

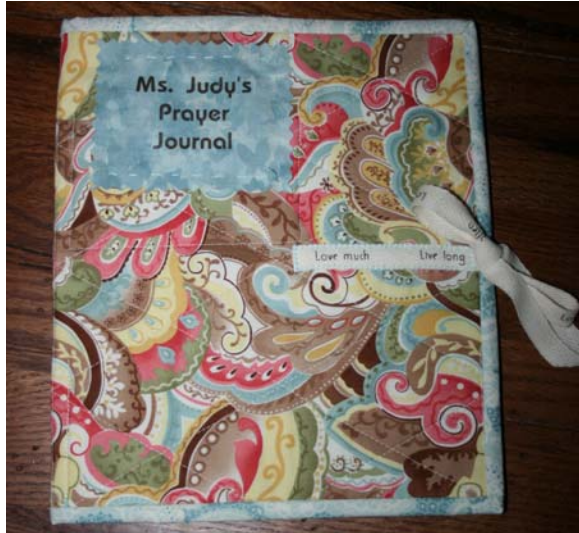
# Quilted Prayer Journal



*Designed by TK Harrison, Quiltalicious, LLC*

# Quilted Prayer Journal

Original Design by TK Harrison, Quiltalicious, LLC



Give someone a special, quilted place to journal their daily prayers.

Seam Allowance: 1/4"

Fabric Requirements for Project:*	
Outside (front) fabric	9" x 16"
Inside fabric	9 x 16"
Binding	Enough 1 1/2" x WOF strips to go all the way around the journal
Batting	9" x 16"
Twill Ribbon	1 yard (for tie and to embellish the pockets and notepad)
Fabric for pockets inside and to hold the notepad	3 1/2" x 5" (small pocket) 3 1/2" x 8" (larger pocket) 4" x 7 1/2" (notepad holder)
Stabilizer or Peltex	Same sizes as for the fabric pockets & 2" x 7" for notepad holder
Fabric for nametag	4" square - we used an ink jet printer and some iron-on transfer paper to put the recipient's name on the front of their journal.



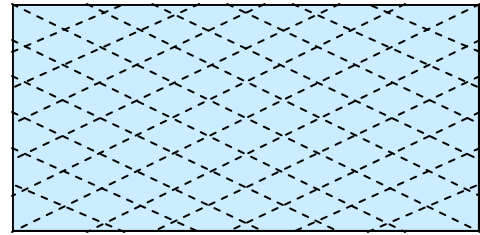
🎵 **LITTLE QUILT NOTE:** This pattern has been tested, to the best of our ability. If your journal does not come out the size shown, please try adjusting your needle position to the appropriate position (left or right) and see if you get the correct size.

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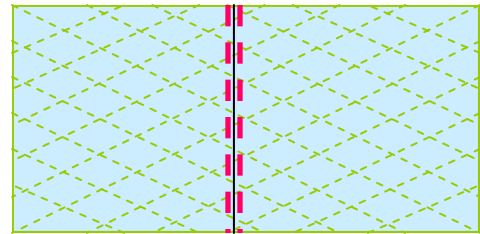
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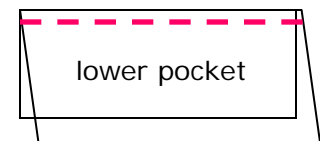
- 1 *Begin your prayer journal by creating a quilt sandwich with your front fabric, batting and inside fabric. Baste together and then quilt. We quilted ours with a cross-hatch pattern, 2 inches apart.*



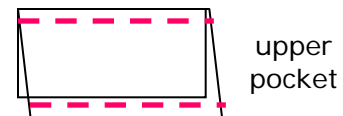
- 2 *Next, fold & press the journal in half and then sew 1/8" on either side of the center, to create 2 seams for the center...this seam can be sewn from either the inside or the outside.*



