WHAT TO PRAY: PERSONAL REQUESTS

WHAT TO PRAY: PERSONAL REQUESTS: AMIDA

Where To Add Personal Requests in Amida

You may add personal requests to the *amida* on weekdays (not *Shabbat* or *Jewish festivals*) in these prayers:

- For livelihood:
    - In the *amida's* 9th paragraph (*bareich aleinu)*, between *mi'tuvecha* and *u'vareich shnateinu*.
- For a general request:
    - In the *amida's* 16th paragraph (*shema koleinu*), before *ki ata shomei'a.*
    - Even better, just before saying *yihiyu l'ratzon*.

WHAT TO PRAY: PRAYING FOR SICK PERSON

Yehi Ratzon of Refa'einu for a Sick Person

To pray for a sick person, say the *yehi ratzon* inserted into the *refa'einu* (8th*)* paragraph of the *amida* on weekdays (but not on *Shabbat* or *Jewish festivals*) either:

- When saying the *amida* (add your request after "*makoteinu*"), or
- After reciting *Tehilim* (*Psalms*) for the sick person (see Concluding *Tehilim* with Yehi Ratzon of Refa'einu).

Praying for a Very Sick Person

When you have been praying for a sick person who might have died: assume he or she is still alive until you know otherwise.

Praying for a Sick Non-Jew

You may pray for a sick non-Jew to be healed.

NOTE Use his or her normal (first and last) names in any language he or she uses. It is customary to use the sick person's mother's name.

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