

Fruit of the Spirit

~ Words to Live by ~



Free Block
of the
Month
2018!



www.aliceinquilterland.blogspot.com
www.daysfilledwithjoy.com

Thank you so much for downloading this pattern!

I hope you enjoy stitching this up and I would love to see a picture of your finished project!

You can email me a photo at joy@daysfilledwithjoy.com or if you have any questions feel free to contact me.

This design is part of a free block of the month hosted by Alice from [Alice in Quilterland](#) and myself, Joy, from [Days Filled With Joy](#). It is a pattern we designed and gave out for free back in 2010.

Now it is 2018 and we have updated it a bit, and are giving it out for free again!

We are busy building up our selection of designs on [Craftsy](#) and hope you enjoy them.

If you would like to receive some of our designs before they are released for sale, you can [sign up for my newsletter](#).

If you want to learn more about me, you can visit me at my blog [Days Filled With Joy](#) where I write about quilting, travel and other odds and ends. You can also find a variety of [tutorials](#) there.

This design is original and hand drawn by Alice Ihnen and Joy McDonald.

Permission is given to use this design as a gift or personal use. You are not permitted to sell the design or claim it as your own.

Copyright © 2018 by Alice Ihnen & Joy McDonald

<http://aliceinquilterland.blogspot.com/>

<https://www.daysfilledwithjoy.com/>

Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 1 - Love



What you need:

12" square of quilter's muslin or your choice of background fabric.

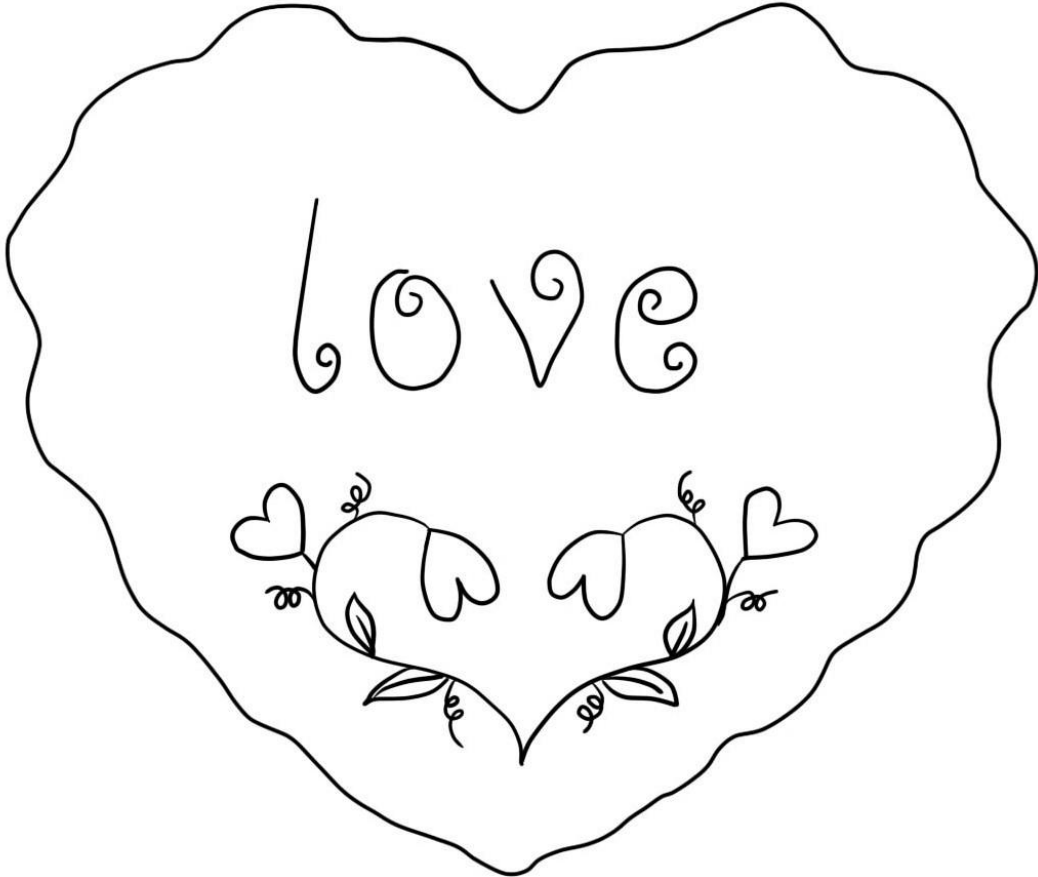
Embroidery threads of your choice.

