













Overnight I dreamed I was walking along the beach with the Lord  
Many times foot prints trailed across the sky  
In each scene I noticed footprints on 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 you followed me  
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

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