

Footprints in the Sand

沙灘上的腳印

One night I dreamed I was walking along the beach with the Lord.

一晚，我夢到我與上帝一起走過沙灘

Many scenes from my life flashed across the sky.

生命中的許多場景、一一顯現於天空

In each scene I noticed footprints in the sand.

我注意到，每幕景象出現時，沙灘上的腳印..

Sometimes there were two sets of footprints,

有時是兩組腳印

other times there were one set of footprints.

有時，則是一雙足跡

This bothered me because I noticed

這讓我很困惑，因為我注意到

that during the low periods of my life,

當我生命的低潮

when I was suffering from

當我痛苦

anguish, sorrow or defeat,

生氣、哀傷、失敗

I could see only one set of footprints.

我看到一雙足印

So I said to the Lord,

所以，我對上帝說

"You promised me Lord,

「上帝啊~你跟我保證

that if I followed you,

我若跟隨你

you would walk with me always.

你就會永遠在我身篇

But I have noticed that during the most trying periods of my life

但是，我注意到，在我生命中最難過的時間

there have only been one set of footprints in the sand.

沙灘上只有一雙足印

Why, when I needed you most, you have not been there for me?"

爲什麼再我最需要你的時候，你卻不在我身邊？

The Lord replied,

上帝回音，

"The times when you have seen only one set of footprints in the sand,

「你看到沙灘上只有一雙足跡

is when I carried you."

是因爲這時，我背著你。」

