

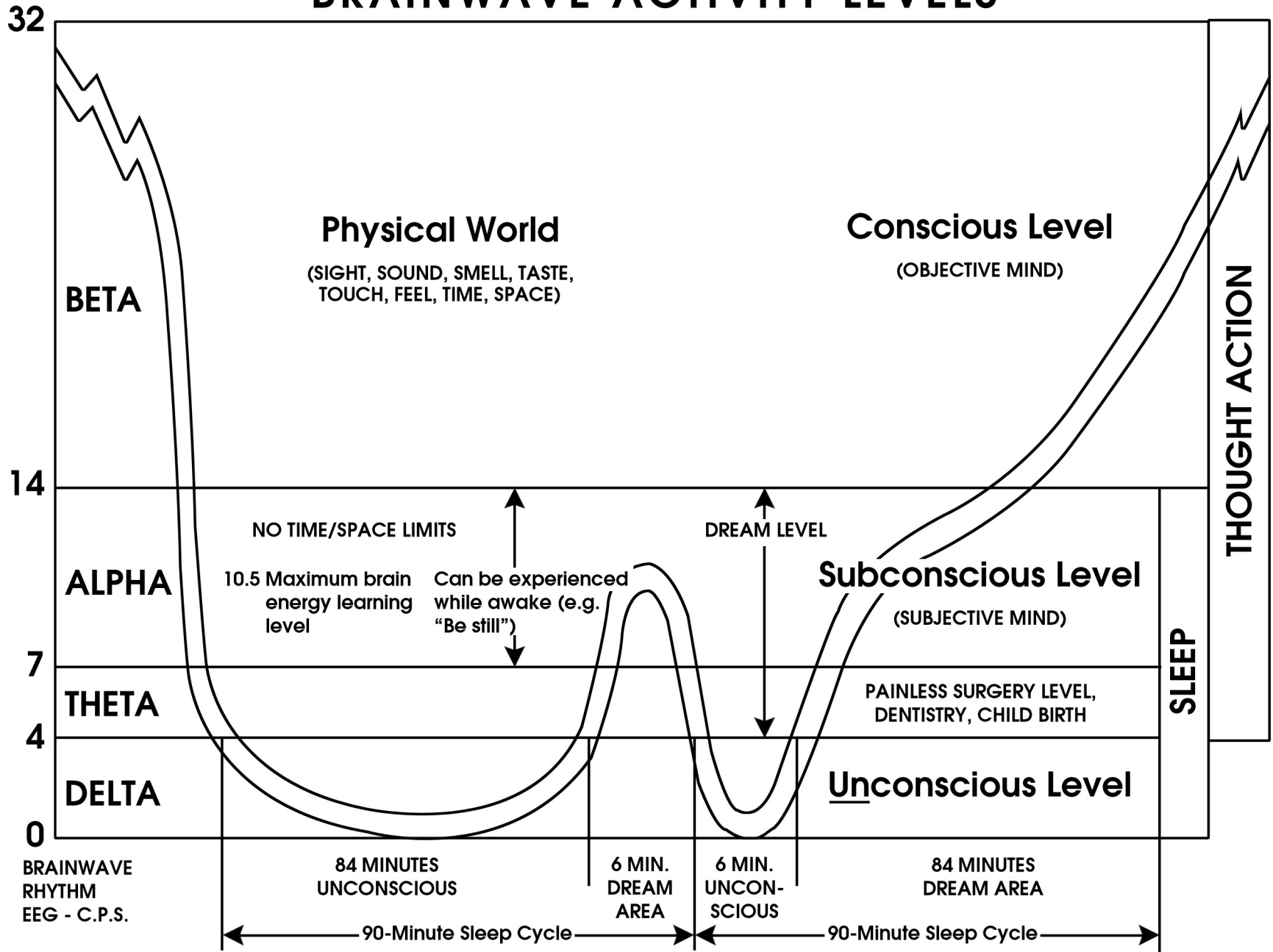
# Principles of Christian Dream Interpretation

- Dream – “A sequence of images, etc. passing through a sleeping person’s mind.” (Webster)
- Vision – “A mental image” (Webster)
- A close connection in the Hebrew – “A dream, a vision of the night” - Job 33:15-16
- Daydreaming is man utilizing the visionary process

# Scientific Observations

- Everyone dreams **one to two hours** each night during alpha level sleep (**light sleep**)
- Dream state - **REM** (Rapid Eye Movement)
- If you are stopped from dreaming you enter the state of a **nervous breakdown**
- Dreams are the **guardians** of our mental and emotional well-being

# BRAINWAVE ACTIVITY LEVELS



# God has ALWAYS Used Dreams

God declared that He **WOULD** speak through dreams and visions in the **Old Testament** (Numbers 12:6 NASB).

*Hear now My words: If there is a prophet among you, I, the LORD, shall make Myself known to him in a vision. I shall speak with him in a dream.*

# God has ALWAYS Used Dreams

God declared that He **DID** speak through dreams and visions in the Old Testament (Hosea 12:10).

*I have also spoken to the prophets and I gave numerous visions, and through the prophets I gave parables.*

# God has ALWAYS Used Dreams

God declares that He **WILL** communicate through dreams and visions in the **New Testament** (Acts 2:17).

*'AND IT SHALL BE IN THE LAST DAYS,' God says, 'THAT I WILL POUR FORTH OF MY SPIRIT ON ALL MANKIND; AND YOUR SONS AND YOUR DAUGHTERS SHALL PROPHECY, AND YOUR YOUNG MEN SHALL SEE VISIONS, AND YOUR OLD MEN SHALL DREAM DREAMS.'*

# God has ALWAYS Used Dreams

The last book of the Bible, **Revelation**, is all vision!

