Footprints in the sand

By Mary Stevenson



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.

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?"

Footprints in the sand

The Lord replied,

"The years when you have seen only one set of footprints, my child,

is when I carried you."

(Mary Stevenson, 1936)