Searching For Meaning
Or Solace In A Time
Of Illness Or Pain?

You do not need to be alone. Speak to your rabbi or spiritual advisor, or call us. The Jewish Chaplaincy Program of the Greater Miami Jewish Federation, our chaplains and our community rabbis are committed to helping you and your family. We are here to assist during times of physical illness, emotional pain or spiritual need. If you are experiencing a crisis and need a guiding hand, please contact us.

The Jewish Chaplaincy Program
of the Greater Miami Jewish Federation

WEEKDAYS: 305-576-4000
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THIS BROCHURE WAS PROVIDED BY

When we suffer, we sometimes feel as if we are traveling along a lonely, deserted road. We may feel we are trapped in narrow straits — or are standing in the depth of the valley, and all we can see are the towering mountains that seem impossible to cross. Past and future are reduced to the present, and we are confronted by our own limitations.

It is at this time, and from this place, that turning to God can help. Our Jewish tradition tells us that the Divine Presence resides with those who are ill and suffering. Just as God heard the cries of His children suffering in Egypt, God hears our voices and is with us. When we call out to God, we are empowered with a larger perspective. We realize that our own lives are part of a tapestry which is much greater and more mysterious than ourselves. In this realization we can experience the expanses that can be discovered in the midst of real challenges. We are empowered with courage, grace and dignity, knowing that we are not defined by our illness, but are ultimately creatures of the infinite God, Creator of everything that was, is and will be. We hope the prayers contained herein will help strengthen you in facing your challenge.

From The Narrow Straits I Called To God...
And God Answered Me With Expanses

Psalms 118:5

My Soul Comes From You...
My Body Is Your Handiwork...
Have Mercy Upon Your Creations...

(Selichot Liturgy)
Shema – Confession of Jewish Faith

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

You shall write them upon the posts of your house, and on your gates.

And when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be as frontlets between your eyes.

V'hayu hadevarim ha-eleh asher anochi m'odecha.

V'ahav-ta eit Adonai Elohecha, b'chol vaed.

Baruch shem k'vod malchuto l'olam Echad.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Rabbenu.

I Fear No Evil (Psalm 23)

A Psalm of David.

The Lord is my Shepherd; I shall not want.

He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

He leads me in the paths of righteousness for His Name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me — Your rod and Your staff comfort me.

You prepare a table before me — in the presence of my enemies.

You anoint my head with oil — my cup runs over. Surely goodness and loving kindness shall follow me all the days of my life; and I will dwell in the house of the Lord forever.

…and I will dwell in the house of the Lord forever.

Prayer For The Soul

My God, the soul which You have placed within me is pure. You have created it, You will one day take it from me and restore it to me in time to come. So long as my soul is within me, I make acknowledgment before You, my God and God of all generations. Blessed are You, God who restores my soul each day that I may once again awaken.

Prayer For The Body

Blessed are You, our Eternal God, Creator of the Universe, who has made our bodies in wisdom, creating openings, arteries, glands and organs marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be difficult to stand before You. Wondrous Fashioner and Sustainer of life. Source of our health and our strength, we give You thanks and praise.

A Prayer To The Ultimate Physician

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