

## **Appendix KK**

### **SAMPLE GRACES, PRAYERS, AND INSPIRATIONAL SONGS**

#### **Graces**

##### **Armenian Grace**

In peace let us eat this food, which the Lord has provided for us.

Blessed be the Lord in His gifts. Amen.

##### **A Blessing**

For what we are about to do, may the Lord make us truly responsible.

For what we are about to think, may the Lord make us truly wise.

For what we are about to say, may the Lord make us truly sensible.

For what we are trying to achieve, may the Lord accept and bless our efforts.

*—Thanks to Sergio Laurenti*

##### **Indian/Native Thanks**

The eagles give thanks for the mountains. (Spread arms like wings, then raise and bring them together to form mountain peaks.)

The fish give thanks for the sea. (Bring hands together and move them in a waving motion like swimming fish.)

We give thanks for our blessings. (Raise arms in front as if receiving something being passed down from a height.)

And for what we're about to receive. (Lower arms with hands cupped as if they are holding something.)

*—Thanks to Lori Purvis*

##### **Brotherhood Camping Grace**

We thank the Lord for all that's good,

For food, for life, for brotherhood.

For friends and family, near and far,

For fellowship right where we are.

##### **Buddhist Grace**

The food comes from the Earth and Sky.

It is the gift of the entire universe

And the fruit of much hard work;

I vow to live a life which is worthy to receive it.

##### **Camp Grace**

For food and health and happy days,

Accept our gratitude and praise.

In serving others, Lord may we

Repay our debt of love to Thee. Amen.

For Health and Strength  
For health and strength and daily bread,  
We praise your name, O Lord.

Gracious Giver  
Gracious giver of all good, we thank you for food and rest.  
Grant that all we say or do pleases you.

Lebanon Grace  
May the abundance of this table never fail and never be less.  
Thanks to the blessing of God, who has led us and satisfied our needs.  
To Him be the glory forever. Amen.

Hawaiian Grace  
*E Ke Akua* (Dearest Lord,)  
*Mahalo*. (Know our thanks to Thee.)  
*Mahalo ia `Oe* (We especially thank Thee)  
*No Keia. `Ai*. (For this food.)  
*`Amene*. (Amen.)

Philmont Grace  
For food, for raiment,  
For life, for opportunity,  
For friendship and fellowship,  
We thank thee O Lord. Amen.

Simple Thanks Camping Grace  
Thank God for the food we eat,  
For camping fun and campers we meet,  
For rushing streams and the calm cool breeze,  
For rolling meadows and tall, green trees.

Thank You, God  
Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you, God, for everything.

The Sailors Grace  
O God the Giver, take the thanks we give,  
For life and for the food by which we live,  
Thinking of those who carry it by sea,  
Upon our sailors may Thy blessing be.

The World Hunger Grace  
For food in a world where many walk in hunger,  
For faith in a world where many walk in fear,  
For friends in a world where many walk alone,  
We give thee humble thanks, O Lord.

### **We Gather**

We gather to ask for your blessing.

We gather to thank you in prayer.

Please bless all this food we are sharing,

And keep us in your tender care.

### **Prayers**

#### **An Irish Blessing**

May the road rise up to meet you,

May the wind be always at your back,

May the sun shine warm on your face,

And rain fall soft upon your fields,

And until we meet again,

May God hold you in the palm of his hand. Amen.

#### **A Leader's Prayer**

Please God grant me

The spark to imagine,

The daring to innovate,

The discipline to plan,

The skill to do,

The will to achieve,

The commitment to be responsible,

The leadership to motivate.

*—Thanks to Bob Slater, London, Ontario*

#### **A Prayer of Thanks**

For each new morning with its light,

Father, we thank you.

For rest and shelter of the night,

Father, we thank you.

For health and food, for love and friends,

For everything your goodness sends,

Father, in heaven, we thank you.

