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**PODCAST EPISODE 46:
Do My Dreams Mean Anything?**

REFLECTION & 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. Our guest Janie shared keys to understanding dreams from a biblical perspective. Though everyone dreams, not everyone remembers their dreams. When you do have a dream that you remember:**
 - a. Write it down so you can pray and process the dream.
 - b. Pray and seek the Lord first, before asking others' opinions.
 - c. Interpret the dream in context of your life.
 - d. Interpret items in the dream from what they mean to you first, then go to the Bible for meaning. Use biblical dream dictionaries last. If you google the meaning on the internet, you will likely get a WRONG interpretation.

- 2. Some dreams are from the soul as a result of processing events, fears, relationships, etc. Some are from the enemy as a result of demonic encounters through people, movies, drugs, occult practices, etc. Some dreams are from God. How can you know your dream is from God?**
 - a. God's voice will always edify, exhort, and comfort us, even when warning us; His voice also prepares us to serve others. 1Corinthians 14:3-4b
 - b. God will never ask you in a dream to do something that goes against His Word or character.
 - c. God will give you dreams to encourage, inspire, empower, and heal you.
 - d. God will give you dreams to make you aware of blind spots or obstacles in your life to give you the opportunity to make changes.
 - e. God will give dreams to warn people of danger—not emanate danger, but with the hope, and perhaps instruction, of finding safety.
 - f. God will give dreams to prepare people for what is going to happen.
 - g. God will give dreams to people for the purpose of praying for someone else.

3. **Reflect on your dreams. Is there one that comes to mind?**

Write it down and summarize it. Answer the following questions:

- a. Who is the focus of the dream?
- b. What is happening in the dream?
- c. Why did you have the dream? What is the **purpose** of the dream?
- d. Where does this purpose connect with your life?
- e. How does God want you to respond?
- f. Conclude with this prayer.

Lord, what do you want me to see, hear, learn, do, or change?

For more on dream interpretation email Janie Wisdom at unlockmydreams@gmail.com or contact us at www.fearlessandfreecommunity.com .

**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
FearlessAndFreeCommunity.com/Saving-Faith**