

# REFUAH SHLAIMA INITIATIVE



**AN EASY & THOUGHTFUL  
KIRUV OPPORTUNITY**

לזכות רפואה שלמה לחולה דבורה חיינא בת אליוטא

## *Reaching Out in Times of Illness*

**When individuals or their loved ones are ill, they typically feel the need to reach out to G-d, no matter how unaffiliated they might be. This is a time when you, as their religious friend or acquaintance, can be a great source of comfort to them.**

First, ask if you can pray for the sick person. Ask for the Hebrew name of the patient and the patient's mother, and tell them that you will have a special prayer said on behalf of the sick person in Shul. Usually, they will be touched and appreciative.

If they do appreciate the gesture, you can then explain that it's even better if, in addition to your prayers, they pray on their own. Tell them that prayers need not be said only in Hebrew and that when a person prays in his own words, he is fulfilling the command of the Torah to pray. This is, in fact, the essence of prayer - that we express our needs to G-d and show that we realize that He is ultimately in charge, and is the source of all comfort and healing.

Offer them the attached card, which includes a brief explanation of the power of prayer over illness and a transliterated Prayer for the Sick. Say it with them, if that will make them more comfortable.

It might also be a nice touch to say that you will pray at candle lighting time (especially for women). You might suggest that they do the same, and perhaps light Shabbos candles for the benefit of the patient, which is also an opportunity to connect them to Shabbos.

**In the merit of your prayers and Kiruv efforts, may the Almighty grant good health to all of Klal Yisrael, and reward you with success in all your endeavors.**