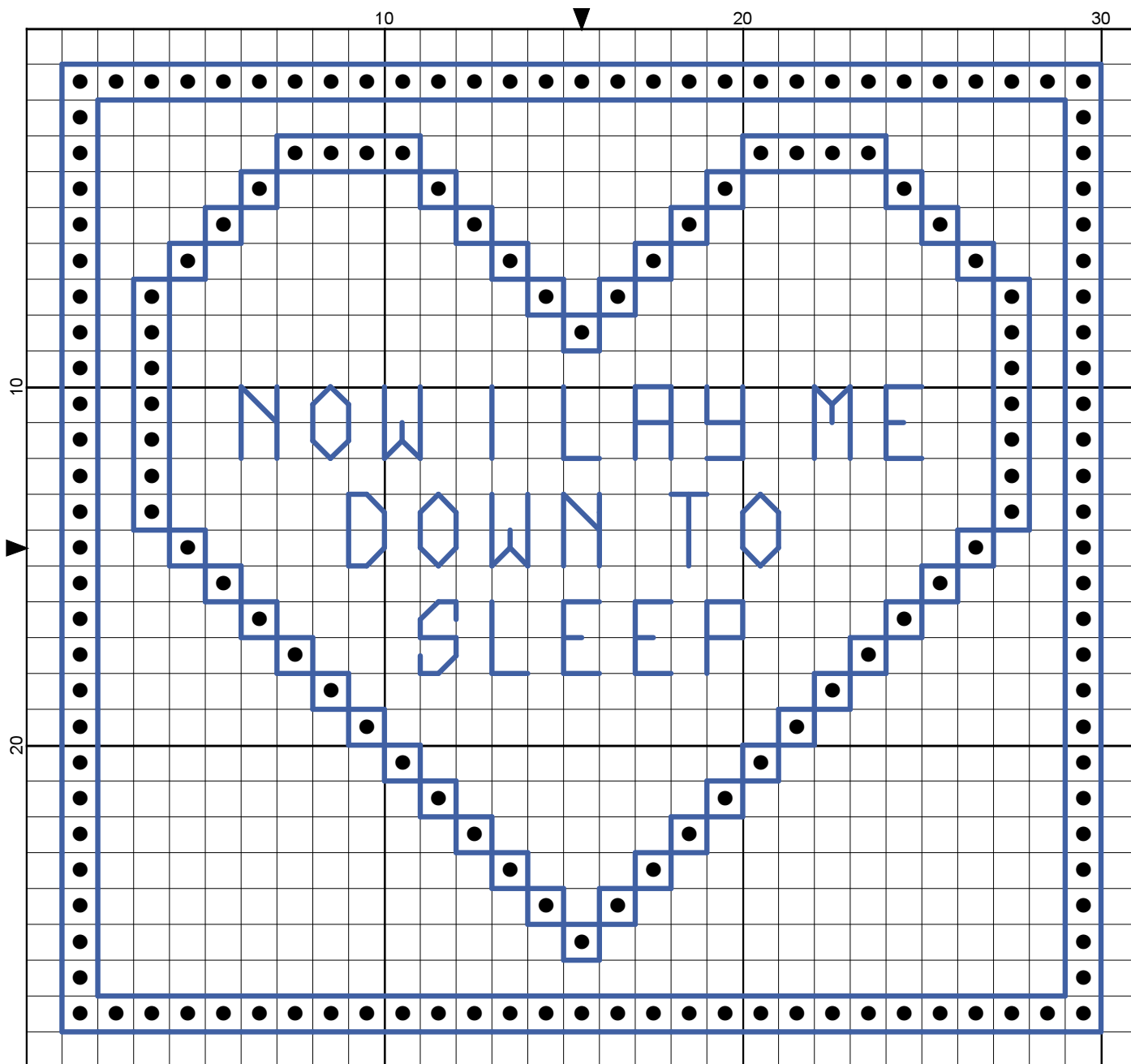


"Heart Prayer - Now I Lay Me" by Katherine Martin Tripp



Katherine Martin Tripp

Legend:

