

Prayer of thanksgiving after giving birth



The US

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Prayer of Thanksgiving for Women After Recovery from Childbirth

On entering the synagogue, say:

AS for me, by Your great love, I will come into Your house. I will bow down toward Your holy Temple in awe of You.

Psalm 116

I love the LORD, for He hears my voice, my pleas; for He turns His ear to me whenever I call. The bonds of death encompassed me; the anguish of the grave came upon me; I was overcome by trouble and sorrow. Then I called on the name of the LORD: "LORD, I pray, save my life." Gracious is the LORD and righteous; our God is full of compassion. The LORD protects the simple-hearted; when I was brought low, He saved me. My soul, be at peace once more, for the LORD has been good to you. For You have rescued me from death, my eyes from weeping, my feet from stumbling. I shall walk in the presence of the LORD in the land of the living.

HOW can I repay the LORD for all His goodness to me? I will lift up the cup of salvation and call on the name of the LORD. To You I shall bring a thanks-offering and call on the LORD by name. I will fulfil my vows to the LORD in the presence of all His people, in the courts of the house of the LORD, in your midst, O Jerusalem. Halleluyah.

The following blessing is then said:

Blessed are You, LORD our God, King of the Universe, who bestows good things on the unworthy, who has bestowed on me much good.

Those present respond:

May He who bestowed much good on you, continue to bestow on you much good. Selah.

O great, mighty and revered God. By Your great love I now come into Your house, to offer You a thanksgiving-offering for all the good You have bestowed on me. Travail beset me, pains seized me. In my distress I cried to You, and from Your habitation You heard my voice and helped me. You healed all my sickness, and crowned me with kindness and compassion. Until now Your mercy has helped me. I pray to You, God, never forsake me. Bestow Your blessing upon Your handmaid. Strengthen and support me together with my husband, that we may raise the child that has been born to us, to revere You and serve You in truth, and to walk in the path of righteousness. Protect our tender child in all his/her ways. Favour him/her with knowledge, understanding and discernment, and let his/her portion be in Your Torah, so that he/she may sanctify Your great name, and become a comfort to us as grow old. As

סדר תפלה ליולדת

On entering the synagogue, say:

ואני ברב חסדך אבוא ביתך, אשתחוה אליהיכל קדשך ביראתך.

תהלים קטז

אהבתי, כיישמע יהוה, את־קולי תחנוני. כִּי־הָטָה אָזְנוֹ לִי, וּבִימֵי אַקְרָא. אֶפְפוּנֵי חֲבַל־יָמוֹת, וּמִצָּרֵי שְׂאוּל מִצְאוּנִי, צָרָה וַיְגוֹן אֲמַצָּא. וּבִשְׁמ־יְהוָה אַקְרָא, אָנָּה יְהוָה מִלְטָה נִפְשִׁי. חֲנוּן יְהוָה וְצַדִּיק, וְאֱלֹהֵינוּ מְרַחֵם. שֹׁמֵר פְּתָאִים יְהוָה, דָּלְתִי וְלִי יְהוֹשִׁיעַ. שׁוּבֵי נִפְשֵׁי לְמִנוּחֵיכִי, כִּי יְהוָה גָּמַל עָלַיכִי. כִּי חִלַּצְתָּ נִפְשִׁי מִמָּוֶת, אֶת־עֵינַי מִן־דְּמָעָה, אֶת־רַגְלִי מִדָּחִי. אֶתְהַלֵּךְ לִפְנֵי יְהוָה, בְּאַרְצוֹת הַחַיִּים. הֵאֲמַנְתִּי כִּי אֲדַבֵּר, אֲנִי עֲנִיתִי מְאֹד. אֲנִי אֲמַרְתִּי בַחֲפָזִי, כָּל־הָאָדָם כֹּזֵב.

מִה־אָשִׁיב לַיהוָה כָּל־תְּגֻמוֹלוֹהִי עָלַי. לֶךְ־אֲזַבַּח זֶבַח תּוֹדָה וּבִשְׁמ יְהוָה אַקְרָא. נִדְרֵי לַיהוָה אֲשַׁלֵּם נִגְדָה־נָּא לְכָל־עַמּוֹ. בַּחֲצֹרוֹת בֵּית יְהוָה בְּתוֹכְכִי יְרוֹשָׁלַיִם. הַלְלוּיָהּ.

The following blessing is then said:

ברוך אתה יהוה אלהינו מלך העולם, הגומל לחיבים טובות, שגמלני כל־טוב.

Those present respond:

אמן. מי שגמלך כל־טוב, הוא יגמלך כל־טוב, סלה.

אָנָּה הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא, בְּרַב חֶסֶדְךָ אֲבוּא בֵּיתְךָ לְזִבּוּחַ לֶךְ זֶבַח תּוֹדָה עַל־כָּל־הַטּוֹבוֹת אֲשֶׁר גָּמַלְתָּ עָלַי. אֶפְפוּנֵי חֲבָלִים וְצִרִים אֲחַזּוּנִי, בְּצָר־לִי קָרָאתִי אֵלֶיךָ וַתִּשְׁמַע מִהֵיכַלְךָ קוֹלִי וְהֵייתָ בְּעֶזְרִי, רַפְּאת לְכָל־תַּחֲלוּאֵי עֲטָרְתָנִי חֶסֶד וְרַחֲמִים. עַד־הִנֵּה עֲזָרוּנִי רַחֲמֶיךָ, אָנָּה אֱלֹהֵי־תִשְׁשָׁנִי לְנִצָּח, הוֹאֵל אֱלוֹהֵי וּבְרַךְ אֶת־אֲמַתְךָ, חֲזַקְנִי וְאֲמַצְנִי אוֹתִי וְאֶת־בְּעָלִי וּנְגַדְל אֶת־הַיֶּלֶד אֲשֶׁר יֵלֵד לָנוּ, לִירְאָתְךָ וּלְעִבְדְּךָ בְּאֵמֶת, וּלְלַכֵּת אֶרֶח מִיִּשְׂרָאֵל. שְׁמוֹר אֶת־הַיֶּלֶד הַרַךְ בְּכָל־דַּרְכָּיו, חַנּוּן דַּעַה בִּינָה וְהַשְׂכֵּל, וְתֵן חֵלְקוֹ

for me, may my prayer come to You, LORD, at a time of favour. O God, in Your great love, answer me with Your faithful salvation.

If a baby is brought to the synagogue, the Rabbi says the following blessings over him/her:

May the LORD bless you and protect you. May the LORD make His face shine on you and be gracious to you. May the LORD turn His face toward you and grant you peace.

בְּתוֹרַתְךָ, וַיְקַדֵּשׁ אֶת שְׁמֶךָ הַגָּדוֹל, וְהָיָה לְמַשִּׁיב נֶפֶשׁ לָנוּ בַיָּמֵי שִׁבְתֵּנוּ.
וְאֲנִי תַפְלְתִי לְךָ יְהוָה עֵת רְצוֹן, אֱלֹהִים בְּרַב־חַסְדֶּךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.
אָמֵן.

If a baby is brought to the synagogue, the Rabbi says the following blessings over him/her:

יְבָרְכֶךָ יְהוָה וַיְשַׁמְרֶךָ. יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ. יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ,
וַיִּשֶׂם לְךָ שְׁלוֹם.