



## Modern Prayer Source Sheet

Rabbi Naomi Levy

### **Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle and Celebration**

Be with me, God. I feel so lost. I can't seem to escape the dark cloud that is hanging over me today. Help me, God. Give me strength to combat despair and fear. Show me how to put my pain into perspective. Teach me to have faith in the new day that is coming. Thank you, God, for today's blessings, for tomorrow's hope, and for Your abiding love.  
Amen.

Teach me always to believe in my power to return to life, to hope, and to You, God, no matter what pains I have endured, no matter how far I have strayed from You. Give me the strength to resurrect my weary spirit. Revive me, God, so I can embrace life once more in joy, in passion, in peace.  
Amen.

When I feel tainted, God, remind me that I am holy.  
When I feel weak, teach me that I am strong.  
When I am shattered, assure me that I can heal.  
When I am weary, renew my spirit.  
When I am lost, show me that you are near.  
Amen.

May God heal you, body and soul.  
May your pain cease,  
May your strength increase,  
May your fears be released,  
May blessings, love and joy surround you.  
Amen.



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Alden Solovy

### **Memorial Prayer for First Responders**

G-d of the selfless,  
G-d of the strong and the brave,  
Grant a perfect rest among the souls of the righteous  
To those who died in service to others during the

\_\_\_\_\_ [ add name of event such  
as: the 9/11 attacks, the Mount Carmel fire, the Yarnell fire, etc.].

May their dedication to protecting life serve as a shining lamp of love  
And the works of their hands bring us all merit in heaven.  
Bless the souls of all who have died to save others,  
Civilians and professionals,  
The trained and the untrained,  
In every age and in every land,  
Men and women who answered the call of honor, duty and service.  
May their memories be sanctified with joy and love.  
May their souls be bound up in the bond of life,  
A living blessing in our midst.

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### **HEAR ISRAEL MY GOD**

Lyrics (in translation) of the Hebrew song Sh'ma Yisrael, by Sarit Hadad (A video of the song is available here: <https://www.youtube.com/watch?v=TUzEfu9pTWA>)

When the heart cries only God hears  
the pain rises out of the soul  
a man falls down before he sinks down  
with a little prayer (he) cuts the silence

Hear Israel my God, you're the omnipotent  
you gave me my life, you gave me everything  
in my eyes a tear, the heart cries quietly  
and when the heart is quiet, the soul screams  
Hear Israel my God, now I am alone  
strengthen me my God; make it that I won't fear  
the pain is big, and there's no where to run away  
make it end, for no more strength is left within me

When the heart cries, time stands still  
all of a sudden, the man sees his entire life  
he doesn't want to go to the unknown  
he cries to his God right before a big fall.

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