• ■ DMC-798 delft blue - dk

Backstitches:

— DMC-798 delft blue - dk

# Heart Prayer - Now I Lay Me




**Author:** Katherine Martin Tripp  
**Company:** Extra Mile Mercantile  
**Copyright:** Katherine Martin Tripp  
**Website:** www.better-cross-stitch-patterns.com  
**Fabric:** Evenweave  
**Grid Size:** 31W x 29H  
**Design Area:** 3.22" x 3.00" (29 x 27 stitches)

## Legend:

  [3] DMC-798 ANC-147 delft blue - dk

## Backstitch Lines:

 DMC-798 delft blue - dk

## In the Photograph:

I embroidered "Heart Prayer - Now I Lay Me" on 18-count Aida stitched over two threads. I used DMC floss: 3 strands for cross stitches, 2 strands for backstitches.

Remember to complete the prayer by cross stitching the remaining three Heart Prayers. You can make each square a different color, or you can make all four squares the same.

## Stitch Complexity:

Full cross stitches, backstitches.

## How to Cross Stitch this Design:

If you already know how to cross stitch, the Quick Start checklist below will get you on your way. Just learning? Simply return to "Home" and click on the "Getting Started" button on the left. There, you will find links to detailed instructions and diagrams.

## Quick Start

### Step 1 - Review this Chart

Eliminate surprises by reading these instructions and reviewing the chart thoroughly before you begin stitching. Identify and learn any unfamiliar stitches listed in "Stitch Complexity" above.

### Step 2 - Select and Prepare Your Fabric

To stitch the design exactly as it is shown in the photograph, simply use the materials as described. If you have a favorite fabric type and thread count, or if you have a specific size in mind for the finished piece, translate inches to thread count to determine your initial fabric size. Next, decide how you'll display the finished design and add enough inches to the length and width before cutting it. Be generous.

Treat the outside edges of your fabric to prevent fraying. Find and mark the center. Baste in gridlines to match the gridlines on the pattern (basting the gridlines is optional on these small heart patterns).

### Step 3 - Select and Prepare Your Floss

Use the colors listed above or substitute ones of your own. If using fabric with a different thread count, you may need to adjust the number of strands of floss you'll use. Still uncertain? Work a few sample stitches in the corner of your fabric.

If you are stitching this design on something that will be worn or washed, it may be necessary to launder the floss before stitching.

As you use each color, cut the floss into strips of 15" to 18". For fuller and thicker stitches, separate all six strands and then recombine them into the number of strands you will ultimately use.

### Step 4 - Stitch the Design

Each square containing a symbol represents one cross stitch; the legend indicates which color to use. Squares containing more than one symbol are stitched with a combination of a 1/4 cross stitch and a 3/4 cross stitch. Likewise, squares with only a single, smaller symbol tucked into one corner represents either a 1/4 cross stitch or a 3/4 cross stitch alone. If there is a French knot on top of a cross stitch, the symbol representing it may obscure the symbol for the underlying cross stitch. Use common sense and refer to the photograph for clarification. This particular pattern uses only full cross stitches and backstitches.

From the center of your fabric, count down to the bottom-most point of the heart border and place your first stitch here. Continue stitching the rest of the heart border. If you are working over two threads, on fabric such as linen, the placement of the first stitch is critical. To prevent puckering and provide stability, the first diagonal of the first cross stitch must start and end where a vertical fabric thread crosses over a horizontal thread.

Next, cross stitch the square surrounding the heart. Backstitch both the heart and square; then finish with letters.

To change the text inside the heart, click on the Graph Paper button in the menu to the left. The heart graph paper provides the alphabet shown here; it also includes a set of block letters that work well for the child's name. In addition, there are several blank hearts to help you map out your text. Notice that the interior heart is slightly larger than the hearts in the rest of the afghan.

