

# HOW TO MAKE A SACRED HEART QUILT PANEL

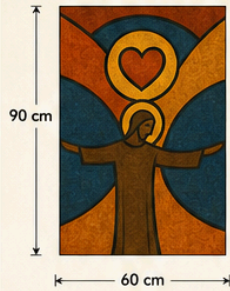
## STEP-BY-STEP TUTORIAL (ALL MEASUREMENTS IN CM)

### 1. MATERIALS & TOOLS

- 100% Cotton Fabric
  - – Burnt Orange
  - – Golden Yellow
  - – Deep Blue
  - – Chocolate Brown
  - – Black (for outlines)
- Batting (100% Cotton or Cotton Blend)
- Backing Fabric
- Thread (matching colors)
- Rotary Cutter
- Quilting Ruler
- Cutting Mat
- Sewing Machine (with 1/4" foot)
- Iron & Ironing Board
- Pins / Clips
- Fabric Marker or Chalk Pencil

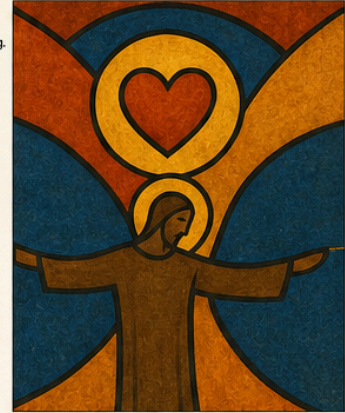
### 2. FINISHED SIZE

Recommended finished size:  
60 cm (W) x 90 cm (H)  
You can resize proportionally.



### 3. DESIGN OVERVIEW

The panel is built with appliqué and piecing. The black outlines are created with appliqué or narrow bias strips.



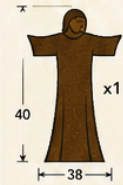
### MAIN METHODS USED

- Piecing (Patchwork)
- Appliqué (Raw Edge Fusible)
- Pressing
- Quilting (Stitch in the Ditch and Outline Quilting)
- Binding

### 4. CUTTING GUIDE (ALL PIECES IN CM)

Add 0.7 cm seam allowance to all pieces.

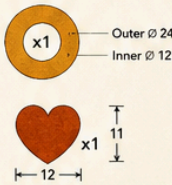
#### A. Figure (Brown)



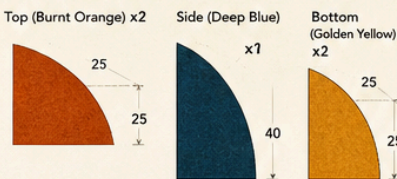
#### B. Head & Hair



#### C. Halo & Heart (Golden Yellow)

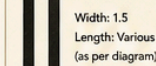


#### D. Background Pieces



#### E. Black Outlines (choose one method)

##### Option 1: Appliqué Strips



##### Option 2: Bias Binding



TIP: Label all pieces before sewing.

### 5. CONSTRUCTION STEPS

#### 1 Prepare Pieces

Cut all fabric pieces as per the cutting guide.



#### 2 Create the Appliqué

- Fuse or pin the appliqué pieces to the background.  
- Use raw edge appliqué with zigzag stitch (width 1.5–2 mm, length 2–2.5 mm).



#### 3 Assemble Background

- Sew top pieces to side pieces.  
- Add bottom pieces.  
- Press seams open.



#### 4 Add Figure & Halo

Position and appliqué the figure, head, halo, and heart.



#### 5 Add Black Outlines

Appliqué or stitch the outlines around all shapes.



#### 6 Layer the Quilt

Top + Batting + Backing.  
Baste with pins or spray.



#### 7 Quilt

- Stitch in the ditch around all seams.  
- Add outline quilting around the figure and halo.



#### 8 Bind the Quilt

- Cut binding strips 6 cm wide.  
- Sew, fold, and hand stitch or machine stitch to finish.



### 6. QUILT LAYOUT DIAGRAM

Assemble the background, then add appliqué and outlines.



### 7. FABRIC REQUIREMENTS (FOR 60 CM x 90 CM QUILT)

FABRIC	AMOUNT (CM)
Burnt Orange	50 x 40
Golden Yellow	50 x 40
Deep Blue	60 x 60
Chocolate Brown	50 x 50
Black (Outlines)	20 x 20
Backing Fabric	100 x 100
Batting	70 x 100
Binding	20 x 250 (6 cm wide strip)

### SEWING & QUILTING METHODS EXPLAINED

#### APPLIQUÉ (RAW EDGE)



Fuse or pin the piece, then stitch along the edge with a zigzag stitch.

#### STITCH IN THE DITCH



Stitch in the seam line to secure layers and create a flat look.

#### OUTLINE QUILTING



Quilt along the edges of the appliqué for a bold, textured look.

#### BINDING



Sew binding strips, fold to the back, and hand stitch or machine stitch.

### TIPS FOR SUCCESS

- Use high-quality cotton fabric for best results.
- Press often for accurate seams.
- Take your time with appliqué for clean edges.
- Practice on scraps before working on the quilt.

