



Dream Interpretation Workbook

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Interpreting Dreams

Job 33:14-19 For God does speak—now one way, now another— though no one perceives it. In a dream, in a vision of the night, when deep sleep falls on people as they slumber in their beds, he may speak in their ears and terrify them with warnings, to turn them from wrongdoing and keep them from pride, to preserve them from the pit, their lives from perishing by the sword.”

1. Prepare your heart to hear from God.
 - a. Set aside a time and a place.
 - b. Ask the following:
 - Where am I in this dream?
 - Am I an observer, a participant, or the main focus?
 - What are the sub-focus(es)?
 - Are there any emotions/feelings?
 - Is there any color?
 - Note the attitude of your heart.
2. The most common type of dream contains more than one scene: a *progressive message unfolds* as the dreamer is carried along.
3. The first scene usually gives the setting. Like the backdrop of a play, it sets the stage so that the sealed message it contains can be understood.
4. Subsequent scenes enlarge upon the plot and carry it forward. Dreams can cover several different subjects and areas of our lives.
5. Friends and family members are often used as symbols.
 - a. Sometimes they represent ourselves,
 - b. Sometimes they represent another friend or family member;
 - c. Sometimes they simply represent the person.
6. Questions to ask yourself about someone you know:
 - a. How are they connected to you: family, work
 - b. What is their name?
 - c. Describe the person with three adjectives
 - d. Do you like/dislike or indifferent
 - e. Do you admire? What characteristics stand out?
 - f. What role do they play to sustain or change a dream?
 - g. What spiritual quality do they have?
 - h. Have they been in another dream? Similar or different?
7. Questions to ask if you do **not** know the person:
 - a. From their activity, how would you know them?
 - b. Is this person in other dreams?
8. Look at the orientation of the dream (there can be two meanings behind every thought).
 1. **Context:** What is God dealing with in your life?
 2. **Action:** Are you running, being chased, sitting, sleeping?
 3. **Emotion:** Tone of the dream: harsh, hope, peace, etc.?
 4. **Revelation:** Ask, “What does this symbol mean to me?”
 5. **Confirmation:** Find a scripture to confirm what God is speaking to you.

Color in Dreams

Although most of our dreams are in black and white, sometimes certain colored objects appear in them. Colors are symbolic, supplying additional information about the objects that are colored. *Every color is like a coin, it has two sides. You determine the meaning by looking at the context, feeling and the message that you want to send.*

“Come now, and let us reason together, said the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.” Isaiah 1:18

Black – lack: sin; ignorance; grief; mourning; gloomy; evil; ominous; famine; burned. Pr. 7:6-9; Jer. 8:21-22; Lam. 5:10; S of S 1:5; S of S 5:11.

Blue – spiritual: Spiritual gift; divine revelation; heavenly visitation; depressed (as in singing the blues); a male infant. Medium or dark blue = God’s Spirit or Word; blessing; healing; good will. Very Light Blue = Spirit of man; evil spirit; corrupt. Nu. 4:7,9; Ez. 23:6; Pr. 20:30a; Lu. 2:13-14.

Brown (or Tan): Dead (as dead grass is brown): Repented; born again; without spirit. Compassion. I Pet. 1:24.

Gray – not defined: Unclear (as in the gray area between right and wrong); vague, not specific; hazy; deceived; deception; hidden; crafty; false doctrine. Gray hair = wisdom, age, or weakness. Pr. 16:31; Hosea 7:9.

Green – Life: Mortal; flesh; carnal; envy; inexperienced; immature; renewal. Evergreen = eternal life; immortal. Ge. 9:3; I Pet. 1:24; Ps. 37:35; Lu 23:31.

Orange – Danger: Great jeopardy; harm. (A common color combination is orange and black together, which usually signifies great evil or danger). **Bright or Fire Orange** = power; force; energy; energetic; danger. Mt. 5:22; Pr. 6:27.

Pink – Flesh: Sensual; sensuous (as in hot pink bikini); immoral; moral (as in a heart of flesh) chaste; a female infant. Ez. 36:26.

Purple – Royal: Rule (good or evil); majestic; noble. Jud. 8:26b; Mk.15:17.

Red – Passion: Wisdom; emotion; anger; hatred; lust; sin; enthusiasm; zeal. Ja. 4:1; Rev. 6:4; Is. 1:18.