For my little boy's afghan, I used dark blue for the prayer hearts, placing one in each corner. Using the same color floss, I then embroidered four more hearts, without the surrounding square, and placed them in a diamond shape surrounding the center square of the afghan. One heart had baby's first name in these block letters. The second heart had the middle name; the third, his last name. A fourth heart used the smaller line letters to cross stitch the date and time of birth, as well as his weight and length.

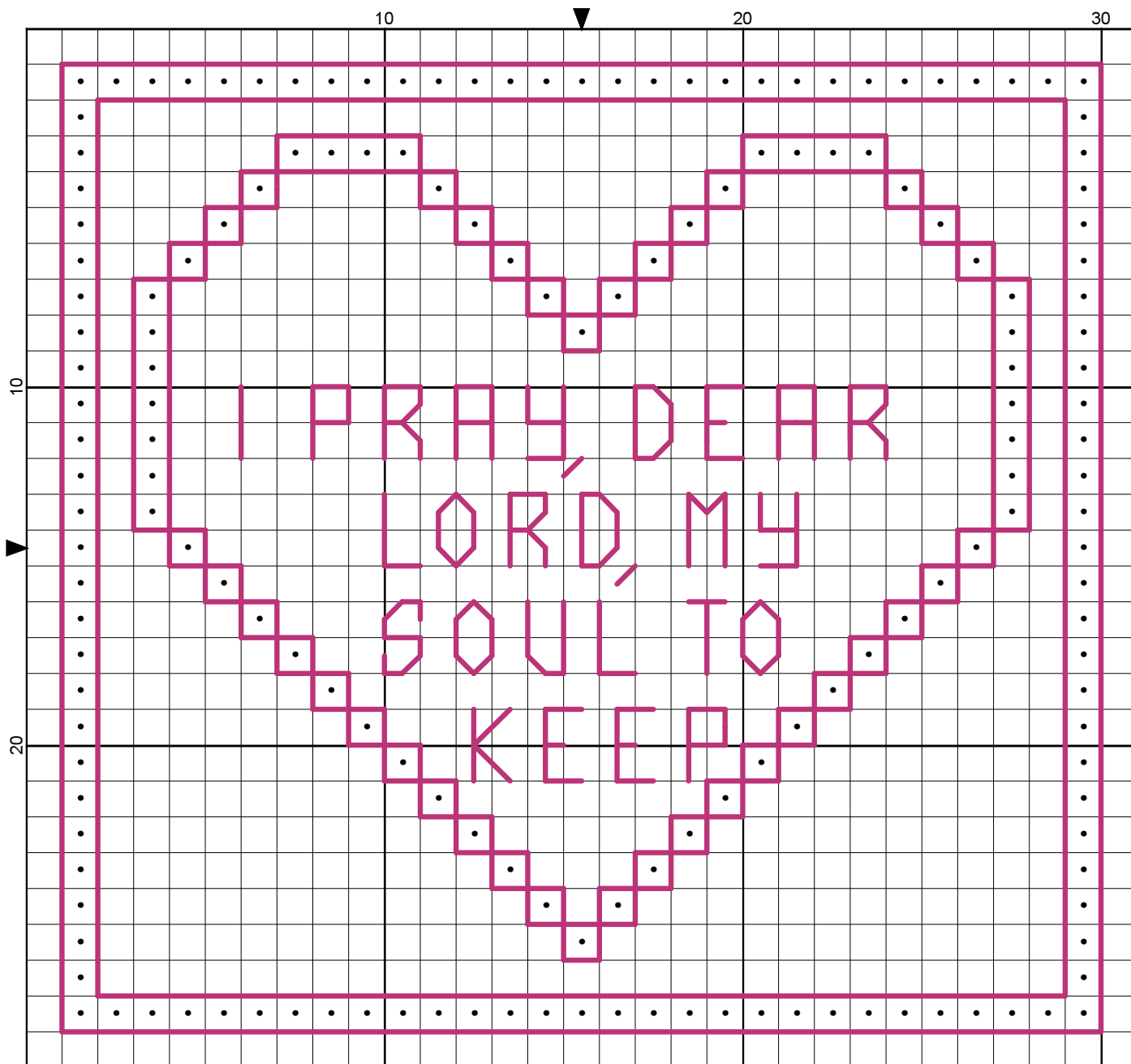
"Heart Prayer - Now I Lay Me" by Katherine Martin Tripp



