

A 20-Second Prayer During Handwashing

BY: RABBI JOSEPH MESZLER

As I take up my hands
to wash them and
reassure my heart,
I pray for healing
and wholeness
for the whole
world.

I remember that
every life
is unique and of
infinite value:
from those living
on the most
remote part of the
globe
to those in our
cities
to our neighbors
and family
members.

Let me use my
hands for good
to help bring love
and compassion to others.

“Let us lift up
our hearts and hands
to the Eternal.” (Lam 3:41)



Rabbi Joseph Meszler is the spiritual leader of Temple Sinai in Sharon, MA. Rabbi Meszler has been a Brickner Fellow through the Religious Action Center of Reform Judaism, is a member of the Hevraya of the Institute for Jewish Spirituality, and recently served as a Global Fellow with American Jewish World Service in 2017-18.