- 3 *Now, it's time to add your pockets to the left side of the journal. For each, you'll need a stabilizer or Peltex for stability. For the larger (lower) pocket, fold & press the right side of the fabric in about 1/4". Then, fold the fabric in half and insert the stabilizer in the center, and stitch a decorative stitch or the twill ribbon to the top, to secure the fabric to the stabilizer. The pocket should be placed about 1/4" from the inside center seam and flush with the left and bottom seam. Pin in place and stitch the right side of the pocket to the journal, making sure you go over the seam twice. Then, baste the left and bottom of the pocket to the journal, just along the edge, as those seams will be covered up by your binding.*



- 4 *For the smaller, upper pocket, repeat the same process when putting it together, except you'll want to stitch both the top and bottom and/or add the twill tape to both the top and bottom, then place it about 4" from the top and 1/4" from the center seam. Stitch into place around the two edges and the bottom - and go over the seam twice, to make sure it's secure.*



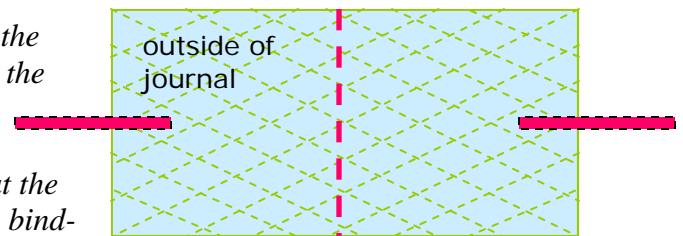
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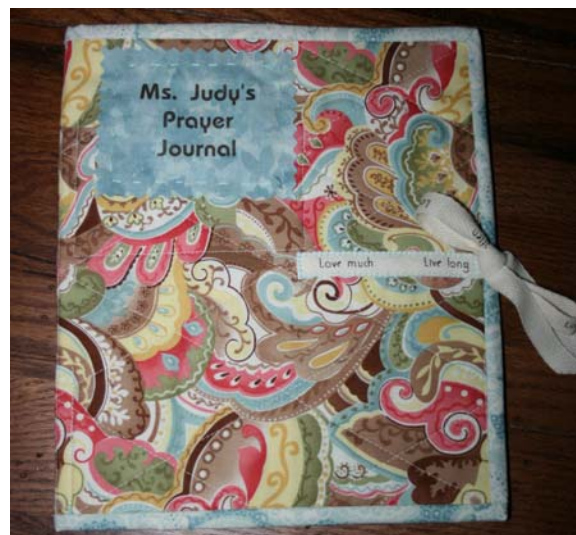
5 The notepad holder is created a bit differently. Place the stabilizer or Peltex on the back of the fabric, about 1/4" from the bottom edge and centered from left to right. Then press the fabric on the left and right sides in, and press the top and bottom around the Peltex. Stitch a seam all the way around the holder, to secure the fabric to the stabilizer. Attach it to the journal on the right side, about 2" from the top and 1" from the center seam and 1 1/4" from the right side of the journal. Stitch into place on the left and right sides, twice to make sure it's secure.

6 For the notepad, we used a piece of cardstock, cut at 6 1/2" x 7" and then cut sheets of copy paper the same size, and stitched it all together with a piece of twill tape at the top. Slide the cardstock behind the notepad holder.

7 Now, it's time to add your ties to the front of the journal! Use about 10" of twill tape on both the front and the back, and secure into place about 3" into the journal. **NOTE:** Be sure to leave about 1/2" of the twill UN-stitched at the edge of the journal, so you have room for the binding.



8 Finally, you may want to personalize the journal. We used iron-on transfer paper and created the journal name with an ink jet printer, then we pressed the name onto a coordinating piece of fabric and cut the fabric out with a pinking rotary cutter....and hand-stitched it to the front of the journal (sewing through just the top layer and the batting, not through the inside fabric).



9 To finish, use your favorite binding technique and bind the quilt journal, making sure all of your lower pocket seams are all secure inside of the binding.