*Katherine Martin Tripp*




- Legend:  
■ DMC-798  
Backstitches:  
— DMC-798

"Heart Prayer - I Pray, Dear Lord" by Katherine Martin Tripp



Katherine Martin Tripp

Legend:


-   DMC-718 plum
- Backstitches:
-  DMC-718 plum

# Heart Prayer - I Pray, Dear Lord



**Author:** Katherine Martin Tripp  
**Company:** Extra Mile Mercantile  
**Copyright:** Katherine Martin Tripp  
**Website:** [www.better-cross-stitch-patterns.com](http://www.better-cross-stitch-patterns.com)  
**Fabric:** Evenweave  
**Grid Size:** 31W x 29H  
**Design Area:** 3.22" x 3.00" (29 x 27 stitches)

## Legend:

 [3] DMC-718 ANC-89 plum

## Backstitch Lines:

 DMC-718 plum

## In the Photograph:

I embroidered "Heart Prayer - I Pray" on 18-count Aida stitched over two threads. I used DMC floss: 3 strands for cross stitches, 2 strands for backstitches.

Remember to complete the prayer by cross stitching the remaining three Heart Prayers. You can make each square a different color, or you can make all four squares the same.

## Stitch Complexity:

Full cross stitches, backstitches.

## How to Cross Stitch this Design:

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Treat the outside edges of your fabric to prevent fraying. Find and mark the center. Baste in gridlines to match the gridlines on the pattern (basting the gridlines is optional on these small heart patterns).

### Step 3 - Select and Prepare Your Floss

Use the colors listed above or substitute ones of your own. If using fabric with a different thread count, you may need to adjust the number of strands of floss you'll use. Still uncertain? Work a few sample stitches in the corner of your fabric.

If you are stitching this design on something that will be worn or washed, it may be necessary to launder the floss before stitching.

As you use each color, cut the floss into strips of 15" to 18". For fuller and thicker stitches, separate all six strands and then recombine them into the number of strands you will ultimately use.

### Step 4 - Stitch the Design

Each square containing a symbol represents one cross stitch; the legend indicates which color to use. Squares containing more than one symbol are stitched with a combination of a 1/4 cross stitch and a 3/4 cross stitch. Likewise, squares with only a single, smaller symbol tucked into one corner represents either a 1/4 cross stitch or a 3/4 cross stitch alone. If there is a French knot on top of a cross stitch, the symbol representing it may obscure the symbol for the underlying cross stitch. Use common sense and refer to the photograph for clarification. This particular pattern uses only full cross stitches and backstitches.

