



Spiritual Care Resource Center

Blessing on Parting from a Conversation

Below is a blessing to share with a woman struggling with fertility issues that can be used at the end of a counseling session or before saying goodbye at the end of a conversation, when no further words are needed. The power of invoking God's name along with the memories of our foremothers may be a sacred comfort.

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Whatever trials you may experience on this journey, you are not alone. Our foremothers struggled too, and God was with them. Each had their own story and brought forth different strengths: hope, patience, action, and gratitude.

My hope for you is that you can connect to their strengths and find your own too:

יְשִׁמַּח אֱלֹהֵי הַיָּמִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

Y'simeich Elohim k'Sarah, Rivkah, Rachel, v'Leah.

May God make you like Sarah, Rebecca, Rachel and Leah.