

# 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 yihyu 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.