### CARE INSTRUCTIONS

- Machine wash cold, gentle cycle.
- Use mild detergent.
- Tumble dry low or hang to dry.
- Iron on medium if needed.

### ENJOY YOUR HANDMADE QUILT!

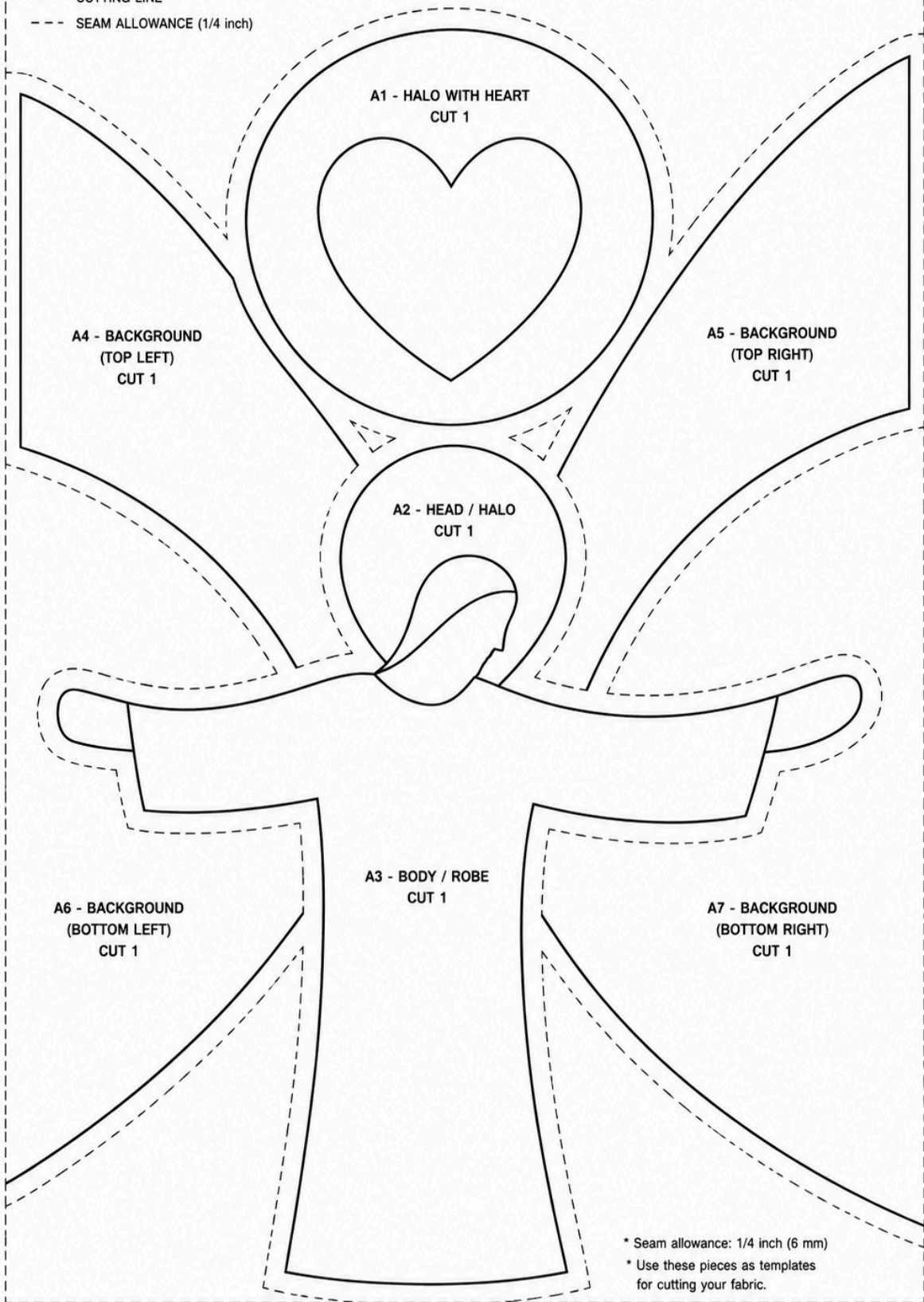
This quilt is a symbol of love, faith, and craftsmanship.



**SEWING PATTERN  
WITH SEAM ALLOWANCE**

— CUTTING LINE

- - - SEAM ALLOWANCE (1/4 inch)



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## How to Make a Sacred Heart Quilt Panel

This **Sacred Heart Quilt Panel** is a 60 cm wide by 90 cm high wall quilt made with cotton fabric, appliqué, patchwork piecing, quilting, and binding. The design includes a brown figure, a golden halo, a heart, deep blue side shapes, burnt orange background pieces, golden yellow sections, and black outlines.

### Materials and Tools

You will need 100% cotton fabric in these colors: burnt orange, golden yellow, deep blue, chocolate brown, and black for the outlines.

You will also need cotton batting, backing fabric, matching thread, rotary cutter, quilting ruler, cutting mat, sewing machine with a 1/4 inch foot, iron, ironing board, pins or clips, and a fabric marker or chalk pencil.

