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PODCAST EPISODE 39
Demonic Oppression or Just me? Part 4: Deciphering Dreams & Nightmares

PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection. . .

- 1. Throughout the Old and New Testaments, the Bible gives multiple examples of God giving dreams to His people to communicate instructions, warnings, understanding, and prepare them for future events. But how do we know today if our dream is from God or our imagination?**
 1. Think of a recent dream you have experienced.
 2. Dreams from your imagination, or mental processing, will directly relate to what you are experiencing in life right now. They will be a continuation of a movie you watched, or a situation you are experiencing, or a problem you are struggling to solve. The setting, people, and interactions in the dream will feel true to what you are experiencing in real life. These don't need interpretation. They are simply your brain processing (i.e., the school dream where I am not prepared, can't find my class, etc.).
 3. Dreams from God will feel significant, often seeming as if you actually went somewhere or had the interactions you dreamt about. Usually in these dreams there is something of great importance is highlighted (i.e., Laura's dream as a young girl about being on a movie set).

- 2. When you have a dream that feels significant, write it down as soon as you wake up.**
 1. Pray about it. *Lord, what do you want me to know about this dream?*
 2. Write down what He shows you.
 3. Most often, the Lord will give a word of understanding as to what the dream is about, but not always a full interpretation in the first moment. He wants us to press into Him and seek the deeper understanding so that we will not miss what He is showing us. Go to prayer, the Word of God, and the context of your life FIRST before asking others, searching online, or looking to a dream dictionary to tell you what it means. God gave it to you. It is interpreted in context of what the interactions mean to you.

4. It is often the case, we may not get the full answer upfront, but in the following days, as we set about our daily routine, the dream (or a highlighted part of that dream) will come to my mind in the moment, emphasizing what we need to see or know about what is happening.

3. **We have been discussing in this podcast series how the enemy looks for opportunities to gain access to people through fear. Demonic spirits can gain access and influence you through experiencing trauma, whether your own or witnessing another’s trauma. We can also encounter spiritual warfare through others under the influence of evil or in a specific location where evil has been entertained, as well as horror movies, hate-filled music, drugs/alcohol, and occult practices of seeking “help” personally or generationally from spirits that are not the Holy Spirit.**

1. If you are experiencing the demonic in your dreams or night hours, you can be free.
2. Write down the dream and follow the steps from Question 2 above.
3. Pray the following prayer as a guide to in your conversation with God.

Lord, I recognize the enemy has gained access to my life through [name the open door: drugs, alcohol, occult, trauma, sexual sin, generational sin, etc.] I repent for my sin in any way I actively participated in opening that door. I renounce all agreement with the enemy. I want nothing to do with the darkness. I accept no help from any other spirits—only the Holy Spirit of the One True God, the Ancient of Days according to Daniel 7:9-14. I ask You Lord to cleanse me from all the unrighteousness according to 1 John 1:9. Enemy, I bind and rebuke you in Jesus’ name. I command you to go out of my room and home in Jesus’ name and never return, according to James 4:7. Holy Spirit, come and fill me fresh with Your Presence. Set me free from fear. Surround me with Your peace, and comfort me with Your love. Nothing can separate me from Your protective and perfect love. In the strong and powerful name of Jesus, amen.

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at**

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