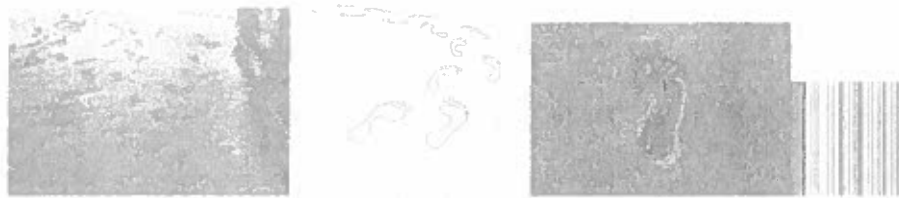


Footprints in the Sand



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."

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."

Author Mary Stevenson

Psalm 142:2-6

*I poured out my complaint before him; I shewed
before him my trouble.*

*When my spirit was overwhelmed within me, then
thou knewest my path. In the way wherein I
walked have they privily laid a snare for me.*

*I looked on my right hand, and beheld, but there
was no man that would know me: refuge failed
me; no man cared for my soul. I cried unto thee,*

*O LORD: I said, Thou art my refuge and my
portion in the land of the living.*

*Attend unto my cry; for I am brought very low:
deliver me from my persecutors; for they are
stronger than I.*

Message:

A personal Psalm in which David, overwhelmed and alone, expresses confidence that God hears his cry for refuge, rescue, and release.

I. David's Desperation (142: 1-4)

- A. The abundance of foes (142:1-3): He is surrounded by enemies who constantly threaten his life.

B. The absence of friends (142:4): He feels no one on earth cares what happens to him.

III. David's Realization (142:5-7)

A. God alone is his refuge (142:5)

B. God alone is his strength (142:6)

C. God alone is all he wants in life (142: 6)

D. God alone is his rescuer (142:6-7): God brings him out of prison.