White – Pure: God; without mixture; unblemished; spotless; righteousness; blameless; truth; innocence. Rev. 19:8; 2 Ki. 5:27.

Yellow – Gift: A gift with feeling; gift from or of God; marriage; family; honor; deceitful gift; timidity; fear; cowardliness. Welcome home (as in tie a yellow ribbon). Ps. 68:13; Pr. 19:14; 2 Ti. 1:7.

Metals:

Brass – Word: Word of God or man; judgment; hypocrisy, self-justification; fake; man’s tradition. Rev. 1:5; I Cor. 13:1; 2 Chr. 12:10; Eph. 6:16.

Gold – Glory or wisdom: Truth; something precious; righteousness, glory of God; self-glorification. 2 Chr. 16:2a; Col. 2:3; Ja. 2:2-4.

Silver – Knowledge: Knowledge of God – redemption. Knowledge of the world = idolatry; Pr. 2:3-4; John 17:3; Acts 19:24.

Ira Milligan, Understanding the Dreams You Dream, "Biblical Keys for Hearing God's Voice in the Night". Shippensburg, PA, Destiny Image, Publishers, Inc. 2000.

Interpreting Symbols

Mk. 4:22 "For there is nothing hid, which shall not be manifested; neither was any thing kept secret, but that it should come abroad."

One of the best ways to keep from either simply forgetting about a dream or jumping to conclusions is to start a dream journal. Taking time to write down a dream usually causes one to remember in greater detail. It also provides a permanent record to come back to.

When recording your dreams, be sure to include each dream's date, location, and the feelings you experienced while dreaming. The dream and its symbols must be interpreted in light of the life circumstances of the person to whom it is given.

The following points will help the dreamer remember what's happening in one's life presently, why God gave the dream and what He is wanting to say.

1. A dream is like a snapshot, which captures one brief moment out of a lifetime. It cannot be understood fully without knowing something about the life of the person it concerns.
2. Even when we are familiar with the background of the person a dream concerns, we should use caution when we apply a symbol's meaning. Hasty dream interpretations should be avoided.
3. Pray before trying to interpret the dream. Ask God to give you wisdom and understanding, counsel and might, knowledge and fear of the Lord. One must have an understanding of symbols, but must use caution. Hasty dream interpretations should be avoided. Dan. 4:18-19
4. The most common type of dream contains more than one scene: a *progressive message unfolds* as the dreamer is carried along. Scene changes give different viewpoints of the same subject or express the same idea in different ways.
 - a. **The First Scene usually gives the setting.** Like the backdrop of a play, it sets the stage so that the sealed message it contains can be understood, Daniel 4:20-27 is an example. (Growth and prosperity of King Nebuchadnezzar and his kingdom.)
 - b. **Subsequent scenes enlarge upon the plot and carry it forward.** (The second scene reveals God's displeasure with the king's prideful conduct and foretells of certain chastisement to come.)
5. Dreams can cover several different subjects and areas of our lives, it is important to correctly discern the subject matter to which the dream refers if we are to utilize the message properly. If we don't do this, we may easily apply a dream to the wrong area of our lives, or even incorrectly apply it to another person when God is really speaking to us about ourselves.
6. Friends and family members are often used as symbols.
 - a. Sometimes they represent ourselves,
 - b. Sometimes they represent another friend or family member;
 - c. Sometimes they simply represent the person.
7. Questions to ask yourself about someone you know:
 - a. How are they connected to you: family, work
 - b. What is their name?
 - c. Describe the person with three adjectives
 - d. Do you like/dislike or indifferent

