

## Prayer After Recovering from COVID

*By Rabbi Deborah Waxman*



Praise for recovery

For liberation from ever-shifting, all-consuming symptoms

Gratitude for a respite from fear

Wonder at the return of clarity and energy after brain fog and fatigue

Appreciation for the concern of dear ones near and far

Awe at the fortitude of health care workers attending to so many for  
so long

Heartbreak at the staggering number of people who did not survive

Profound sympathy for their families and friends in mourning

Blessed are You, O God, ruling spirit of the universe,  
Who rewards the undeserving with goodness,  
and who has rewarded me with goodness.

Mystery at the heart of this blessing, not justice.

Access to health care,

Flexibility around work,

the color of my skin,  
all played a part in my recovery.

In the presence of supportive community,  
I offer thanks to the God of Mystery for my recovery  
And pledge my renewed energies to work for justice  
So that in the future others may rise up into health and safety  
and a world oriented toward redemption.

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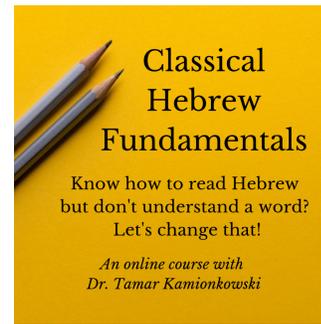
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