

Option 1:

My God and God of all who have gone before me, Author of life and death, I turn to you in trust. Although I pray for life and health, I know that I am mortal. If my life must end, let me die, I pray, at peace.¹

Blessed are You, Adonai our God, Author of Life and Death.

Option 2:

As I sign this advanced directive, I recall the ancient psalms:
Let my mouth's utterances be pleasing
and my heart's stirring before You,
Adonai, my rock and my redeemer.²

Let me know, O Adonai, my end
and what is the measure of my days.
I would know how fleeting I am.³

Blessed are You, Adonai our God, Author of Life and Death.

Option 3:

As I confirm my end-of-life plans, I remember the ancient psalms:
For all our days slip away...
We consume our years like a sigh.⁴
But I shall walk in my wholeness,
Redeem me, grant me grace.⁵

Blessed are you, Adonai our God, Author of Life and Death.

¹ Adapted from Reform Rabbi's Manual, p. 108

² Psalms 19:15

³ Psalms 39:5

⁴ Psalms 90:9

⁵ Psalms 26:11-12