

## Some “Woolly” Motivation!

I love checking out other people's blogs. The world is full of fascinating people. One day on Twitter I discovered a very interesting post that read: **Victory Blanket!** with a link. Curious sort that I am, I had to click, and what I found was a fascinating blog about motivation, weight loss, and strongholds all based on crochet. People are amazing.

So, of course, I contacted Melody (the author) right away and asked if I could share her blog post with you. She agreed, so here you are.

If you run out of steam on your big projects quickly, and you love to crochet (or want to learn!) here's a fabulous motivational project for you.

If you do this, be sure to come back to this lesson and post your picture of your victory blanket when you're all done!

Here's Melody:

### **Tearing Down Strongholds!**

Before we talk about victory, we have to talk about strongholds. Why? Because strongholds are those very things that stand in our way and thwart our forward progress. Strongholds can feel like prison - a prison that we often build all on our own. One of my greatest strongholds in life is the way I take care of my body. Sadly, my health has been one of the last things on my to-do list for many years, if not the very last. This is not to say that I haven't been thinking about my health - quite the contrary - thoughts about my unhealthy habits are constantly in the forefront of my mind, tormenting me and keeping me down.



It seems I've tried it all: diets, workout routines, vitamins, workout partners, accountability partners, clubs, organizations, trainers, friendly wagers, gym memberships... None of these things have been the "miracle" cure. But there's something very important to take notice of in that list: prayer isn't in it. To be sure,

I've prayed about my health - but I haven't made it a daily event in which I rely on God for the changes, rather than my own weak will-power. Instead, I've been relying on the world, on people, on plans, etc. My intention in 2010 is to turn away from all these things, and to fully rely on God.

During past efforts, I've tracked my progress with charts and graphs, and doing something like that again just makes me grumpy...sad even. A little-bitty dot on a giant graph - it just seems so pointless to me. Instead, I'm going to let loose on an idea I've had bumping around in my head for a few weeks now. I'm going to make a Victory Blanket! Every little square will represent the tearing down of a stronghold and the building up of my reliance on God. And every square will be stitched with, in, and through prayer.

### **RED=VICTORY OVER SUGAR!**



The color red will represent those times when I pray for God's help to overcome the temptation of junk food. Healthy choices are going to be a constant necessity on this journey, and sugar is NOT one of the four food groups!

### **ORANGE=FIVE POUNDS!**

By the end of 2010, I hope to have stitched a lot of orange because it will stand for those five pound increments that drop off the scale. With these, I will be sending up prayers of humble thanksgiving.



### **YELLOW=ONE POUND!**

I'll use yellow to represent individual pounds. There will be a single splash of SON-light in my blanket for every pound that God helps me shed. My prayers in yellow will be in grateful relief.

### **GREEN=MILES WALKED!**

My exercise of choice is walking because I can do that rain or shine on the treadmill in my home. For every mile I walk, my blanket will have a green square in it. These prayers will be for continued strength and willingness to move the body God gave me.



### **BLUE=IT'S A NEW DAY!**

Because this journey of life is traveled in 24 hour increments, I intend to mark each new day with a blue square. These will be stitched every morning when I sit down and talk with God over my morning coffee, praying for the world, the church, my loved ones, and strength for the day ahead.

## **VIOLET=GOD'S COMFORT!**

Violet will represent peace and comfort. Because it has been my habit to reach for comfort food rather than the comfort of God, I want to mark those times when I turn to Him in search of calm rather than the cupboard. My prayers of violet will be prayers for rescue and victory over emotional eating.



As this new project begins, my prayer is that by this time next year, the Victory Blanket will be a representation of a faithful journey with my faithful God. He is the source of the change we seek and I seek to rely on Him above all else.

\*\*\*Update - I'm really excited about the comments, emails, and tweets you've been sending me about your own victory blankets! There are crocheters, knitters, and even quilters getting involved! Some of you are stitching for every day without a cigarette, some for days of sobriety, and some for days of clean living from substance abuse! I'm in awe of what God can do and I'm cheering all of you on in your commitment to change through prayer and grace! The Lord is capable of more than we can ever ask for or dream up - if we let Him in and give Him full reign in our lives, we won't be able to stop the progress!

\*\*\*Update - Got a GREAT question from a knitter about how one might accomplish a project like this with their trusty knitting needles! I can't knit to save my life, so I put a shout out on Twitter for help! [WistfulWritsts](#) helped us out lickity-split! Her idea is to knit in long strips, changing colors as you go (with each color representing your goal/task) and in the end, sew the strips together...effectively creating patchwork! Then again...the goal is prayer...so the knitters could ditch the square idea altogether and just

change colors for each prayerful event and shoot for stripes instead of squares. That way you could go for blanket-size right off the bat...errr...off the needle! :) Sure hope this helps the knitters out there! :)

\*\*\*Update - Some of you have asked if I could help you make little squares like the ones you see in my photos. Here's a basic granny square pattern that creates a 3" x 3" square:

Foundation: ch 4, slip stitch to form a ring.

Row 1: ch 3 (counts as one dc), 2 dc in the ring, \*ch 2, 3 dc in the ring, repeat from star two more times, ch 2, slip stitch to close the row. [this row creates four clusters of 3 dc and four chain 2 spaces]

Row 2: slip stitch in next 3 stitches (this moves you to the next ch 2 space), ch 3 (counts as one dc), 2 dc in the same ch 2 space, ch 2, 3 dc in same ch 2 space, \*ch 1, 3 dc in next ch 2 space, ch 2, 3 dc in same ch 2 space, repeat from star two more times, ch 1, slip stitch to close the row. [this row creates four corners that total 8 clusters of 3 dc]

Row 3: sc in every stitch and every ch 1 space around the square, but every time you reach a corner you should 3 sc all in the same corner space. Slip stitch to close the row, fasten off. (keep in mind that row three isn't necessary for all joining methods)

Joining: there are a ton of ways to join your squares. I recommend whip stitching them all together, but it's always fun to try new ways, like a flat braid join, a "join as you go" method, a raised slip stitch, etc. Do a search on YouTube for "[joining granny squares](#)" and see what new ways you can learn!

(Note from Darlene: Don't know how to crochet? Check this out: [How to Crochet](#) )

So, who is Melody Jo Hamor?



From the moment she first heard the name of Jesus, Melody wanted to study the Word of God. As a little girl, the beginning of that journey was a clumsy one - thumbing through a leather bound King James Bible that her mother used when she herself was a child. Today, Melody's love for the Lord and her thirst for the Word spills over into everything she does. She is

one of the Bible study teachers at her church, a mentor for women, and a psychology major at her local university. After graduation, she plans to enter the Seminary to become an ordained Pastoral Counselor. When she's not studying or teaching, she's probably crocheting or writing. She owns [www.HookingStitches.com](http://www.HookingStitches.com) where the message is, "Stitching God's love into the lives of others...literally and figuratively." She combines the fiber art of crochet with her studies of Scripture, all in an effort to tell the people of the world how much God loves them.

Melody Jo Hamor - Hooking Stitches

blog: [www.HookingStitches.com](http://www.HookingStitches.com)

email: [HookingStitches@yahoo.com](mailto:HookingStitches@yahoo.com)

twitter: [www.twitter.com/HookingStitches](http://www.twitter.com/HookingStitches)