### Finished Size

The recommended finished size is **60 cm wide by 90 cm high**.

You may resize the quilt proportionally, but keep all pieces balanced so the figure, halo, heart, and background shapes stay centered.

### Main Methods Used

This project uses **patchwork piecing, raw edge appliqué, pressing, stitch in the ditch quilting, outline quilting, and binding**.

The black outlines can be created with narrow appliqué strips or bias binding.

### Fabric Requirements

For one 60 cm x 90 cm quilt panel, prepare:

Burnt orange fabric: **50 cm x 40 cm**

Golden yellow fabric: **50 cm x 40 cm**

Deep blue fabric: **60 cm x 60 cm**

Chocolate brown fabric: **50 cm x 50 cm**

Black fabric for outlines: **20 cm x 20 cm**

Backing fabric: **100 cm x 100 cm**

Batting: **70 cm x 100 cm**

Binding: **20 cm x 250 cm**, cut into 6 cm wide strips

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## Cutting the Main Figure

Cut the main body figure from chocolate brown fabric.

The figure should measure approximately **40 cm high** and **38 cm wide** across the arms.

Cut **1 body piece**.

The shape should have long sleeves, a narrow body, and slightly curved sides.

## Cutting the Head and Hair

Cut the hair from dark brown or chocolate brown fabric.

Cut **1 hair piece** and **2 matching pieces** if needed for layering or correction.

Cut the face from brown fabric.

Cut **1 face piece** and **2 matching pieces** if needed.

The head should be placed above the body, slightly tilted, as shown in the design.

## Cutting the Halo and Heart

Cut the halo from golden yellow fabric.

The outer circle should measure about **24 cm diameter**.

The inner circle should measure about **12 cm diameter**.

Cut **1 halo ring**.

Cut the heart from burnt orange fabric.

The heart should measure approximately **12 cm wide** by **11 cm high**.

Cut **1 heart**.

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## Cutting the Background Pieces

Cut the top background pieces from burnt orange fabric.

Cut **2 top pieces**.

Cut the side shapes from deep blue fabric.

Cut **1 large side piece**, approximately **40 cm high**, following the curved shape shown in the diagram.

Cut the bottom curved pieces from golden yellow fabric.

Cut **2 bottom pieces**, each around **25 cm x 25 cm**, shaped with a curved edge.

## Cutting the Black Outlines

Choose one method for the black outlines.

For appliqué strips, cut narrow black strips about **1.5 cm wide**. The length will vary depending on the curve and placement.

For bias binding outlines, cut black bias strips about **4 cm wide**, then shape them around the curved areas.

These black lines create the stained-glass effect of the panel.

## Prepare the Pieces

Cut all pieces carefully according to the guide.

Label each piece before assembling.

Press the fabrics flat before sewing.

Use pins, clips, or fusible web to hold the appliqué pieces in place.

## Assemble the Background

Start by sewing the burnt orange top pieces to the deep blue side pieces.

Add the golden yellow bottom pieces.

Press the seams open or to one side.

The background should create large curved color blocks behind the figure.

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## **Add the Appliqué Pieces**

Place the figure in the lower center of the quilt panel.

Position the head above the body.

Place the halo behind the head.

Center the heart inside the halo.

Fuse or pin the appliqué pieces to the background.

Stitch around each appliqué piece using a zigzag stitch.

Use a stitch width of about **1.5 mm to 2 mm** and a stitch length of about **2 mm to 2.5 mm**.

## **Add the Black Outlines**

Add the black outlines around the halo, heart, figure, and background curves.

You can sew the outlines with appliqué strips, bias binding, or dense outline stitching.

Follow the design carefully so the panel keeps the sacred stained-glass look.

Press gently after stitching.

## **Make the Quilt Sandwich**

Place the backing fabric wrong side up.

Place the batting on top.

Place the quilt top right side up.

Smooth all layers carefully.

Pin or baste the layers with spray baste.

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## Quilt the Panel

Quilt around the seams using **stitch in the ditch**.

Then quilt around the appliqué shapes, including the figure, head, halo, and heart.

Add outline quilting around the black lines to make the design stronger and more textured.

Quilt slowly, especially around curves.

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## Bind the Quilt

Cut binding strips **6 cm wide**.

Sew the binding strips together to make one long strip.

Attach the binding to the front of the quilt.

Fold it to the back and hand stitch or machine stitch it in place.

Make sure the corners are neat and flat.

## Pressing and Finishing

Press the quilt gently after each major step.

Trim loose threads.

Check that all appliqué edges are secure.

Make sure the quilt lies flat.

Add a hanging sleeve to the back if you want to display it on a wall.

## Care Instructions

Machine wash cold on a gentle cycle.

Use mild detergent.

Tumble dry low or hang to dry.

Iron on medium heat if needed.

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## **Tips for Success**

Use high-quality cotton fabric for best results.

Press often for accurate seams.

Take your time with appliqué curves and small details.

Practice the zigzag stitch on scrap fabric before sewing the final quilt.

Label all pieces before sewing so the layout stays organized.

Enjoy your handmade **Sacred Heart Quilt Panel** ❤️

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