

MI SHEBERACH FOR THOSE IN RECOVERY

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 Those in Recovery

God, there are those among us who struggle with addiction. We offer this special prayer for those in recovery:

- [Mi Sheberach](#), to the one who blesses: May God bless you with the courage to conquer your cravings, the strength to stay far from temptations and from people who can lead you astray.
- [Mi sheberach](#), to the one who blesses: May God hear the cry of your soul and bless you with the knowledge that you have the power to remake your life, to repair what has been destroyed, to recover what has been lost, to receive all the blessings that have been ignored.
- [Mi sheberach](#), to the one who blesses: When you fall into despair, may God bless you with hope. If you stray from the path of recovery, may God show you how to begin again. May God renew your faith in yourself. May God open your eyes to all the miracles that surround you.

Bless all those who are living in recovery. God, lead them on the path back to life, back to love and back to You. 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.