ONE NIGHT I DREAMED I WAS WALKING ALONG THE BEACH WITH THE LORD

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 only one.  
This bothered me because I noticed  
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 noticed during the most trying periods  
Of my life there has only been  
One set of prints 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  
It was then that I carried you.