

[Prayers at This Time of Crisis](#)

Submitted by mdangel1 on Fri, 03/20/2020 - 00:00



The daily Amidah prayer includes the following blessings. Although they are recited three times each weekday, they are particularly meaningful during this critical time of the covid 19 pandemic. They are petitions to the Almighty for good health and prosperity. Here are the blessings adapted from the translation of Rabbi David de Sola Pool in the Daily-Sabbath Sephardic Prayer Book.

Heal us and we shall be healed; save us and we shall be saved, for You are our praise. Send perfect healing and restoration from all our pains, sickness and infirmities, for You are the merciful, faithful God of healing. Blessed are You, Lord, who heals the sick of Your people Israel.

Lord our God, bless for us this year with all its varied produce, for our happiness. Send dew and rain to bless the face of the whole earth. Water the surface of the earth and satisfy the whole world with Your bounty. Fill our hands with Your blessings and the rich gifts of Your hands. Preserve and deliver this year from all evil, all disaster and all chastisement, and make it a year of good hope and happy ending. Have pity and compassion on this year and all its increase and fruits. Bless the year with favorable, beneficent and generous rainfall, and may its close be with life, plenty and peace, an auspicious year which You have blessed. For You God are good and You do good, blessing the years.

Here is a translation of Psalm 121:

I lift up my eyes to the hills. Whence comes my help?

My help is from the Lord, Maker of heaven and earth.

May He not suffer your foot to slip; may He not slumber who guards you.

The Guardian of Israel neither slumbers nor sleeps.

It is the Lord who guards you; it is the Lord at your right hand who is your shelter.

The sun shall not hurt you by day, nor the moon by night.

It is the Lord who will guard you from every evil, who will guard your life.

It is the Lord who will guard your going out and coming in, henceforth and forever more.

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