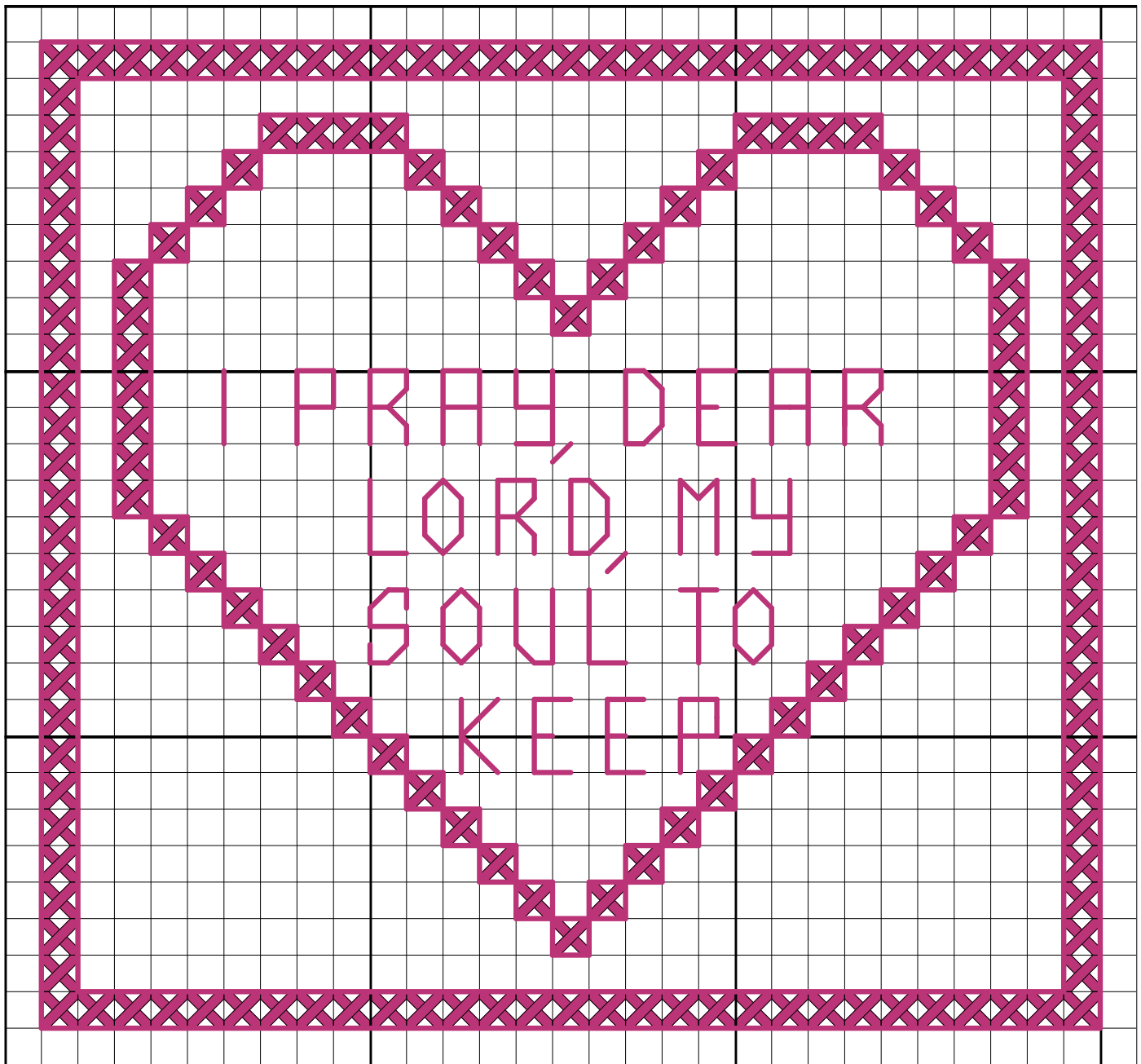
From the center of your fabric, count down to the bottom-most point of the heart border and place your first stitch here. Continue stitching the rest of the heart border. If you are working over two threads, on fabric such as linen, the placement of the first stitch is critical. To prevent puckering and provide stability, the first diagonal of the first cross stitch must start and end where a vertical fabric thread crosses over a horizontal thread.

Next, cross stitch the square surrounding the heart. Backstitch both the heart and square; then finish with letters.

To change the text inside the heart, click on the Graph Paper button in the menu to the left. The heart graph paper provides the alphabet shown here; it also includes a set of block letters that work well for the child's name. In addition, there are several blank hearts to help you map out your text. Notice that the interior heart is slightly larger than the hearts in the rest of the afghan.

For my little boy's afghan, I used dark blue for the prayer hearts, placing one in each corner. Using the same color floss, I then embroidered four more hearts, without the surrounding square, and placed them in a diamond shape surrounding the center square of the afghan. One heart had baby's first name in these block letters. The second heart had the middle name; the third, his last name. A fourth heart used the smaller line letters to cross stitch the date and time of birth, as well as his weight and length.

