

# רפואה שלמה

## Complete Healing

### Mystical Messianic Jewish Prayers for Healing Through Yeshua

"He Himself took our infirmities and bore our sicknesses." — Matthew 8:17

"By His stripes we are healed." — Isaiah 53:5

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#### Introduction: The Divine Physician

Sacred are these prayers that invoke the healing power of Yeshua the Messiah, who walked among us healing every disease and affliction. As the prophets foretold, He carried our pains and by His wounds we are made whole. These prayers draw upon the ancient wellsprings of Jewish mystical tradition, now fulfilled and magnified through the redemptive work of our Master.

In the tradition of our people, healing has always been understood as encompassing the entire person—body (גוף/guf), mind (שכל/sechel), and soul (נשמה/neshamah). Complete healing (רפואה שלמה/refuah shlemah) must address all dimensions of human existence. These prayers are arranged to bring the Messiah's healing power to each of these realms, recognizing that in Yeshua, the Divine Presence has tangibly reached into our broken world to restore what has been damaged.

Approach these prayers with reverence, faith, and expectation. As our Master said to many He healed: "Your faith has made you well."

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#### Preparatory Kavanah (Sacred Intention)

##### Creating Sacred Space

Before engaging in these healing prayers, prepare a quiet space dedicated to this holy purpose. If possible:

- Light a candle representing the light of Messiah
- Have a cup of fresh water symbolizing the living waters
- Place a small amount of oil in a vessel for anointing
- If available, add healing herbs such as hyssop, myrrh, or olive leaves

Sit or kneel in a position of receptivity. Take three deep breaths, releasing all distractions. Then declare this intention:

## כוונה לרפואה / Kavanah L'Refuah (Intention for Healing)

"I enter into this sacred time with full intention to receive the healing power of Yeshua the Messiah. I open myself—body, mind, and soul—to the restoration that flows from His wounds. As He touched the leper, opened blind eyes, and raised the dead, so may His healing touch reach me now through these ancient prayers and mystical meditations."

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## I. Prayers for Physical Healing (רפואת הגוף)

### The Divine Name of Healing

*Stand with palms upward in a position of receiving. Speak the divine name of healing slowly, allowing each syllable to resonate through your body:*

#### רופא כל בשר / Rofeh Kol Basar (Healer of All Flesh)

"Yeshua HaRofeh, Divine Physician,

Your name itself carries healing power.

When the hemorrhaging woman touched Your tzitzit,

Power flowed from You and she was instantly healed.

I speak Your healing name over every cell, tissue, and organ in my body.

From the crown of my head to the soles of my feet,

May Your name penetrate where medicine cannot reach."

### The Mystical Prayer of the Stripes

*Touch any areas of physical pain or illness in your body. For each area, trace the shape of the Hebrew letter n (Chet), the first letter of Chaim (life), while reciting:*

#### בחבורתו נרפא לנו / B'Chavurato Nirpah Lanu (By His Stripes We Are Healed)

"Master Yeshua, I contemplate the holy mystery of Your scourging.

Each wound You bore connects to my wounds.

Each stripe You endured channels healing to my afflictions.

I receive the paradoxical truth: by Your wounds, my wounds are healed.

By Your pain, my pain subsides.

By Your suffering, my suffering is transformed.

As Isaiah prophesied and as Peter confirmed,

By Your stripes we are healed.

I claim this healing for my body now,

Drawing life from Your sacrifice,

Wellness from Your wounds,

Strength from Your suffering."

## The Water and Blood Meditation

*Take the cup of water in your hands. Look deeply into it as you meditate on these words:*

**מים ודם** / *Mayim v'Dam* (Water and Blood)

"From Your pierced side flowed water and blood,  
Twin streams of healing and purification.  
The blood—atonement, reconciliation, cleansing.  
The water—renewal, refreshing, restoration.  
I visualize these holy streams flowing through my bloodstream,  
Coursing through every vessel, capillary, and vein.  
Where there is infection, let Your blood purify.  
Where there is inflammation, let Your water cool.  
Where there is degeneration, let Your life regenerate.  
Where there is pain, let Your peace flow.  
As You healed the lame man at Bethesda's pool,  
Heal me through these mystical waters of Your sacrifice."

