

Military Prayer Squares with Hearts

These are worked with worsted weight yarn on size 8 needles. Exact gauge is not as important as general proportion. Make sure the finished product is roughly square and the motif looks right.

Cast on 25 stitches

Rows 1-4 Knit across

Rows 5-10 Odd rows K across.

Even rows K3, P19, K3

Row 11 K12, P1, K12

Row 12 K3, P8, K3, P8, K3

Row 13 K10, P5, K10

Row 14 K3, P6, K7, P6, K3

Row 15 K8, P9, K8

Row 16 K3, P4, K11, P4, K3

Row 17 K6, P13, K6

Row 18-20 & 22 K3, P2, K15, P2, K3

Row 19 & 21 K5, P15, K5

Row 23 K5, P7, K1, P7, K5

Row 24 K3, P3, K5, P3, K5, P3, K3

Row 25 K7, P3, K5, P3, K7

Row 26-31 Even rows K3, P19, K3 odd rows K across

Row 32-35 K across

K one more row, binding off



**From Orlando Health Pattern Guide Book 2025
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Women & Babies)**