

רְפוּאָה

Prayer for Healing

The Eighth prayer of the Eighteen Benedictions (*Shemonei Esrei*) is a prayer for healing, called רְפוּאָה, *refu'ah*. The prayer is short and combines the ideas of physical healing and spiritual healing:



Heal us, Adonai, and we will be healed;

Deliver us and we will be delivered;

for You are our praise.

Grant complete healing to all our wounds

because You are the Almighty, King,

Who is a faithful and merciful Healer.

Blessed are You, Adonai,

Healer of the sick of His people Israel.

Yeshua was known for both His ability and willingness to heal the sick. Remember the story of the blind man who was healed by Yeshua? (Luke 18:35-43)

And it came about that as He was approaching Jericho, a certain blind man was sitting by the road, begging. Now hearing a multitude going by, he began to inquire what this might be. And they told him that Yeshua of Natzert was passing by. And he called out, saying, “Yeshua, ben David, have mercy on me!” And those who led the way were sternly telling him to be quiet; but he kept crying out all the more, “Ben David, have mercy on me!” And Yeshua stopped and commanded that he be brought to Him; and when he had come near, He questioned him, “What do you want Me to do for you?” And he said, “Master, I want to regain my sight!” And Yeshua said to him, “Receive your sight; your faith has made you well.” And immediately he regained his sight, and began following Him, glorifying G-d; and when all the people saw it, they gave praise to G-d.

We believe that G-d is able to heal us, and so we pray to Him, whether we're sick in our bodies, or in our souls, that He might heal us and make us whole. Whenever we are sick and we get better, it is because G-d has restored our health. The *Refu'ah* prayer, then, is always a reminder to us that our health comes from G-d.