

# Prayers During Pregnancy

*To be recited by a husband during his wife's ninth month of pregnancy:*

May it be Your will, O God, our God, and God of our fathers, that You have mercy upon all pregnant women of Your nation that are giving birth, and specifically upon my wife [the woman's name and her mother's name]. At the time that she is giving birth, may You ease the sufferings of her labor, so she may give birth easily without any suffering, before any pain of labor comes upon her. May her child come forth to a good and peaceful life, at a good time, with good fortune for us and for the child. May no suffering, damage or misfortune occur, God forbid, to her or to the child.

O God full of mercy, may Your mercy come forth on behalf of my wife, the aforementioned, and save her from all pain, disorder, and from confusion. May she deliver the placenta in its proper time, and may she be healthy and well for Your service. A broken and a humble heart, O God, You will not despise. In the name of "aleph, raish, aleph, raish, yud, tuv, aleph," may You heed our prayers, and answer our beseeching. For You are merciful and You hear the prayers of every mouth. May the words of my mouth and the meditation of my heart be pleasing before You, O God, my Rock and my Redeemer.

יהי רצון מלפניך יי אלהינו ואלהי אבותינו שתרחם על-כל-  
עברות היולדות מעמך ישראל ובכפרט על אשתי (פלוגית בת  
פלוגית) ובצעת לדתה תקל מעליה צער הלדה ותלד בנקל בלי שום  
צער, בטורם יבא חבל לה והמליטה עברה לחיים טובים ולשלום  
בשעה טובה ומזל לנו ולנולד, ולא יארע לה ולא לנולד שום צער  
ושום נזק ושום מקרה רע חס ושלום. אל מלא רחמים יהמו נא  
רחמך על אשתי הנזכרת ותצילה מכל-כאב וטרור ובהלה ותצא  
השליא בזמנה ותהיה בריאה וטובה לעבודתך. לב נשפר ונדכה  
אלהים לא תבוזה ובשם \*אראריתא\* תשמע תפלתנו ותענה  
עתירתנו כי רחום אתה ושומע תפלת כל-פה. יהיו לרצון אמרי פי  
והגיון לבי לפניך יי צורי וגואלי.

*From Sefer Avodat HaKodesh, as printed in "A Joyful Mother of Children" (Feldheim)*

**To be recited by a woman during her pregnancy:**

May it be Your will, O God, and God of my fathers, that You ease the suffering of my pregnancy, and continue to give me strength and power during the term of my pregnancy, that my strength and the strength of the fetus should not weaken in any manner at all. Save me from the fate of Chava, and from the curse of "I will greatly multiply the pains of your childbearing. In sorrow you will bear children" (Genesis 2:16).

At the time that I am ready to give birth, when the term of my pregnancy is complete, may my labor pains not be unduly oppressive, and may the child be born into the world without delay, easily, and without any damage to me or to the child. The child should be born at an appropriate time, with good fortune, for a good life, for peace and good health, for favor and kindness, for wealth and honor. May the statement that is written "There should neither be a woman that miscarries nor a barren woman in your land; the number of your days I will fill [with good]" (Exodus 23:26) be fulfilled in me.

My husband and I will rise to do Your service and to learn Your holy Torah, for a good life, peace and wealth, happiness, honor and serenity. May it not occur that I or the unborn child be damaged bodily, not in the limbs, and not the sinews, and not the blood vessels, and not the skin or flesh, or in the rest of the human composition. Not within the hollow of the body, and not on the outside of the body. Strengthen me, my spirit and my bones, as it states "It should be health to your navel and marrow to your bones" (Proverbs 3:8).

Because to You, God, I hoped; You will answer, God, my God. And I will rejoice in God, I will be happy in the God of my salvation. God, desire to save me; God, hasten to help me. Hasten to help me, God of my salvation. For Your salvation do I hope, O God; O God, hear my voice. I call to You, and be gracious unto me and answer me. Act for the sake of our holy ancestors and for the sake of their merits, and their righteousness, and for the sake of their Torah, and for the good deeds of those who are lying in the dust that are buried here and throughout the world. Remember their love [for You], and give life to their descendants, and save them from death and from miscarrying, from all sickness and sufferings.

Bless me as You promised us in Your holy Torah that was given [to us] through the hand of Moses, Your servant, from the mouth of Your Glory. As it states, "And He will love you and bless you and multiply you, and He will bless the fruit of your body and the fruit of your soul, your grain, your wine, your oil, the offspring of your cattle, and the abundance of your sheep, upon the land which He swore to your fathers to give to you. You shall be blessed more than all the people; there shall not be found a barren male or a barren female among you or among your cattle" (Deuteronomy 7:13-14). So should You bless me and answer me, and favor me, and prolong my days with sweetness as it states, "I will satisfy him with length of days and let him behold my salvation" (Psalms 91:16).