*Drink a small sip of the water, receiving it as if it were infused with divine healing properties.*

## The Breath of Life Restoration

*Place one hand on your chest and one hand on your abdomen. Feel your breathing as you recite:*

**נשמת חיים** / *Nishmat Chaim* (Breath of Life)

"When You formed Adam, You breathed into his nostrils the breath of life.  
When You resurrected, You breathed on Your disciples, saying 'Receive the Holy Spirit.'  
Your breath is creation, renewal, and empowerment.  
I inhale Your divine breath, filling my lungs with life.  
I imagine Your breath reaching every cell that needs oxygen.  
I feel Your breath strengthening every weakened tissue.  
I sense Your breath harmonizing every bodily function.  
As You commanded Lazarus to come forth from death,  
Command my body now to rise into fullness of health.  
Breathe Your resurrection power into my physical frame."

## The Oil of Anointing

*If you have prepared oil, place a small amount on your fingertip and anoint your forehead while praying:*

**שמן המשחה** / *Shemen HaMishcha* (Oil of Anointing)

"As Your disciples anointed the sick with oil and they recovered,  
As the Good Samaritan poured oil and wine into wounds for healing,  
So I receive this symbolic anointing as a channel of Your healing power.  
This oil represents Your Spirit's soothing presence,  
Penetrating below the surface to places of hidden pain,  
Bringing suppleness where there is rigidity,  
Bringing warmth where there is coldness,  
Bringing flexibility where there is stiffness,  
Bringing comfort where there is distress.  
Messiah, whose very title means 'Anointed One,'  
Let Your anointing flow through me now,  
Bringing complete physical restoration."

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## II. Prayers for Mental Healing (רפואת השכל)

### Renewal of the Mind

*Place your hands on your temples and recite:*

**חידוש השכל** / *Chidush HaSechel* (Renewal of the Mind)

"Divine Master, You whose wisdom created the universe,  
Whose understanding is beyond searching out,  
Whose knowledge encompasses all things visible and invisible,  
I bring to You my mind with all its thoughts and patterns.  
Where anxiety has created pathways of fear, establish peace.  
Where depression has darkened my thinking, shine Your light.  
Where confusion has tangled my thoughts, bring order.  
Where trauma has fragmented my memory, restore wholeness.  
Where negative patterns cycle endlessly, create new pathways.  
You who taught with authority unlike any other,  
Teach my mind to function as You designed it.  
You who perceived the thoughts of all around You,  
Perceive the hidden places where my thinking needs healing.  
I receive the mind of Messiah,  
Thoughts of peace and not of evil,  
Clarity instead of confusion,  
Light dispelling all darkness."

### Liberation from Mental Bondage

*Make a gesture as if removing chains from your head while praying:*

**שחרור ממסרים מזיקים / Shichrur MiMesarim Mazikim** (Release from Harmful Messages)

"Yeshua, Liberator of captives, Freedom-bringer to the oppressed,  
I bring to You the prison of harmful thoughts that have bound me.  
The critical voice that says I am not enough—silence it now.  
The fearful voice that predicts only catastrophe—still it now.  
The shameful voice that condemns without mercy—quiet it now.  
The despairing voice that sees no hope—hush it now.  
As You drove out the legion from the tormented man,  
Drive from my consciousness these tormenting thoughts.  
As You broke the power of demons with a word,  
Break the power of these mental strongholds now.  
I claim the truth that sets me free:  
Whom the Son sets free is free indeed.  
My mind is liberated by Your truth,  
My thoughts are captured by Your love,  
My mental landscape is transformed by Your Word."

