

Lutheran Church of Our Savior  
Prayer Shawl Ministry



*“Compassion and the love of knitting/crocheting have been combined into a prayerful ministry and spiritual practice which reaches out to those in need of comfort and solace, as well as in celebration and joy. Many blessings are prayed into every shawl. The shawl maker begins with prayers and blessings for the recipient. The intentions are continued throughout the creation of the shawl. Upon completion, a final blessing is offered before the shawl is sent on its way.”*

From [www.shawlministry.com](http://www.shawlministry.com)

The purpose of a prayer shawl ministry is to reach out to those in need with a shawl made with prayer and love to comfort, console, and strengthen our family of faith. A shawl is a tangible reminder of God's promise to always be with us. They are called prayer shawls because the making of the shawl is a spiritual practice for the crafter. A prayer is said as the shawl is begun and then many prayers are added with the stitches. Recipients may be known or unknown to the crafter, and a card accompanies the shawl, which tells the receiver that many people have been praying for them and will continue to do so. Each shawl is a blend of prayers, talents, gifts and grace.

Shawls are knitted or crocheted in a pattern of three, symbolizing the Holy Trinity. They are freely given with no strings attached. They are not for sale. They are gifts of love.

The following pages have sample patterns, but feel free to create your own. Shawls can be finished with a fringe, if desired, or just bound off on the edges. There are also sample prayers for while you are making the shawl, but again, use what is comfortable for you.

Please bring completed shawls to the next meeting where they will be blessed and packaged for the recipients. If you have someone who is in need of a shawl, please let Sr. Deb know so we can prepare one.

## Starting Prayer

Dear Lord,  
Bless these needles that they stay strong and light  
so they don't tire the hands that wield them;  
Bless this yarn with strength and softness  
that it will form a cloth of warmth and comfort;  
Bless these hands with strength and skill  
so they may make well crafted gifts;  
Bless this heart with strength and perseverance  
so I will see this work through to bring comfort to those in need;  
But most of all dear Lord,  
Bless the wearer of this cloth with strength and comfort  
that their burdens may be lightened and their hearts gladdened  
with the realization that they are loved. Amen.

by Darcy Horon-Siepmann

Dear Lord,  
please bless these needles of mine,  
that I may make a shawl of strength, faith, health and love.  
Give this shawl the ability to comfort,  
and the ability to give strength where it is needed and of your will it to be.  
May the recipient be able to know that you are with them  
and that they are not alone.  
That they are cared for and loved and prayed for.  
That your loving arms are around them,  
to protect them for whatever reason they should need,  
whenever they put this shawl on.  
Lord, thank you for the blessings that this shawl is given. Amen.

Dear God, with You all things are possible  
Bless these hands as they attempt to create this shawl,  
may they do Your Bidding, and when complete may this shawl  
give warmth and comfort to whoever receives it.  
Let it be filled with Your Love. Amen

## SUGGESTIONS FOR PRAYER WHILE MAKING A PRAYER SHAWL:

1. Begin by focusing on Jesus Christ. Thank God for His love and goodness toward the person you are praying for while making the shawl. Thank and praise the Lord for Jesus Christ's death on the cross and the Holy Spirit's presence as you knit or crochet. Visualize Jesus sitting with you as you make the shawl. See the person being held in His arms and feel the love they share.
2. Thank the Lord for the person. Have good thoughts about the person and focus on the potential for healing, and believe that the person will be restored, healthy, and complete in God's time. Lift whatever needs the person has to the Lord in prayer.
3. Intercede for the person. Sometimes words are not enough and sit with the Lord and simply hold the person before the Lord. Ask the Lord to guide you as you pray and knit or crochet. Pray for blessing on the person. Pray for strength and courage in the person's life and in the lives of loved ones. Pray for comfort and healing and for the doctors, nurses, and all who take care of the person. Pray for whatever need the person has in life. Let the Lord lead you and pray whatever Jesus lays on your heart.

For example (if you know the recipient's name):

Almighty God, full of mercy and love, healer of sickness and disease,

Show mercy to \_\_\_\_\_.

Comfort \_\_\_\_\_ with your presence.

Give \_\_\_\_\_ faith in Christ Jesus.

Hold \_\_\_\_\_ in love and forgiveness.

Restore \_\_\_\_\_ to health, if it is your will.

Be with the doctors and nurses and let the technicians and those who work in hospitals and clinics be full of compassion and care.

Give \_\_\_\_\_ a spirit of joy and peace and bless him/her this day.

In the name of Jesus, I pray. Amen.