- e. Do you admire?
 - f. What characteristics stand out?
 - g. What role do they play to sustain or change a dream?
 - h. What spiritual quality do they have?
 - i. Have they been in another dream? Similar or different?
8. Questions to ask if you do **not** know the person:
- a. From their activity, how would you know them?
 - b. Is this person in other dreams?
 - c. What percent of the dream is impacted by the person?
9. Consider the occupation/relationship as a symbol:
- a. Baby – new: beginning, new idea, new work, helpless, innocent, sin, natural baby
 - b. Baker – instigator, one who cooks up ideas, originator
 - c. Bride – Church: covenant (good or evil)
 - d. Brother – self: spiritual or natural brother; someone he reminds you of
 - e. Carpenter – builder, preacher evangelist, laborer (good or evil)
 - f. Cartoon character – person: one who is like or is acting in the same way as the cartoon character. For example, Goofy, foolish, dumb actions
 - g. Clown – fool: foolish work of the flesh; childish
 - h. Doctor – healer: authority, Christ; preacher, medical doctor
 - i. Driver – control: self; Christ, pastor, teacher, the emphasis may be on the nature of the driver (careful, careless, frantic, confident, selfish, rude, kind, etc.) Passenger – self: church member; family member.
 - j. Employee – servant: fellow employee, self
 - k. Father – authority: God, author, source, inheritance
 - l. Father-in-law – law, legalism; problem relationship
 - m. Friend – self: revelation into oneself or person
 - n. Husband – authority: God or Christ, natural husband
 - o. Man (stranger) – angel, oneself, or a demon
 - p. Mother – source: church or natural mother; love; kindness
 - q. Mother-in-law – legalistic church; meddler, trouble
 - r. One’s children – oneself or themselves: character or behavior reveals something about person dreaming
 - s. Witch – witchcraft – control, evil influence, seduction
 - t. Woman (stranger) – spirit: seducing spirit; temptation, deception, God’s messenger (angel)
10. A terrifying dream of being stabbed or killed reveals a spirit of fear. Study the emotions to understand the root of why someone is feeling a certain way.
11. Dreaming of personally hurting or killing someone can alert us to spirit of jealousy or hate.

Six Steps to Dream Interpretation

You are a dreamer who can interpret your dreams. *“You will spend a third of your life dreaming. By the time you are 70 years old, you will have spent 6 years of your life in dreamland.”* John Paul Jackson

You may ask, “Are dreams from God or scriptural?” *“This is that which was spoken by the prophet Joel: And it shall come to pass in the last days, says God, I will pour out of my Spirit upon all flesh and your sons and your daughters shall prophesy and your young men shall see visions, and your old men shall dream dreams.”* (Acts 2:16, 17)

Since Abraham, God has spoken to mankind through dreams. In the Bible, 224 references to dreams or visions can be found and one-third of Scripture recounts or relates to a dream or vision.

Now it’s your turn. Ask God to prepare your heart to receive a message from Him. Follow the enclosed six steps to interpret your dream. It’s my desire to support and to encourage you to enjoy the journey that connects you with God and the plans He has for you. If you need support, insight or any help, please email me: embracinghiscall@gmail.com.

1. Emotions: What feelings do you or the people in your dream have?

Examples: fear, shame, anger, annoyance, anticipation, yearning, etc. The emotional response after we wake up can be misleading. For example, if we dream of a person’s death and in the dream we are at peace, it does not follow that God is saying the person will die. The key to understanding what a dream is saying is always found in the emotions we feel while we are dreaming. Journal the feelings you had in your dream and don’t try to interpret now. You’re building a special message from God to you:

2. Colors: Although most of our dreams are in black and white, sometimes certain colored objects appear in them. Colors are symbolic, supplying additional information about the objects that are colored. Every color is like a coin, it has two sides. You determine the meaning of color by looking at the context, feeling and the message that you want to send. (See “Color” in Appendix)

Journal the colors you saw in your dream:

3. Find the Theme: Describe what is happening in your dream in one or two sentences.

Example: I was in the backyard of my childhood home. The spring in my backyard was filled with sand. Boats were speeding on it.

Theme example: *Boats were speeding over a spring filled with sand.* Take time to journal the big idea revealed in your dream:

4. Discerning of Symbols (Literal or Symbolic): Discerning is deciding if a dream is symbolic (like a parable) or if it is literal (representing the exact picture). As a rule, if there is an object or person in a dream that cannot be taken literally, then the entire dream should be viewed as symbolic. (See “Interpreting Symbols” in Appendix). Journal the symbols in your dream. *The following is an example in italics.*

a. What symbols appear in your dream? Example: *Backyard, home, spring, sand, boats*

b. What do you associate with these symbols? Example: *Backyard – previous experience; home – life’s dwelling place; spring – spirit of God; sand – improper foundation*

c. What do you like or dislike about the symbols? Example: *I dislike boats, which represents my purpose, moving quickly in my past and that I couldn’t be part of it. I felt left out or missed an opportunity due to something in my past.*

5. Preliminary Understanding: Could the people in the dreams be a characteristic of you? - A child could represent your childish self. (See “Interrupting Dreams” in Appendix) Read the following questions and then journal your understanding or your first thoughts.