לְעִצְמוֹתַי. כִּי לֶךְ יִי הוֹתְלָתִי, אֵתָהּ תַעֲנֶה יי אֱלֹהֵי. נֹאנִי בִּי  
אֲעִלּוֹנָה, אֲגִילָה בְּאֵלֵי יְשׁוּעִי. רַצָּה יי לְהַצִּילָנִי, יי לְעִזְרוֹתֵי חַיִּשָּׁה.  
חַיִּשָּׁה לְעִזְרוֹתֵי יי תְּשׁוּעָתִי. לִישׁוּעָתְךָ קִוִּיתִי יי. שְׁמַע יי קוֹלִי אֲקַרָּא  
וְתַגִּי וְעֲנִי. עֲשֵׂה לְמַעַן אֲבוֹתַיִנו הַקְּדוֹשִׁים וְלְמַעַן זְכוּתָם וְצַדִּיקָתָם  
וְלְמַעַן תּוֹרָתָם וּמַעֲשֵׂיהֶם הַטּוֹבִים שֶׁל שׁוֹכְנֵי עֵפְרַי הַשְּׂמֹנִיִּם פֹּה  
וּבְכָל-הָעוֹלָם, תִּזְכֹּר אֶהְבֶּתָם וְתַתִּיבָה זְרָעָם וְתַצִּיל אוֹתָם מִמָּוֶת  
וּמִמְשַׁפְּלַת וּמִכָּל-חַלֵּי וּמִדָּוָה. וְחַבְרָכְנִי בְּאִשְׁרֵי הַבְּטָחָתְנוּ בְּחֻרְתְּךָ  
הַקְּדוֹשָׁה עַל יְדֵי מֹשֶׁה עֲבָדְךָ מִפִּי כְבוֹדְךָ בְּאִמּוֹר, נֹאחֲבֶךָ וּבְרָכְךָ  
וְהַרְבֵּךָ וּבְרַחֲמֵיךָ וּבְרַחֲמֵיךָ וּבְרַחֲמֵיךָ וּבְרַחֲמֵיךָ וּבְרַחֲמֵיךָ וּבְרַחֲמֵיךָ וּבְרַחֲמֵיךָ  
אֲלֶיךָ וְעֲשֵׂתָרַת צִאֲנֶךָ עַל הַאֲדָמָה אֲשֶׁר-נִשְׁבַּע לְאַבְרָהָם לְחַת לָךְ.  
בְּרוּךְ תְּהִי מִכָּל-הַעַמִּים לֹא-יִהְיֶה כֶּךָ עֲקָר וְנֶאֱרָה וּבְכֵהֶמְךָ. כֵּן  
תְּחַבְרָכְנִי וְתַעֲנִי וְתַתִּיבָה וְתַאֲרִיךְ יְמֵי בְּנֵי-עֵינַיִם, בְּאִמּוֹר, אֲרָךְ יְמֵי  
אֲשִׁבִּיעָהוּ וְאֶרְאֶהוּ בִישׁוּעָתִי אָמֵן:

זֶה רִצוֹן מִלְּפָנֶיךָ, יי אֱלֹהֵי וְאֵלֵי אֲבוֹתַי, שֶׁתְּקַל מְעָלֵי אֶת-עַצְמוֹתַי  
עֲבוּרֵי, וְתוֹסִיף וְתַתֵּן לִי כֹחַ נֹאון בְּכָל יְמֵי הָעִבּוּר, שֶׁלֹּא יִתֵּשׂ כַּחַי  
וְלֹא כֹחַ הָעֲבָר בְּשׁוּם דְּבָר בְּעוֹלָם וְתַצִּיל אוֹתִי מִפְּתָקָה שֶׁל-חַיָּה,  
וּמִקְלַלַת הַרְבֵּה אֲרָבָה עֲצָבוֹנָה וְהַרְבֵּה בְּעֵצָב תְּלִדֵי בָּנִים. וְיִהְיֶה כַּחַי  
לְדַתִּי כִּי יִמְלֹאוּ יְמֵי לְלֵדָת, לֹא יִהְיֶה כֹּחַ עָלַי צִירִי. וְיִצָּא הַנֶּלֶד לְאִוִיר  
הָעוֹלָם בְּרַגְעַת קָטָן בְּקַלּוֹת בְּלִי שׁוּם הַזָּק לֹא לִי וְלֹא לְנֶלֶד. וְיִהְיֶה  
נוֹלָד בְּשֵׁעָה טוֹבָה וּבְמִזְל טוֹב, לְחַיִּים טוֹבִים וְלִשְׁלוֹם וְלִבְרִיאוּת,  
לְחַן וְלַחֲסֵד, לְעֵשֶׂר וְכָבוֹד. וְיִקָּים בִּי מִקְרָא שְׂפָתַיב, לֹא תִהְיֶה  
מִשְׁפָּלָה וְנֶעֱרָה בְּאֶרְצְךָ אֶת-מִסְפֵּר יְמֵיךָ אִמְלֵא. נֹאנִי וּבְעָלֵי וּגְדֻלָּתִי  
לְעִבּוֹדְתְךָ וְלַחֲוֹרְתְךָ הַקְּדוֹשָׁה, וְלַחַיִּים טוֹבִים וְלִשְׁלוֹם וְעֵשֶׂר וְאִשְׁרֵי  
וּכְבוֹד וּמְנוּחָה. וְלֹא נִהְיֶה לֹא אֲנִי וְלֹא הָעֲבָר גְּזוּקִים, לֹא בְּגוֹף וְלֹא  
בְּאֲבָרִים וְלֹא בְּעוֹרְקִים וְלֹא בְּגִידִים וְלֹא כְּעוֹר וּבְשָׂר וּשְׂאָר כְּלֵי-  
בְּנֵן בְּנֵי-אָדָם, לֹא כְּתוֹף תִּלַּל הַגּוֹף וְלֹא חוּץ לְתִלַּל הַגּוֹף. וְתִסְמַךְ  
אֶת-כַּחַי וְרוּחִי וְעִצְמוֹתַי, כְּמוֹ שְׂנֵאָמְרֵךְ, רַפְאוּת תְּהִי לְשִׁרְךָ וְשׁוּי

From Sefer Shaarei Dimah, as printed in "A Joyful Mother of Children" (Feldheim)

