

By Lucie Waldman

May the One bestow compassion and acceptance for all people,

To restore their health and repair their bodies,

To heal body, mind, and soul so they can rebuild their lives and recreate their self-perception,

To allow themselves to rest ,

So that they may be strengthened and resilient to cope with life without feeling the desire to take it out on their bodies,

To gain insight into the perfect storm of what caused their eating disorder, allowing them to heal in mind, body, and soul,

May the One help them validate themselves and realize that self-worth is within them and has nothing to do with a number or a size,

So that they can live life freely and have a renewed passion for showing up as themselves,

May the One send them hope that full recovery is possible and the understanding that healing is not linear.

And provide patience with themselves and perseverance to keep going.

And let us say, Amen.

If you offer your own version of a mi sheberach prayer or another prayer for healing, and are open to sharing it as a communal resource, please email a copy to info@thebluedovefoundation.org.