Friends and family members are often used as symbols.

- a. Sometimes they represent ourselves,
- b. Sometimes they represent another friend or family member;
- c. Sometimes they simply represent the person.

Questions to ask yourself about someone you know:

- a. How are they connected to you: family, work
- b. What is their name and the meaning in the name?
- c. Describe the person with three adjectives.
- d. Do you like/dislike or indifferent?

Questions to ask if you do not know the person:

- a. From their activity, how would you know them?
- b. Is this person in other dreams?

Ask God to reveal His heart, then in faith, pick up your pen and journal your understanding:

6. Applying the Dream - While others may assist in dream interpretation, only you, the dreamer can really say if a particular interpretation is correct. Choose a response below and journal your thoughts:

- a. Are you actively involved in the dream? If so, then the dream is about you. What is God doing in your life now? Have you been asking Him for anything specific?
 - b. Are an observer in the dream? If so, you are called to pray. Why would God lay this person on your heart? How does He want you to pray for him/her?
 - c. A particular interpretation may "strike a chord" or "feel right". Journal that thought. Ask God for more. By applying the understanding or insight gained from the dream you may experience the interpretation as correct.
 - d. More than one interpretation may be just as valid. The dream may be saying several things to the dreamer. Is there a story in the Bible similar to the dream? A character in the Bible you could relate to?
 - e. Can the dream be applied literally to a current life concern? Have you been anxious or distressed about anything? Are you in the middle of a decision?
 - f. Does the dream compensate for some extreme in your waking attitudes or experiences?
 - g. If you experienced the dream in waking life what would you learn?
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Final Pointers:

1. Become a "Knower" of God's Word and recognize it's His desire for you to know His voice and to communicate with Him.
2. Journal your dreams: *Dan 7:1 "In the first year of Belshazzar king of Babylon, Daniel had a dream and vision of his head upon his bed then he wrote the dream and told the sum of the matters."*
3. Record your emotions – you connect with your heart through emotions.
4. Date the dream – a timeline will emerge as you watch your spiritual growth develop.
5. Ask God for interpretation "Lord what are you saying?" *Daniel. 7:15, 16 "I, Daniel, was grieved in my spirit in the midst of my body, and the visions of my head troubled me, I came near unto one of them that stood by and asked him the truth of all this, so he told me and made me know the interpretation of the things."*
6. Seek for revelation. *Daniel. 8:15 "And it came to pass when I, even I Daniel, had seen the vision and sought for the meaning, then behold, there stood before me as the appearance of a man."*

Appendix

The primary obstacle most dreamers must overcome to be able to understand their dreams is symbolism. The following topics will help you to decode the message that God has specially designed for you.

1. **Color** – this resource will help you understand that colors are symbolic, supplying additional information about the objects that are colored. For example, if you previously owned a blue car of a certain model and you dream of owning and driving that same car, God is probably talking about your past. The blue car represents an earlier period of your life.
2. **Interpreting Symbols** – this resource will help you discern when a dream is symbolic and when it is literal. If there is something in a dream that is not literal, however, then the entire dream should be interpreted as if the objects and sometimes even the people it contains are symbols.

3. **Interpreting Dreams** – Quick dream interpretations should be avoided. Even Daniel mulled over Nebuchadnezzar’s dream for an hour before he ventured an interpretation, and he knew the king’s lifestyle well. (see Daniel 4:18-19). This resource will take you step by step through symbols, emotions and color to prevent the interpretation process from jumping to conclusions.

4. **Advanced Steps to Dream Interpretation** – this resource is for advanced dreamers. Many dreams are misinterpreted because the Dreamer or the Interpreter assumes the dream is about the characters in the dream when in fact, the dream could be about the Dreamer. Prophetic dreams are experienced solely by Christians. To correctly interpret, there are three steps: First, identify the orientation, is it past, present or future? Secondly, is it a healing dream, internal/prophetic or just soulish? Here are some hints on which category the dream falls into Internal/Prophetic, Healing or Soulsh?