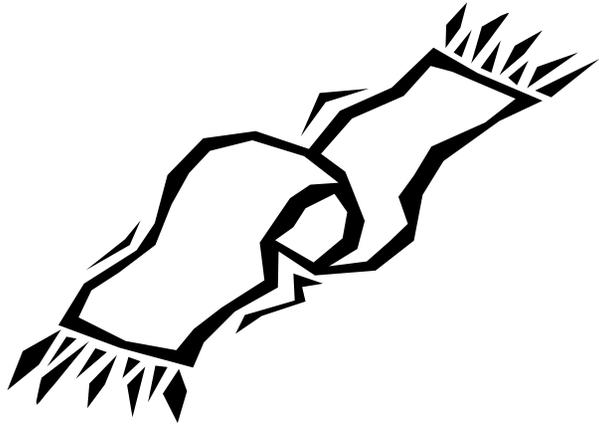


PRAYING WITH A PRAYER SHAWL



As you receive this prayer shawl, know that someone prayed while knitting or crocheting it.

Knitters often report that the rhythmic motion of the needles help to quiet their minds and draws them to prayer and meditation. This prayer shawl has already helped one person, the knitter, to be open to the presence of God.

The knitter also prayed for the one who would receive the shawl. The knitter-prayer may not have known who would receive it. Or, this shawl may have been made especially for you, stitch by stitch with prayers for you.

The shawl is now yours. May you experience comfort and peace in the loving presence of God.

*A gift from the Prayer Shawl Ministry
Vinje Lutheran Church, Willmar, Minnesota*

PRAYING WITH A PRAYER SHAWL

A prayer shawl is intended to be a reminder of God's present love, which is as near to you as your own body is to your spirit. It is a gift.

For every time and every occasion
joyful or sorrowful,

For every season and circumstance of life
chosen or unchosen

When you are weeping or when you are celebrating.

Wear it in times of private prayer.

Let it rest on your shoulders as you work, play, read, or rest.

Wear it to worship.

Wear it whenever you are drawn to prayer

or when you have no interest in prayer but would like to be reminded of God's loving presence and care.

Incite the Holy Spirit to help you pray.

A reading from scripture may begin your prayer.

Let your prayer of worship and your prayers for loved ones, for the world, and for yourself flow naturally in silence or aloud, in writing, singing, or drawing.

Wear the shawl however you like.

Drape it lightly across your shoulders.

Wrap yourself tightly in it or wear it on your head.

Cover yourself with it as you rest.

Keep it on your favorite chair.

At times you may cling to a prayer shawl because you are clinging to God; you may not want to be far from it.

At other times you will touch it only occasionally.

You may want to keep it always; or someday you may feel prompted by God to pass it on to someone else.

May you grow in your awareness of God's blessing, resting upon you in all places and at all times, enabling you to be God's person in the world.

A PRAYER SHAWL PRAYER

You created my inmost self,
Knit me together in my mother's womb.

For so many marvels I thank you;
A wonder am I, and all your works are wonders.

Psalm 139 New Jerusalem Bible

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

You knit me together in my mother's womb.
To my flesh you gave the breath of life.

O Loving One, renew me this day in your love.
Grant me life as a gift of your faithfulness;
Grant me hope to sustain me.

May this shawl be for me a sign
of your loving, healing presence

May it warm me when I am weary;
May it surround me with encouragement
when I am discouraged.

May it assure me of your care and comfort
when my loved ones and I are in pain.

May it remind me that You love me
and that I am surrounded by the prayers of others.

I offer my prayers to you for those I love.

I offer my prayers to you for all who suffer.

I offer my prayers to you for the peace of the whole world.

Thank you, God, for this day and for my life.

I offer myself to you for the sake of the world.

What the scriptures say about prayer:

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” *Jeremiah 33:3*

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. *1 Thessalonians 5:16-18*

Evening, morning and noon I cry out in distress, and the Lord hears my voice. *Psalm 55:17*

Jesus said to them, "When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial." *Luke 11:1-3*

Then you will call, and the Lord will answer; you will cry for help, and he will say: "Here am I..." *Isaiah 58:9*

Jesus said, "So I say to you, Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened." *Luke 11:9-13*

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. *James 5:16*

Before they call, I will answer; while they are still speaking, I will hear. *Isaiah 65:24*