

A photograph of a beach at sunset. The sun is low on the horizon, casting a warm glow over the scene. The sky is a mix of blue and orange. In the foreground, several sets of footprints are visible in the sand, leading away from the viewer towards the water. The overall mood is contemplative and serene.

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 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 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 in the sand, is when I carried you."

—Mary Stevenson