

## **FOOTPRINTS IN THE SAND**

**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 was one  
only. 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 has only been one set of  
footprints in the sand.**

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

**The Lord replied,**

**“The times when you have seen only  
one set of footprints,  
my child, is when I carried you.”**