

Headband of Faith

In Hebrews 12: 1-2 it says, *“let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the founder and perfecter of faith.”* So let's make a headband running for your running with Jesus!

Follow the instructions from the one of the options below! Afterwards you can decorate it! Maybe even writing some awesome things about God on it too!!

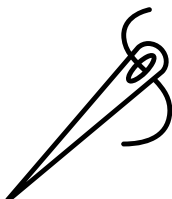
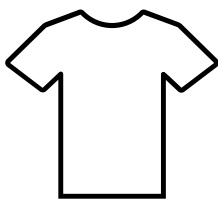
No Sew Option

What you need:

- An old t-shirt
- Scissors

Instructions

1. Turn your t-shirt inside out.
2. Make a cut in the under arm seam.
3. Cut around just outside the arm sleeve seam – leaving the seam intact on the rest of the t-shirt
4. The sleeve now cut free from the rest of the t-shirt – this will be the headband.
5. Pull the edges to make them curl slightly so the cut marks are hidden.
6. Fold over the material to adjust the width of your headband!



Easy Sew Option

What you need:

- Old t-shirt
- Scissors
- A measuring tape
- Sewing equipment (machine or needle and thread!)

Instructions

1. Measure your head!
2. Cut a strip of fabric from the body of the t-shirt – twice the width you want it to be, and a comfortable length around your head.
3. Keep the side you want showing face up.
4. Fold it end to end and sew the end sides together (machine or hand). You should now have a loop with the side you want showing inside the loop
5. Turn it inside out, and fold to the width you want it.