

## Prayer Shawl Ministry

*For thou didst form my inward parts, thou didst knit me together in my mother's womb. I praise thee, for thou art fearful and wonderful. Wonderful are thy works!*

Psalm 139:13-14

It all began in 1998 when two women found a simple heartfelt way to reach out to people in need of peace. The intent behind this ministry is not just to knit shawls of comfort for people in sorrow or shawls of joy for those in celebration, but to do so mindfully, lovingly and prayerfully. A shawl is universal, every culture wraps itself in cloth. For more information, key "Prayer Shawl Ministry" in to your web browser for several helpful sites. The book *Knitting for Peace, Make the World a Better Place One Stitch at a Time* by Betty Christensen is also interesting and helpful.

While you are working your knitting needles or crochet hook, be mindful of the recipient, whether known or unknown, and think about the person and pray for them. The blessings of this ministry are three-fold: you the shawl-maker, the recipient and the community surrounding this ministry.

### *Knitted Prayer Shawl*

**Supplies:** 3 skeins of Lion Brand Homespun yarn. Knitting needles size 11 or 13. It is suggested before starting the 3<sup>rd</sup> skein to cut 120 fringe pieces. They may be cut as short as 6 inches for 3-inch fringe or as long as 16 inches for 8-inch fringe. Finished size is approximately 3' X 7'.

**Pattern:** Cast on 57 stitches. First row: Knit (k) three (3), Purl (p) three (3). Repeat to end of row. Turn and knit the purl and purl the knit. Begin every row with knit. A weave pattern will develop. Bind off last row. Use crochet hook to fasten 1 fringe piece in each stitch on first and last rows. Fold fringe in half and pull loop through stitch loop; place ends through loop and pull snug.

### *Crocheted Prayer Shawl*

**Supplies:** 3 skeins of Lion Brand Homespun yarn. Size N crochet hook. It is suggested before starting the 3<sup>rd</sup> skein to cut 120 fringe pieces. They may be cut as short as 6 inches for 3-inch fringe or as long as 16 inches for 8-inch fringe. Finished size is approximately 3' X 7'.

**Pattern:** Chain 91 loosely. Row 1 (Right Side): (dc, ch2, sc) in fourth ch from hook, \*skip next 2 chs, (2dc, ch2, sc) in the next ch. Repeat from \* across. Row 2: Ch 2, turn (2dc, ch2, sc) in first ch 2 sp and in each ch2 space across. Repeat row 2 until you have used nearly all of the yarn. Do not finish off. Last row: Ch2, turn; \*sc in first ch2 sp, ch2. Repeat from \* across and end with a sc. Finish off. Fasten 1 fringe piece in each stitch on the first and last rows as described in the knitting instructions.

**Additional Crochet Directions:** Size N crochet hook: Chain 45 stitches loosely. Size P crochet hook: chain 36 loosely. (Narrow way.)

**Pattern:** Row 1: (dc, ch2, sc) in fourth ch from hook, \*skip next 2 chs, (2dc, ch2, sc) in next ch. Repeat from \* across. Row 2: Ch2, turn. (dc, ch2, sc) in first ch 2 sp. (2dc, ch2 sc) in each ch2 space across. Repeat row 2 until you have used most of the yarn. Do not finish off. Last Row: Ch2, turn, \*sc in first ch2 sp, ch2. Repeat from \* across and end with a sc. Finish off. A fringe may or may not be used.

## Prayers

Weave prayers into the shawl as you knit or crochet. Begin with a prayer for blessing the shawl. Then, pray for the person who will receive the shawl, as you are making the shawl.

### *Prayer for Healing as you knit/crochet*

In the name of the Father: The Creator, the Giver of Life, the Holder of time; In the name of Jesus: The Savior, the Healer, and the Lifter of Pain; In the name of the Spirit: The Comforter, the Consoler, and the Sustainer of Life. I knit/crochet this shawl as a mantle of caring. I knit/crochet a mantle of protection; I knit/crochet a mantle of wholeness. I knit/crochet a mantle of strength; I knit/crochet a mantle of healing. I knit/crochet a mantle of patience; I knit/crochet a mantle to enfold you. I knit/crochet a mantle to encircle you; I knit/crochet a mantle to empower you. May this prayer shawl warm and comfort you when you are weak and weary. O Christ, who healed the broken in body and spirit, be with all who suffer today. Be with the doctors, nurses, technicians, and all that care for the sick. Be with the families and friends of those who love and comfort the sick. May your gentle yet strong touch reach out to heal all the broken and hurting people and places in our world. I ask this in the Name of Jesus Christ our Lord and Savior. Amen.

### *Prayer as you knit/crochet.*

Dear Heavenly Father, Be with \_\_\_ who will wear this prayer shawl, each day. Comfort and console him/her as you hold him/her in your healing presence. May this shawl be a sign of your love and grace; May this shawl bring warmth when he/she is weary. May it surround \_\_\_ and cover with love to ease the pain and suffering. O Christ, be with the doctors, nurses and all who care for the sick. May your strong touch reach out to heal all the broken and hurting people and places in our world. We ask your blessing on the prayer shawl and \_\_\_ who will wear it. In Jesus' Name, Amen.

### *Prayer to be given with the prayer shawl*

Dear Heavenly Father. You formed my being. You knit me together in my mother's womb. O Loving God, renew me this day in your love. Grant me hope to sustain me. May this prayer shawl be for me a sign of your healing presence. May it warm me when I am weary; May it surround me with comfort to ease my suffering. May it encircle me with caring when I am in pain. O Jesus Christ, who healed the broken in body and spirit, Be with the doctors, nurses, technicians, and everyone who cares for the sick. May your gentle yet strong healing touch reach out to heal all the broken and hurting people and places in our world. Thank you, Lord Jesus Christ, for each new day. I wear this prayer shawl and pray in Jesus' Name. Amen!

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