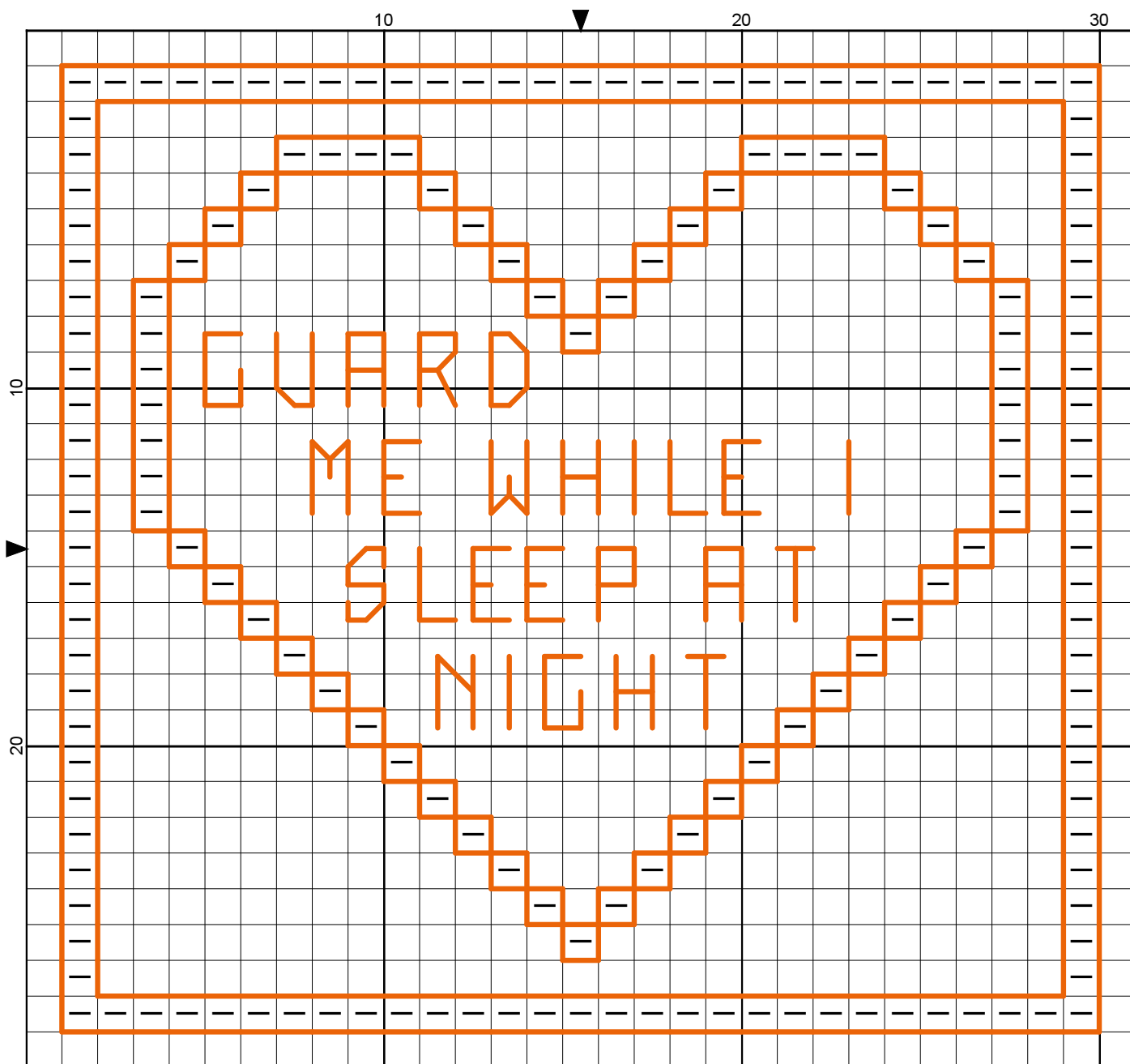
"Heart Prayer - I Pray, Dear Lord" by Katherine Martin Tripp