*I was in the Spirit on the Lord's day, and I heard behind me a loud voice like the sound of a trumpet, saying, "Write in a book what you see." (Rev. 1:10-11)*

**From Genesis to Revelation** God gave dreams and visions, and **He declared He would continue** to in the last days. That is clear enough for me.

# God has ALWAYS Used Dreams

God declares that He **WILL COUNSEL** us at night through our dreams (Psalm 16:7 ASV).

*I will bless Jehovah, who hath given me counsel;  
Yea, my heart instructeth me in the night seasons*.

WOW! **Free counsel**, every night, from the **Wonderful Counselor**! How valuable is that!



# Covenant Established in a Dream

- Genesis 15:1 - After these things the word of the LORD came to Abram in a vision, saying, "Do not be afraid, Abram. I am your shield, your exceedingly great reward."
- Genesis 15:5 - Then He brought him outside and said, "Look now toward heaven, and count the stars if you are able to number them." And He said to him, "So shall your descendants be."

# Covenant Established in a Dream

- Genesis 15:12-13, 17,18 - Now when the sun was going down, a deep sleep fell upon Abram; and behold, **horror** and great darkness fell upon him. Then He said to Abram: "Know certainly that your descendants will be **strangers in a land that is not theirs**, and will serve them,... here appeared a smoking oven and a flaming torch which passed between these pieces. On the same day the LORD **made a covenant** with Abram, saying: "To your descendants I have given this land, from the river of Egypt to the great river, the River Euphrates

# Wisdom Given In a Dream

- 1 Kings 3: 5, 9, 12, 15 - At Gibeon the LORD appeared to Solomon in a dream by night; and God said, "Ask! What shall I give you?"... "Therefore give to Your servant an understanding heart to judge Your people, that I may discern between good and evil. For who is able to judge this great people of Yours?"... "behold, I have done according to your words; see, **I have given you a wise and understanding heart**, so that there has not been anyone like you before you, nor shall any like you arise after you."... Then **Solomon awoke**; and indeed **it had been a dream**.

# Not Fatalism

- Rather than our dreams being fatalistic, dreams are calling us to change SO WE WILL NOT PERISH (Job 33:14-18).
- Totaling up all dreams and visions in the Bible = one-third of the Bible or the size of the New Testament.

# Five Ways to Recall Your Dreams

1. Say to yourself, “I believe dreams contain a valid message.”
2. Ask God to speak to you through dreams as you fall asleep.
3. Put your journal beside your bed and immediately record your dreams upon awakening!
4. Get eight hours of sleep, as the entire last hour will be dream-time.
5. Awaken naturally. Alarms and such can shatter dream recall.

# Seven Foundational Principles for Interpreting Dreams

1. Most dreams are symbolic.
2. The symbols come from the dreamer's life.
3. The dream generally speaks of the concerns which your heart is currently facing.
4. The meaning of the dream must be drawn from the dreamer.
5. The dreamer's heart will leap and "witness" and say, "Aha!" with the correct interpretation.

# Seven Foundational Principles for Interpreting Dreams

6. Dreams reveal but do not condemn.
7. Never make a major decision in your life based only on a dream.

# Discerning Dreams About Yourself

- At least 95% of your dreams will be about you!
- Your dreams come from your heart.
- Emotional issues, heart struggles, body and health problems will be expressed symbolically through your dreams.
- Your dreams will also point out relational issues, circumstances and events as well as ministry and vocation situations.



# Discerning Dreams About Yourself

- Since the vast majority of dreams are about your inner self, begin the process of interpretation with the assumption that it probably is about something you are or should be dealing with in your own life right now!

# Discerning Dreams About Yourself

- Isolate the *feeling* of the dream first.
- Look at the *action* of dream next.
- The *people* in your dreams often represent characteristics about you.
- *Animals* often represent your emotions.
- *Numbers* in dreams generally represent the identical number in real life.

# Fear Overcome Through a Dream

- Judges 7:9 - It happened on the same night that the LORD said to him, "Arise, go down against the camp, for I have delivered it into your hand.
- Judges 7:13 And when Gideon had come, there was a man telling a dream to his companion. He said, "I have had a dream: To my surprise, a loaf of barley bread tumbled into the camp of Midian; it came to a tent and struck it so that it fell and overturned, and the tent collapsed."

# Fear Overcome Through a Dream

- Judges 7:14-15 Then his companion answered and said, "This is nothing else but the sword of Gideon the son of Joash, a man of Israel! Into his hand God has delivered Midian and the whole camp." And so it was, when Gideon heard the telling of the dream and its interpretation, that he worshiped. He returned to the camp of Israel, and said, "Arise, for the LORD has delivered the camp of Midian into your hand."

# Fear Overcome Through a Dream

- Judges 6:11-12 - Now the Angel of the LORD came and sat under a tree, while Gideon **threshed wheat** in the winepress, in order to hide it from the Midianites. And the Angel of the LORD appeared to him, and said to him, "The LORD is with you, you **mighty man of valor!**"

# Can Satan show up in your dream?

- Herman Riffel says, "Absolutely, Satan can NOT show up in your dream."
- There are 50 dreams in the bible. All came from God and none from Satan (Job 4:12:ff is probably not a dream).
- A nightmare is probably the scream of an unhealed heart.

# DAESI Dream Work Method

**Dream** – Summary

**Action** – In the dream, what was I doing?

**Emotion** – In the dream, how was I feeling?

**Setting** – In waking life, what is my heart processing?

**Interpretation** – Match up the dream action & emotion  
with waking life, and journal.