## PRAYER SHAWL KNITTING PATTERNS

### GENERAL DIRECTIONS

Materials:

3 skeins of yarn

Size 11 or 13 knitting needles

Pattern:

Cast on 57 stitches. First row - Knit (k) three, Purl (p) three, to the end of the row.

Turn and knit the purl and purl the knit.

You will begin every row with knit.

Knit about  $2\frac{2}{3}$  skeins in the pattern.

Finished size is about 2'x7'.

[Knitted variation of 'three' By Iris Jordan - @ Copyright 2009](#)

With size 13 needles cast on 57, 63 or 69 stitches.

Row 1: Knit 3, purl 3, to last three stitches, knit 3

Row 2: Purl 3, knit 3, to last three stitches, purl 3

Row 3: Knit 3, purl 3, to last three stitches, knit 3

Row 4: Knit 3, purl 3, to last three stitches, knit 3

Row 5: Purl 3, knit 3, to last three stitches, purl 3

Row 6: Knit 3, purl 3, to last three stitches, knit 3

Repeat these 6 rows until desired length is achieved. The result is squares which are three stitches wide and three rows deep, and it is a very attractive pattern.

When beginning a row with knit 3, slip the first stitch purlwise. The yarn will be in front of your work. Carry the yarn to the back between the first and second stitch, knit 2, and continue with the pattern to the end of the row.

When beginning a row with purl 3, slip into the back of the first stitch. The yarn will be in front of your work. Carry the yarn behind the stitch to the back, then bring it to the front in between the first and second stitch, then purl 2 and continue with the pattern to the end of the row.

## Modified K3 - P3 Prayer Shawl copyright 2009 By: Barb Kurtak

Use a straight rather than boucle type yarn so that the texture of the stitches will be worth the extra effort. The pattern forms the texture.

Cast on stitches in a multiple of 3 to the desired width depending on your yarn and the size needles you use. Use a marker or piece of yarn to designate the front side from the back (return) side.

Odd rows will be front and even rows will be back. Basically, you're knitting the classic K3P3 prayer shawl stitch, except you're offsetting the stitches by 1 stitch in pattern each row. This means you begin each odd-numbered(front) rows by adding a stitch in pattern and begin the even-numbered (back, return) rows by decreasing a stitch in pattern.

In the directions, I end with a K3, but in fact, once you understand the pattern, you could end with either.

Row 1: \*K3 P3\*K3  
Row 2: K2\*P3K3\*P1  
Row 3: P2\*K3P3\*K1  
Row 4: \*P3K3\*P3  
Row 5: K1\*P3K3\*P2  
Row 6: P1\*K3P3\*K2  
Repeat 1-6.

## ADDED THREE SHAWL Copyright 2009 Pattern by: Cindy Kern

Instructions:

Cast on 51 (63) \*stitches. Work in pattern below until shawl has reached correct length. Cast off in pattern (knit the knits, purl the purls). (Use 555 yards of yarn with size 11 or 13 needles.)

Row 1 and all odd rows: With yarn in front, slip the first stitch as if to purl, (K3, P3) 4 (5) times, K1, (K3, P3) 4 (5) times, K1.

Row 2 and all even rows: With yarn in front, slip the first stitch as if to purl, (P3, K3) 4 (5) times, P1, (P3, K3) 4 (5) times, K1.

## PRAYER SHAWL CROCHET PATTERNS

The Original Prayer Shawl Crochet Pattern ©2009 All rights reserved.  
Developed by Rita Gold

Chain 54 stitches or desired width of shawl.

Chain 1, turn, single crochet in each of the stitches to end. Chain 3 and turn.

Double crochet in top of each single crochet. Repeat this row 2 more times.

Chain 1 and do 1 row of single crochet to end. Chain 3 and turn.

Do 3 rows of double crochet. Repeat pattern to end (1 row single, 3 rows double)

End with 1 row of single. Finish with fringe.

\*Note: that crocheting typically uses more yarn than knitting, so you might have to adjust the width and size of hook or use another 1/2 skein.

### Prayer Shawl Crochet Directions by Kathy Knox

It is worked in multiples of 3 + 1 so you can adjust the number of chains to suit your taste and your tension. You will probably need anywhere from 3 to 5 skeins of yarn as crochet uses more yarn per stitch than knitting does.

Worsted - 36" shawl, chain 91 (use hook size "J" or "K")

Homespun/Chunky - 36" shawl, chain 61 (use hook size "N")

Row 1: (dc, ch 2, sc) in fourth ch from hook, \* skip next 2 chs, (2dc, ch 2 sc) in the next ch. Repeat from \* across.

