

Prayer Shawl Knitting Directions:

Supplies:

3 skeins of Lion Brand “homespun” yarn (many colors available)

Size 11 or 13 needles

Rib Pattern: Cast on 54, 57, 60 or 63 stitches, or some multiple of three. Knit three, purl three to the end of the row. Turn and knit the purl and purl the knit (if you have 57 or 63 stitches you’ll begin every row with knit). A rib pattern will develop. Knit about 2 2/3 skeins in pattern-before starting to knit with the third skein, wind off enough yarn for the fringe. The fringe can be as short as 3 inches and as long as 8 or 9 inches. It is up to you.

Alternate Garter Stitch Pattern: You may choose to knit using the Garter Stitch for the entire shawl, no purling, no pattern, a good thing for beginners. The texture of this particular yarn creates wonderful texture without creating much pattern. There is no right or wrong way to knit or create these mantles of love and care. Enjoy!

Prayers: Weave prayers into your shawl as you knit, whether in social fellowship, prayerful Bible study, or in solitude and meditation. The prayer of Healing will be read when each shawl is given away.

Prayer of Healing

In the beginning, Creating God, you formed my being.

You knit me together in my mother’s womb.

To my flesh and blood you gave the breath of life.

O loving One, renew me this day in your love.

Grant me life as gift of your faithfulness; grant me light to journey by;
grant me hope to sustain me.

May this mantle be for me a sign of your healing presence.

May it warm me when I am weary; may it surround me with ease of my suffering;
may it encircle me with caring when I am in pain.

Oh Christ, who healed the broken in body and spirit,
be with me and all that suffer this day.

Be with the doctors, nurses, technicians, chaplains and all that care for the sick.

Be with the families and friends of those abiding with and comforting the sick.

May your gentle yet strong touch reach out to heal all the broken
and hurting people and places in our world.

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