*—Ralph Waldo Emerson*

#### **Scout Prayer**

Dear God, help us to carry your spirit in our lives, that we may share it with others by living it ourselves.

Help us to offer all that we have and are in your service.

And help us to live the spirit of Scouting so that the spirit will live on through us.

*—"A Memorial to a Scouter" by Laird Vanni*

Time  
Thank you, God, for time:  
Time for talking and time for walking,  
Time for caring and time for sharing,  
Time for working and time for playing,  
Time for running and time for resting,  
You give us time, God; Help us make the most of it.

—Scouting *magazine*

Wolf Scout Prayer, Bolivia  
Kind and good Lord,  
teach me to be humble and generous,  
to imitate your example,  
to love you with all my heart,  
and to follow your path.

### **Songs: Inspirational Graces and Prayers**

Day Is Done  
**Tune:** Taps bugle call  
Day is done, gone the sun,  
From the lake, from the hills, from the sky,  
All is well, safely rest, God is nigh.

God Made the Mountains  
**Tune:** “I Love the Mountains”  
God made the mountains,  
God made the rolling hills,  
God made the flowers,  
God made the daffodils,  
God made the field of wheat,  
For all the bread we eat,  
Alleluia, alleluia, alleluia, alleluia. (Repeat and fade out.)

God Is Great  
**Tune:** “Michael, Row Your Boat”  
God is great, God is good. Alleluia.  
Let us thank him for this food. Alleluia.  
By his hand we all are fed. Alleluia.  
Thank God for our daily bread. Alleluia.

God Our Father Camping Grace  
**Tune:** “Frere Jacques”  
God our father, God our father  
Once again, once again,  
We would ask thy blessing,  
We would ask thy blessing.  
Amen, amen.

### Johnny Appleseed Grace

Oh, the Lord is good to me,  
And so I thank the Lord,  
For giving me the things I need,  
The sun and the rain and the apple seed.  
The Lord is good to me.

### He's Got the Whole World in His Hands

He's got the whole world in His hands,  
He's got the whole world in His hands,  
He's got the whole world in His hands,  
He's got the whole world in His hands.

He's got my brothers and my sisters in His hands,  
He's got my brothers and my sisters in His hands,  
He's got my brothers and my sisters in His hands,  
He's got the whole world in His hands.

He's got the sun and the rain in His hands,  
He's got the moon and the stars in His hands,  
He's got the wind and the clouds in His hands,  
He's got the whole world in His hands.

He's got the rivers and the mountains in His hands,  
He's got the oceans and the seas, in His hands,  
He's got you and he's got me in His hands,  
He's got the whole world in His hands.

He's got everybody here in His hands,  
He's got everybody here in His hands,  
He's got everybody everywhere in His hands,  
He's got the whole world in His hands.

### Scout Vespers

Softly falls the light of day,  
While our campfire fades away.  
Silently each Scout should ask:  
"Have I done my daily task?  
Have I kept my honor bright?  
Can I guiltless sleep tonight?  
Have I done and have I dared  
Everything to be prepared?"

**Singing Grace**

**Tune:** "Frere Jacques"

Our Provider, our Provider,  
Once again, once again,  
Thank you for your blessing,  
Thank you for your blessing,  
A-men. A-men.

**Von Trapp Grace**

**Tune:** "Edelweiss"

Bless our friends, bless this food,  
Come O Lord and be with us.  
May our words glow with peace,  
May Your love surround us.  
Friendship and love may it bloom and grow,  
Bloom and grow forever.  
Bless our friends, bless our food,  
Come O Lord and be with us.

**'We Gather' Camp Grace**

**Tune:** "My Bonnie"

We gather to ask for your blessing,  
We gather to thank you in prayer,  
Please bless all this food we are sharing,  
And keep us in your tender care.

**We Stand Before You**

**Tune:** "I'd Like to Teach the World to Sing"

O God, we stand before You now,  
Asking once again.  
Please bless this food, and all we have,  
We thank You God. Amen.