Row 2: ch 2, turn. (dc, ch 2, sc) in first ch 2 sp. (2 dc, ch 2, sc) in each ch 2 space across.

Repeat row 2 until you have about 1/2 a skein of yarn left. Do not finish off.

Last row: Ch 2, turn, \*sc in first ch 2 sp, ch 2. Repeat from \* across & end with a sc. Finish off.

## Double Strand Crocheted Prayer Shawl

Materials:

Size P Crochet Hook

Red Heart Worsted Weight Yarn (approx 6 oz. skeins)

3 skeins solid & 3 skeins of variegated

Note: Entire afghan is worked with one strand of each color held together.

Chain 60 loosely

Row 1: Working in the back ridge of the chain, SC in second CH from hook. \*CH1, skip next SC, SC in next CH. Repeat from \* across: (30 sc made).

Row 2: CH 1, turn, SC in first SC, (CH 1, SC in next SC) across.

Repeat Row 2 until you have used about 2-1/2 skeins of yarn. Use remaining yarn to make fringe and apply to the first and last rows.

## SINGLE, DOUBLE, TRIPLE Shawl Jodie L. - Athens, OH

Using the hook and yarn of your choice, create a chain the width of your intended shawl. Make sure the total number of stitches on your chain is divisible by 3. Then, chain one more.

ROW 1: in the second stitch from the chain, DC, TC, \* SC, DC, TC\* repeat from \* to end of chain. Chain 1 and turn

ROW 2: chain 1 counts as first sc. DC, TC, \*SC, DC, TC\* repeat from \* to end of row. Repeat 2nd row until piece measures desired length.

## Prayer Shawl / Healing Shawl Lion Brand® Homespun®

Editor's Note: When creating fringe using Homespun please note that because of the texture of the yarn the fringe will fray when cut. If you prefer a non-frayed look you can knot the ends, knit or crochet a fringe, or use hairspray or fray check.

### SHAWL

#### First Half

Ch 51, place marker in third ch from hook to mark st placement.

Row 1 (Right side): (dc, ch 2, dc) in sixth ch from hook, \*skip next 2 chs, (dc, ch 2, dc) in next ch; repeat from \* across to last 3 chs, skip next 2 chs, dc in last ch: 32 sts and 15 ch2 sps.

Row 2: Ch 3 (counts as first dc, now and throughout), turn; (dc, ch 2, dc) in each ch2 sp across to last dc, skip last dc, dc in next ch: 32 dc and 15 ch2 sps.

Row 3: Ch 3, turn; (dc, ch 2, dc) in each ch2 sp across to last 2 dc, skip next dc, dc in last dc. Repeat Row 3 until piece measures approximately 36" [91.5 cm] from beginning ch.

Finish off.

#### Second Half

With right side facing and working in free loops of beginning ch, join yarn with slip st in first ch; ch 3, skip next 2 chs, \*(dc, ch 2, dc) in next ch, skip next 2 chs; repeat from \* across to marked ch, dc in marked ch: 32 dc and 15 ch2 sps.

Repeat Row 3 of First Half until Second Half measures approximately 36" [91.5 cm] from beginning ch Shawl should measure a total of 72" [183 cm].

Finish off.

#### ABBREVIATIONS / REFERENCES

ch(s) = chain(s) dc = double crochet rnd(s) = round(s) RS = right side  
sc = single crochet sp(s) = space(s) st(s) = stitch(es) tog = together

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### NOTES:

Because different Knitting Ministry groups and individuals make prayer shawls in their own ways, there is a great deal of variation. This pattern gives a sample of how to make a knit or crocheted shawl. Your individual choices in yarn and hook size will affect the finished size and thickness of the shawl, but there isn't one "right" way.

Because crochet uses more yarn than knit, a crochet shawl will be a bit smaller than a knit one made with the same number of yarn skeins. To make a larger one, start with a longer chain and use an additional skein.

Editor's Note: When creating fringe using Homespun please note that because of the texture of the yarn the fringe will fray when cut. If you prefer a non-frayed look you can knot the ends, knit or crochet a loop fringe, or use hairspray or fray check.

### SHAWL:

Loosely chain about 43 stitches.

First row Half-double crochet in third chain from hook and in each chain across.

Repeated row Chain 2, turn. Half-double crochet in each half-double crochet across.

Work about 2½ skeins in this pattern. Use the rest of the yarn for fringe, which can be from 3 inches to 9 inches long. Knot the ends of the fringes to keep the yarn from frizzing.

