

## Why do we make Prayer Shawls?

- We are called to pray for those who suffer.
- Making Prayer Shawls is a way of prayer that counteracts the chaos of life, allowing us to hold the one suffering before God.
- The nature of handwork helps slow us down so we can pay attention to God-to co-labor with God.
- It is joyous play, an activity that sweeps us up into itself and is not competitive.

*"Shawls ... made for centuries universal and embracing, symbolic of an inclusive, unconditionally loving, God.*

*They wrap, enfold, comfort, cover, give solace, mother, hug, shelter and beautify.*

*Those who have received these shawls have been uplifted and affirmed, as if given wings to fly above their troubles..."*

**Janet Bristow**



For more information on the Prayer Shawl Ministry in the Alabama-West Florida Conference contact:

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Visit us at [awfumc.org/prayershawlministry](http://awfumc.org/prayershawlministry)



Information Provided By  
Alabama-West Florida  
Spiritual Formation Team

# THE PRAYER SHAWL SPEAKS

By Lesley Cooper

*Thirty hours it took her*

*She prayed for you  
for thirty hours.  
She lifted you up,  
shared your pain,  
asked God for healing,  
and sent you love.*

*Love is knit into every single stitch.  
Love for you...  
...love for God  
...love from God.*

*I am a prayer in yarn.  
Physical evidence of God's love.*

*When you wrap me  
Around your shoulders,  
Feel the prayers –  
soak up the love –  
rest in the healing of my thousands  
stretches.*

*When you need strength  
or healing  
or a heavenly hug –  
I am here,  
  
So is God.*

People across the country are finding the Prayer Shawl Ministry to be a meaningful way to reach out to others who are suffering, and to experience personal spiritual growth. The ministry was begun by two women who prayed as they made shawls for those who were hurting, and then they gave the shawls they made to their hurting friends.

These shawls are meant to bring comfort and an awareness of God's presence to the wearer. Those who make them pray for the recipient as the yarn slips through their fingers. Thus, making every stitch a prayer. The shawl itself is prayer.

Much like a Godly hug, the shawl surrounds its wearer with prayer. The shawl is a reminder of the depth of God's love and can be worn for warmth, comfort, prayer and meditation, or beauty.

## Using Your Prayer Shawl

You may want to keep your prayer shawl with you throughout the day, or you may want to reserve it for quiet times of prayer and meditation. You may want to lay it over you while you rest to remind you that you are covered with prayers. You may want to wear it during your time of prayer.

Ask the Holy Spirit to guide your prayers and to be with you as you use your shawl. The prayer shawl is meant to be a reminder of how close God is to you. Offer your prayers for yourself or for others, knowing that the Lord hears and values your words and is near.