Katherine Martin Tripp

- Legend:  
■ DMC-718  
Backstitches:  
— DMC-718

"Heart Prayer - Guard Me" by Katherine Martin Tripp



Katherine Martin Tripp

Legend:

☐ ■ DMC-947 burnt orange

Backstitches:

— DMC-947 burnt orange

# Heart Prayer - Guard Me




**Author:** Katherine Martin Tripp  
**Company:** Extra Mile Mercantile  
**Copyright:** Katherine Martin Tripp  
**Website:** www.better-cross-stitch-patterns.com  
**Fabric:** Evenweave  
**Grid Size:** 31W x 29H  
**Design Area:** 3.22" x 3.00" (29 x 27 stitches)

## Legend:

 [3] DMC-947 ANC-329 burnt orange

## Backstitch Lines:

 DMC-947 burnt orange

## In the Photograph:

I embroidered "Heart Prayer - Guard Me" on 18-count Aida stitched over two threads. I used DMC floss: 3 strands for cross stitches, 2 strands for backstitches.

Remember to complete the prayer by cross stitching the remaining three Heart Prayers. You can make each square a different color, or you can make all four squares the same.

## Stitch Complexity:

Full cross stitches, backstitches.

## How to Cross Stitch this Design:

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Treat the outside edges of your fabric to prevent fraying. Find and mark the center. Baste in gridlines to match the gridlines on the pattern (basting the gridlines is optional on these small heart patterns).

### Step 3 - Select and Prepare Your Floss

Use the colors listed above or substitute ones of your own. If using fabric with a different thread count, you may need to adjust the number of strands of floss you'll use. Still uncertain? Work a few sample stitches in the corner of your fabric.

If you are stitching this design on something that will be worn or washed, it may be necessary to launder the floss before stitching.

As you use each color, cut the floss into strips of 15" to 18". For fuller and thicker stitches, separate all six strands and then recombine them into the number of strands you will ultimately use.

### Step 4 - Stitch the Design

Each square containing a symbol represents one cross stitch; the legend indicates which color to use. Squares containing more than one symbol are stitched with a combination of a 1/4 cross stitch and a 3/4 cross stitch. Likewise, squares with only a single, smaller symbol tucked into one corner represents either a 1/4 cross stitch or a 3/4 cross stitch alone. If there is a French knot on top of a cross stitch, the symbol representing it may obscure the symbol for the underlying cross stitch. Use common sense and refer to the photograph for clarification. This particular pattern uses only full cross stitches and backstitches.

