

# *Footprints in the Sand*

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*One night I dreamed I was walking along the beach with the Lord.*

*Many scenes from my life flashed across the sky.*

*In each scene I noticed footprints in the sand.*

*Sometimes there were two sets of footprints,  
other times there were one set of footprints.*

*This bothered me because I noticed  
that during the low periods of my life,  
when I was suffering from  
anguish, sorrow or defeat,  
I could see only one set of footprints.*

*So I said to the Lord,  
"You promised me Lord,  
that if I followed you,  
you would walk with me always.*

*But I have noticed that during  
the most trying periods of my life  
there have only been one  
set of footprints in the sand.*

*Why, when I needed you most,  
you have not been there for me?"*

*The Lord replied,  
"The times when you have  
seen only one set of footprints,  
is when I carried you."*

*Mary Stevenson*