

Knitted Prayer Squares

This idea originally came from Mothers' Union in Oxford, members have made small knitted squares with a cross on them called 'mini prayer shawls' for the chaplains at the local hospitals to use.

Prayer

May this square, knitted and given in love, be a reminder of our prayers for you at this time, and bring comfort and assurance of the love of Christ and his constant presence with you.
Amen

Pattern

Using 4mm needles and DK yarn (each square takes approx 6g of yarn)

Cast on 23 sts.

Row 1 – Row 4: Knit

Row 5: K2, p19, k2

Row 6 (*and every other even row*): Knit

Rows 7, 9, 11, 13 and 15: K2, p8, k3, p8, k2

Row 17, 19 and 21: K2, p4, k11, p4, k2

Row 23 and 25: K2, p8, k3, p8, k2

Row 27: K2, p19, k2

Row 28 – Row 31: Knit

Cast off and sew in ends

To create a neat selvedge: work to the last st on every row, bring yarn to front and slip last stitch.

