

A photograph of a beach at sunset. The sky is a mix of orange, yellow, and grey. The ocean is on the right, with waves washing onto the shore. In the foreground, the sand is golden-brown and has several sets of footprints leading away from the viewer towards the ocean. On the left, there are large, dark rocks. The title 'Footprints in the Sand' is written in a white, cursive font across the top of the image.

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 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 in the sand,
is when I carried you.”