

Prayer for Renewal

What was is now past,
I and my maker are as one.

In these waters, all of Israel are my mentors
and I am whole again.

That joy which was taken away from me,
is returned, whole and complete,
as if joy had always been.

In these matters I am cleansed of all pain,
damage done is washed away,
as water polishes a rock.

Living waters, as I enter into the
Mikvah, this water womb, this is an act of
closure and cleansing.

Mikvah is a transition from past to future.
As water creates change, so too are
women often the agents for change.

As water cleanses the spirit, may I be
filled with renewal, energy and direction to
continue my life in a positive way.

May God grant me strength, courage and peace,
Amen.