

Prayer Shawl Instructions

Knitting

Three skeins of Lion Brand Homespun yarn.

With size 11 -13 needles, cast on 57 stitches.

Knit 3, purl 3 Repeat to end

Always knit the purls and purl the knits

Continue until shawl is six feet long.

Finish off with generous fringe (4-6 inches long) on both ends.

Knot each piece of fringe so it doesn't unravel.

Crocheting

Using 3 1/2 skeins of Lion Brand Homespun yarn and a size N hook:

Chain 54 stitches. Use the following pattern until shawl measures six feet.

Chain 1, turn, single crochet in each stitch to end. Chain 3. Turn.

Double crochet in top of each single crochet. Three times.

End with row of single chain row.

Finish off with generous fringe (4-6 inches long) on both ends.

Knot each piece of fringe so it doesn't unravel.

Prayers

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

Prayers for healing as you work

“In the name of the Father: the Creator, the Giver of Life, and 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 this shawl as a mantle of caring. I knit a mantle of protection. I knit a mantle of wholeness. I knit a mantle of healing. I knit a mantle of patience. I knit a mantle to enfold you. I knit a mantle to encircle you. I knit a mantle to empower you. May this prayer shawl warm and comfort you when you are weak and weary. Amen”

“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”