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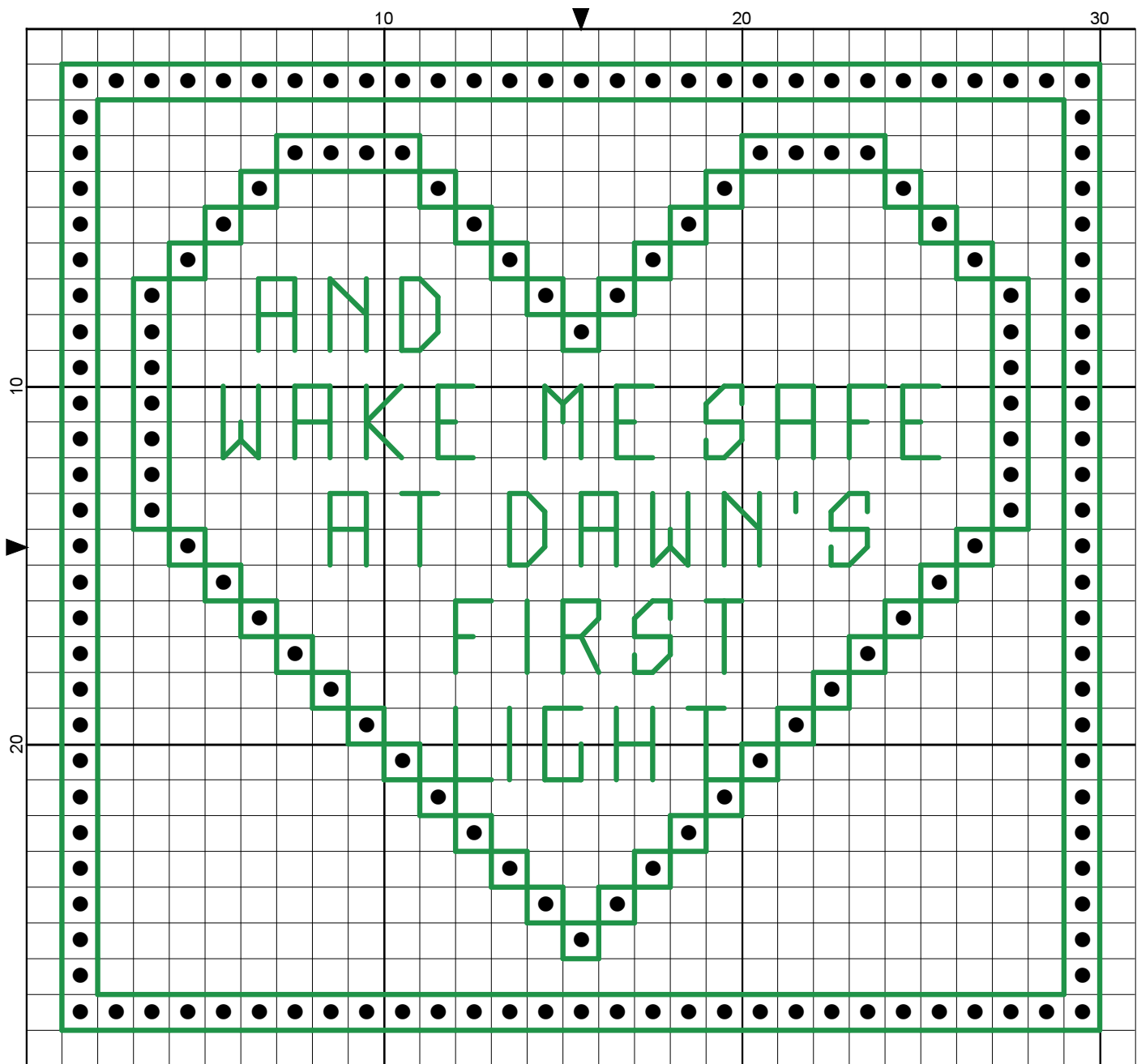
"Heart Prayer - Guard Me" by Katherine Martin Tripp



Katherine Martin Tripp

- Legend:  
■ DMC-947  
Backstitches:  
— DMC-947

"Heart Prayer - Wake Me" by Katherine Martin Tripp



Katherine Martin Tripp

Legend:

• ■ DMC-910 emerald green - dk

Backstitches:

— DMC-910 emerald green - dk

# Heart Prayer - Wake Me




**Author:** Katherine Martin Tripp  
**Company:** Extra Mile Mercantile  
**Copyright:** Katherine Martin Tripp  
**Website:** [www.better-cross-stitch-patterns.com](http://www.better-cross-stitch-patterns.com)  
**Fabric:** Evenweave  
**Grid Size:** 31W x 29H  
**Design Area:** 3.22" x 3.00" (29 x 27 stitches)

## Legend:

 [3] DMC-910 ANC-228 emerald green - dk

## Backstitch Lines:

 DMC-910 emerald green - dk

## In the Photograph:

I embroidered "Heart Prayer - Wake Me" on 18-count Aida stitched over two threads. I used DMC floss: 3 strands for cross stitches, 2 strands for backstitches.

Remember to complete the prayer by cross stitching the remaining three Heart Prayers. You can make each square a different color, or you can make all four squares the same.

## Stitch Complexity:

Full cross stitches, backstitches.

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"Heart Prayer - Wake Me" by Katherine Martin Tripp



*Katherine Martin Tripp*

- Legend:  
■ DMC-910  
Backstitches:  
— DMC-910