**Divine Perspective Meditation**

*Close your eyes and visualize yourself seated with Messiah in heavenly places as you pray:*

**ראייה אלוהית / Re'iyah Elohit** (Divine Perspective)

"Master who taught us to see with eyes of faith,  
I rise above my circumstances to see from Your perspective.  
From this heavenly vantage point, my problems appear different.  
My challenges look smaller against the vastness of Your power.  
My timeline expands to include Your eternal purposes.  
Grant me the divine perspective that:  
Sees opportunity in difficulty,  
Perceives meaning in suffering,  
Recognizes purpose in pain,  
Discerns the redemptive thread running through all circumstances.  
As You looked at the cross and saw beyond it to joy,  
Help me see beyond my present struggles to future glory.  
As You viewed the multitude with compassion rather than burden,  
Help me view others and myself through Your eyes of love."

I receive the mind of Messiah,  
Looking not at what is seen but what is unseen,  
Focusing not on the temporary but the eternal,  
Perceiving not just what is but what shall be."

## Wisdom for Decisions

*Extend your hands palms upward, as if weighing options, while praying:*

**חכמה לבחירות** / *Chochmah L'Bechirot* (Wisdom for Choices)

"Yeshua, in whom are hidden all treasures of wisdom and knowledge,  
I seek Your guidance for decisions I must make.  
Clear away the mental fog that obscures the right path.  
Silence the competing voices that create confusion.  
Like the bright star that guided the wise men to Your presence,  
Let Your wisdom guide me to right choices.  
Like the pillar of fire that led Israel through darkness,  
Let Your light illuminate my decision path.  
I reject the wisdom of this world that leads to destruction.  
I embrace the wisdom from above that is:  
Pure, peaceable, gentle, willing to yield,  
Full of mercy and good fruits,  
Without partiality and without hypocrisy.  
Grant me divine insight that sees beyond appearances,  
Heavenly perception that discerns true motives,  
Spirit-led intuition that recognizes Your timing,  
Christ-centered wisdom that aligns with Your purposes."

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## III. Prayers for Soul Healing (רפואת הנשמה)

### The Healing of Identity

*Place your hand over your heart and pray:*

**רפואת הזהות** / *Refuat HaZehut* (Healing of Identity)

"Messiah Yeshua, who knows me by name,  
Who formed my inward parts and wrote my days in Your book,  
I bring to You the wounds of my deepest identity.  
Where rejection has told me I am unwanted, declare I am chosen.  
Where abandonment has told me I am alone, affirm I am beloved.

Where abuse has told me I am worthless, pronounce I am treasured.  
Where shame has told me I am defiled, proclaim I am purified.  
Where failure has told me I am inadequate, announce I am complete in You.  
As You called Lazarus by name from the grave,  
Call forth my true self from the tomb of false identity.  
As You restored Peter after his denial,  
Restore me to my true purpose and calling.  
I receive my new name written on the white stone,  
I claim my position as child of the King,  
I embrace my identity hidden with Messiah in God,  
I accept my worth established by Your sacrifice."

## **Mystical Integration of Inner Fragments**

*Move your hands slowly together from apart to joined, symbolizing integration, while praying:*

**איחוד הפיצול הפנימי / Ichud HaPitzul HaPnimi** (Unification of Inner Fragmentation)

"Divine Healer who makes all things whole,  
I bring to You the fragmented parts of my soul.  
The young child still wounded from early pain,  
The adolescent confused and searching,  
The adult carrying burdens too heavy to bear,  
The true self hidden beneath layers of protection.  
As You put the demon-possessed man in his right mind,  
Clothed and seated at Your feet,  
Restore me to wholeness, integration, and peace.  
Let all parts of me come into alignment with Your design.  
I release the separated fragments of myself into Your hands.  
I surrender the broken pieces for Your restoration.  
I entrust the wounded aspects to Your gentle healing.  
Let Your light illuminate every corner of my being.  
Let Your love penetrate every hidden recess.  
Let Your truth dissolve every false construct.  
I receive Your shalom—nothing missing, nothing broken,  
Complete wholeness in every dimension of my being."

