

The Takeaway
Holy Habits – Prayer – Week 6
October 13, 2019

“Footprints in the Sand”

One night I dreamed a dream.

As I was walking along the beach with my Lord.

Across the dark sky flashed scenes from my life.

For each scene, I noticed two sets of footprints in the sand,

One belonging to me and one to my Lord.

After the last scene of my life flashed before me,

I looked back at the footprints in the sand.

I noticed that at many times along the path of my life,

especially at the very lowest and saddest times,

there was only one set of footprints.

This really troubled me, so I asked the Lord about it.

"Lord, you said once I decided to follow you,

You'd walk with me all the way.

But I noticed that during the saddest and most troublesome times of my life,

there was only one set of footprints.

I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you

Never, ever, during your trials and testings.

When you saw only one set of footprints,

It was then that I carried you."

Prayer Ideas for Praise and Lament:

* The Psalms are full of human prayers of lament and of praise/rejoicing. When you're at a loss for words, whether because you're feeling so troubled by life or because you're overcome with joy, open your Bible and leaf through the Psalms. They're a great place to go searching for words to pray. As you read/pray, you'll realize you're not alone in your experience in this life, which is a comforting source of strength!

* Try keeping a prayer diary/journal. Keep a log of what you're thankful for, and what you're struggling with. As days, months, and years go by, you can look back to see how God has faithfully responded to your prayers!

* Another approach to a prayer diary/journal: take your day-planner with you during your quiet time with God. If it's in the morning, look at the different items on your day's agenda and ask for God's grace, blessing, guidance, grace, and/or wisdom to be with you in each of the activities, as you anticipate what might be needed. If you pray at night, reflectively pray over the day's events, notice where God was (or where God felt absent), and offer up your reactions and possible needs related to each of those moments as your prayer. You might give thanks, express your lament, or ask for further wisdom, for strength, for forgiveness, for grace—whatever feels appropriate.