Trace the pattern on page 2 onto the piece of background fabric, using a pencil or fabric marking pen.

Use backstitch for everything.

2010 © Alice Ihnen & Joy McDonald

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 2 - Patience



What you need:

12" square of quilter's muslin or your choice of background fabric.

Embroidery threads of your choice.

Trace the stitchery onto a piece of quilter's muslin, using a pencil or fabric marking pen.

Use backstitch for everything, except the dots.

For the dots stitch French or Colonial knots.

NB pattern updated 2018

2010 © Alice Ihnen & Joy McDonald



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 3 - Peace



What you need:

12" square of quilter's muslin or your choice of background fabric.

Embroidery threads of your choice.

Trace the stitchery onto a piece of quilter's muslin, using a pencil or fabric marking pen.

Use backstitch for everything. At the end of the butterfly's antennae, stitch French knots.



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 4 - Kindness



What you need:

12" square of quilter's muslin or your choice of background fabric

Embroidery threads of your choice.

Trace the pattern on page 2 onto a piece of quilter's muslin, using a pencil or fabric marking pen.

Use French knots for the insides of the flowers, and backstitch for everything else.

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 5 - Gentleness



What you need:

12" square of quilter's muslin or your choice of background fabric

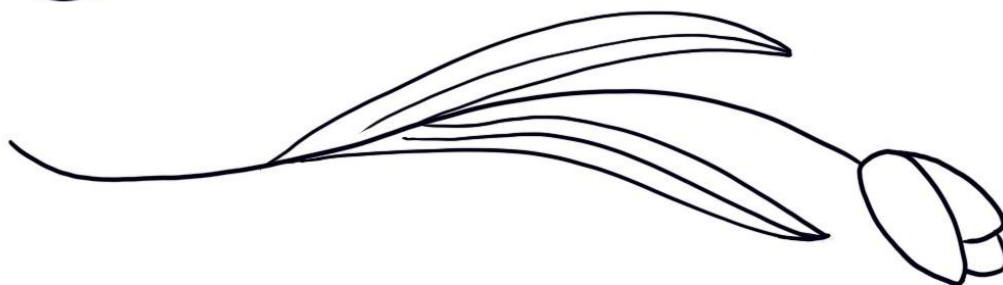
Embroidery threads of your choice.

Trace the stitchery onto a piece of quilter's muslin, using a pencil or fabric marking pen.

Use backstitch for everything.

At the end of the butterfly's antennae, stitch French knots.

Gentleness



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 6 - Joy



What you need:

12" square of quilter's muslin or your choice of background fabric.

Embroidery threads of your choice.

Trace the pattern onto the piece of background fabric, using a pencil or fabric marking pen.

Use backstitch for most of the design and French or Colonial knots for the middle of the flower.

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 7 - Goodness



What you need:

12" square of quilter's muslin or your choice of background fabric.

Embroidery threads of your choice.

Trace the pattern onto the piece of background fabric, using a pencil or fabric marking pen.

Use backstitch for everything.

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 8 - Faith



What you need:

12" square of quilter's muslin or your choice of background fabric.

Embroidery threads of your choice.

Trace the pattern onto the piece of background fabric, using a pencil or fabric marking pen.

Use backstitch and French knots.

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.

2010 © Alice Ihnen & Joy McDonald



Fruit of the Spirit Block of the Month

~ Words to live by ~

Block 9 - Self Control



What you need:

12" square of quilter's muslin or your choice of background fabric.