## **Healing of Emotional Wounds**

*For each emotion mentioned, place your hand on your heart and breathe deeply:*

**רפואת רגשות פצועים / Refuat Regashot Petzu'im** (Healing of Wounded Emotions)

"Yeshua, Man of Sorrows, acquainted with grief,  
Who wept at Lazarus' tomb and over Jerusalem,  
Who felt compassion for the multitudes,  
Who experienced every human emotion in perfect balance,  
I bring to You my emotional wounds for healing.  
My grief that has no words—You understand its language.  
My anger that burns destructively—You redirect its energy.  
My fear that paralyzes—You transform it into faith.  
My shame that hides—You cover with honor.  
My sorrow that overwhelms—You collect each tear.  
As You restored the woman caught in adultery from shame to dignity,  
Restore my emotions from chaos to divine order.  
As You calmed the raging sea with a word,  
Speak peace to the storm of my feelings.  
I receive Your perfect love that casts out fear.  
I embrace Your joy that becomes my strength.  
I accept Your peace that surpasses understanding.  
I welcome Your gentleness that heals my harshness.  
Where emotions have been frozen, let them safely thaw.  
Where feelings have been exaggerated, let them find proper proportion.  
Where affections have been misplaced, let them be rightly ordered.  
I claim the promise that You give:  
Beauty for ashes,  
The oil of joy for mourning,  
The garment of praise for the spirit of heaviness."

**Restoration of Divine Connection**

*Raise your hands upward as if establishing a connection between heaven and earth:*

**חידוש הקשר האלוהי / Chidush HaKeshet HaElohi** (Renewal of Divine Connection)

"Messiah, our Mediator and Great High Priest,  
Through whom we have access to the Father,  
I seek healing of my connection with the Divine.  
Where doubt has created distance, establish certainty.  
Where disappointment has caused withdrawal, restore trust.  
Where misunderstanding has built barriers, bring clear perception.  
Where religious wounds have distorted Your image, reveal true character."



As You tore the Temple veil from top to bottom,  
Remove every obstacle between my soul and Your presence.  
As You promised to never leave or forsake Your own,  
Restore my awareness of Your constant companionship.  
I release the false images of You I have constructed.  
I surrender the expectations I have wrongly imposed.  
I abandon the formulas that replaced relationship.  
I receive the spirit of adoption by which I cry, 'Abba, Father.'  
I claim the intimacy You desire with Your beloved.  
I embrace the fellowship of the Spirit without barrier or hindrance.  
From this day forward, I walk in unbroken communion,  
In the reality that nothing separates me from Your love."

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## IV. Complete Integration: Body, Mind & Soul

### The Unification Prayer

*Stand with arms outstretched in the form of the ancient orans prayer posture:*

**תפילת האחדות** / *Tefilat HaAchdut* (Prayer of Unification)

"Messiah Yeshua, perfect embodiment of harmony between heaven and earth,  
Divine and human, spirit and matter, united without confusion,  
I come seeking Your complete healing that integrates all aspects of my being.  
My body—the temple where Your Spirit dwells,  
My mind—the faculty that comprehends Your truth,  
My soul—the essence that bears Your image,  
All united in perfect harmony as You intended.  
As You prayed that we might be one as You and the Father are one,  
Bring oneness within my fragmented self.  
As You hold all things together by Your power,  
Hold together the dimensions of my being in perfect balance.  
Where disease in body has affected mind and soul, bring alignment.  
Where disturbance in mind has influenced body and soul, bring clarity.  
Where wounding in soul has impacted body and mind, bring healing.  
I receive Your comprehensive restoration,  
Your holistic redemption that excludes no part of me.  
Your complete salvation—spirit, soul, and body preserved blameless.  
I am wholly Yours and wholly healed,  
Every facet of my being resonating with Your wholeness,

Every dimension reflecting Your perfection,  
Every aspect vibrating with Your life."

