



Dr. Bob would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. "It's the same with prayer," Dr. Bob said. "We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day."

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This evolved into a saying:

*"The camel each day goes twice to his knees.*

*He picks up his load with the greatest of ease.*

*He walks through the day with his head held high.*

*And stays for that day, completely dry."*