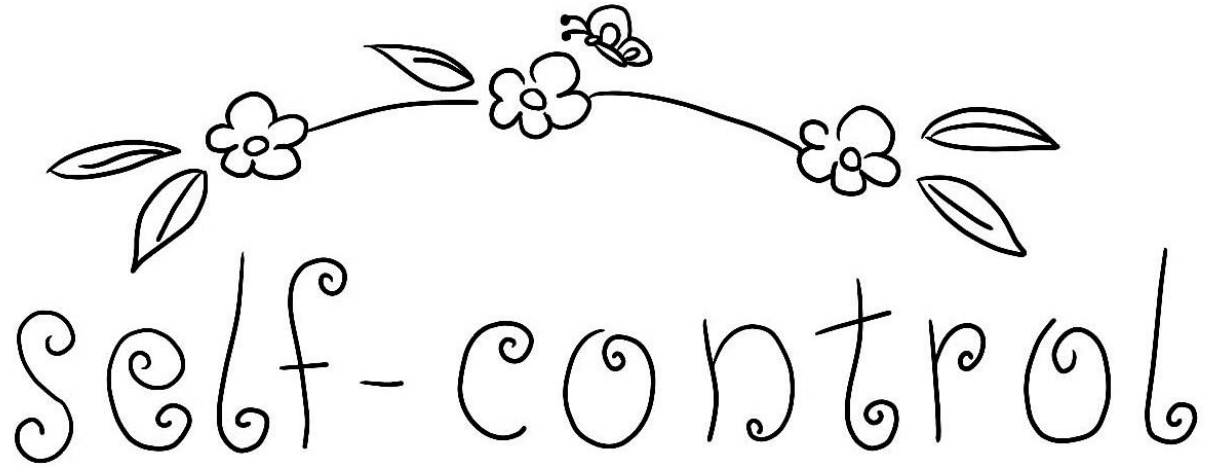
Embroidery threads of your choice.

Trace the pattern onto the piece of background fabric, using a pencil or fabric marking pen.

Use backstitch for everything.

At the end of the butterfly's antennae, stitch French knots.

NB The photo of the stitchery is not necessarily the size of the finished product. The pattern below is the correct size.



Fruit of the Spirit Block of the Month

~ Words to live by ~

Finishing Instructions



We would like to thank you all for joining us on this, our first, block of the month! Thank you for your comments and emails. We have treasured them all. Please send us photos when you have finished yours ☺

What you need:

Fabric A:	Little squares	- scrap
Fabric B:	Sashing & Inner border	- 55cm
Fabric C:	Second border	- 40cm
Fabric D:	Outer border (Feature Fabric)	- 90cm

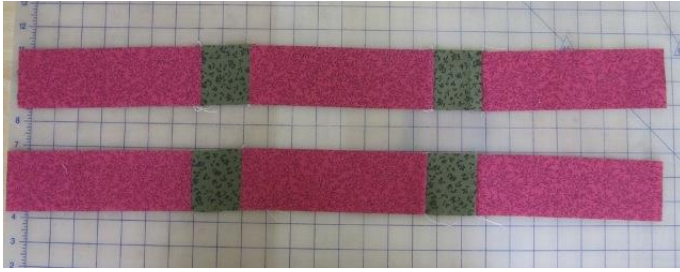
1. Trim all embroidered blocks to 8"
2. Cut four 2 ½ " squares of Fabric A

Cut twelve strips of the width of Fabric B.

Set nine of these strips aside and from the remaining three, cut twelve 2 ½" x 8" strips.



3. Sew the four squares of fabric A to three strips of fabric B like this:



4. Sew the remaining 2 1/2" x 8" strips of fabric B between your embroidered blocks like this:



5. Sew the rows from step 2 in between the rows from step 3:



6. For the inner border, use the remaining strips of fabric B and cut:

- two 2 ½" x 27" strips for the sides.
- two 2 ½" x 31" strips for the top and bottom



Your quilt should now measure 31" square.

7. From fabric C cut:
- Two 2 ½" x 31" strips for the sides
 - Two 2 ½" x 37" strips for the top and bottom.



Your quilt should now measure 37" square.

8. Using fabric D for the outer border, cut:
- two 6" x 37" strips for the sides
 - two 6" x 48.5" strips for the top and bottom (you will need to join strips for this)



Your finished quilt top should be 48.5" square.

Pin, quilt and bind as you would any other quilt.