## Receiving the Healing

*Kneel with cupped hands extended to symbolize receiving, then place hands over heart:*

**קבלת הרפואה** / *Kabbalat HaRefuah* (Receiving the Healing)

"Divine Physician, I now receive the healing You freely give.  
With faith like the centurion who needed only Your word,  
With trust like the woman who reached for Your garment's hem,  
With confidence like Bartimaeus who threw aside his cloak,  
I appropriate the healing virtue that flows from You.  
I take hold of the promise that by Your stripes I am healed.  
I embrace the reality that You carried my sicknesses.  
I claim the truth that You bore my pains.  
As surely as the lame walked at Your command,  
As certainly as the blind saw at Your touch,  
As truly as the dead rose at Your word,  
So surely, certainly and truly do I receive healing now.  
With gratitude I acknowledge what You have done.  
With faith I declare it is finished.  
With joy I receive the manifestation in my body, mind, and soul.  
It is accomplished according to Your Word.  
It is fulfilled according to Your promise.  
It is completed according to Your will.  
Refuah Shlemah—Complete Healing—is mine through Yeshua the Messiah."

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## V. Closing Prayers and Commitments

### Declaration of Healing Purpose

*Stand and speak with conviction:*

**הצהרת מטרת הרפואה** / *Hatzarat Matarat HaRefuah* (Declaration of Healing's Purpose)

"Messiah Yeshua, I recognize that healing comes not just for my benefit,  
But for Your glory and the advancement of Your Kingdom.  
Like the healed demoniac who proclaimed Your works,  
Like the cleansed leper who returned to give thanks,

Like the restored Lazarus who sat at table with You,  
I commit to testify of Your healing power.  
The health You restore to my body—I dedicate to serving others.  
The clarity You bring to my mind—I consecrate to understanding Your truth.  
The wholeness You grant to my soul—I devote to deeper intimacy with You.  
As You healed not to draw attention to Yourself but to reveal the Father,  
So I receive healing not for my comfort alone but for Your greater purpose.  
Let my restored life be a living testimony,  
A walking witness to Your compassion and power.  
May others see in my healing the evidence of Your presence,  
The testimony of Your faithfulness,  
The manifestation of Your Kingdom come."

## The Closing Blessing

*Touch your fingers to your lips, then to your heart, sealing these prayers within:*

**ברכת חתימה** / *Birkat Chatimah* (Sealing Blessing)

"The Lord bless you and keep you;  
The Lord make His face shine upon you,  
And be gracious to you;  
The Lord lift up His countenance upon you,  
And give you peace.  
May the healing power of Yeshua the Messiah,  
The compassionate love of the Father,  
And the restoring presence of the Ruach HaKodesh,  
Remain with you now and always.  
Amen and Amen."

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## Additional Guidance

### For Maximum Benefit

These mystical healing prayers are most effective when:

- Prayed with genuine faith and expectation
- Spoken aloud rather than only read silently
- Used regularly as part of ongoing spiritual practice
- Combined with appropriate medical care (Messiah often heals through physicians)

- Shared with others who can agree in prayer
- Followed by restful meditation to receive what has been prayed

## **Personalization**

While these prayers are powerful as written, feel free to:

- Insert your specific condition or need where appropriate
- Add relevant scriptures that speak to your situation
- Include the names of others needing healing
- Adapt the Hebrew phrases to your comfort level
- Extend time in sections that particularly resonate with you

## **Mysterious Ways of Healing**

Remember that divine healing sometimes comes:

- Instantaneously and dramatically
- Gradually and progressively
- Through medical intervention and natural means
- Through emotional and spiritual transformation that affects the physical
- In forms different than expected but ultimately for greater good
- As preparation for joining the Messiah in perfect wholeness

Whatever the timing or method, trust the heart of the Healer more than the specific manifestation of healing.

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*"I am the Lord who heals you." — Exodus 15:26*

*These sacred healing prayers combine ancient Jewish mystical tradition with the redemptive power of Yeshua the Messiah. May they be a channel of divine healing to all who pray them with sincere hearts.*