

מי שברך

Checklist:

- Reading: read *mi shebeirach* without error
- Comprehension: Answer the questions in full, well thought out sentences
- Vocabulary: Do the root words exercises.

When you have completed the checklist, ask your teacher to test you to see if you are ready to move on to the next prayer.

Mi Shebeirach

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

May the source of strength who blessed the ones before us
Help us find the courage to make our lives a blessing and let us say, Amen

מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with

רְפוּאָה שְׁלֵמָה

The renewal of body, the renewal of spirit, and let us say, Amen

Translation of each line of Hebrew

May the one who blessed our forefathers and was the source of strength for our foremothers...

May the one who blessed our foremothers and was the source of strength for our forefathers...

A complete healing

Translation of Traditional Mi Shebeirach Prayer

May the one who blessed our ancestors, Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless and heal those who are ill (names of sick can go here). May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit and let us say, Amen.

Comprehension

מי נְשִׁירָהּ can be said for a number of different things including: someone who is called up to read Torah, a woman who has just given birth, and even for the well being of the whole community. Why do you think מי נְשִׁירָהּ for the sick has become the most widely known version of this prayer?

How do you help others when they are feeling sick? What are things others do for you to help you when you are feeling sick?

This prayer is not just for people who are physically sick, but also mentally, spiritually, and/or emotionally sick. How can you tell someone is feeling mentally, spiritually, or emotionally sick? What can you do to help that person?

בְּקוּר חוֹלִים is the Mitzvah of visiting of the sick. Why do you think visiting the sick is a Mitzvah?

Vocabulary

Match the following words to their meaning

מי	the blessing
שברך	our foremothers
אבותינו	healing
מקור	(may the one) who
הברכה	source
אמותינו	that blessed
רפואה	complete
שלמה	our forefathers