What Do Your Dreams Mean?

Presented by

Lynne Lee

This, *What Do Your Dreams Mean* teleseminar is one of a series of seminars designed for the Christian Life Coaching Cafe.

If you’re not yet a member of the cafe, I encourage you to check it out. The first two week’s membership is completely free and there are lots of resources to inspire you and help you to grow your Christian walk.

[http://www.christianlifecoaching.co.uk/christianlifecoachingcafe.html](http://www.christianlifecoaching.co.uk/christianlifecoachingcafe.html)

I suggest you prepare to take notes and plan to use what you’re about to discover.

We’re going to look at

- Why you need to listen to your dreams
- Why God chooses to speak through dreams rather than telling you plainly
- The purpose of your dreams
- How to remember your dreams
- What to do with your dreams
- How to understand the messages in your dreams

I will also be giving you some common dreams and their meanings to give you clues about some of your own dreams.

The purpose of this seminar is to help you re-establish a broken line of communication with your heavenly Father. The secular world would have you believe that dreams are a result of last night’s pizza rather than a vital communication link between God and His children.

The Bible says that God speaks through our dreams. The secular world says that dreams come from your soul. And while I’m sure that some of our dreams are soulish, I know that many are from God; God uses dreams as a way of getting our attention and breaking through the noise of every day life.
Understanding Your Dreams

John A. Sanford wrote a book called "God's Forgotten Language", in which he said that we have lost a key way of receiving God's messages for ourselves and society.

I have experienced God in dreams and know many people who hear God speaking to them through dreams in powerful and sometimes life changing ways.

My prayer is that you will begin to understand the significance of your dreams and enter into a deeper level of fellowship with God as you begin to discern what He is communicating to you while you are asleep.

**Everybody dreams**

You may not remember you dreams but you do dream, we all dream. Sleep laboratories show that everybody dreams one to two hours a night during what’s known as alpha level sleep.

Every 90-minute cycle of sleep begins with alpha level sleep, and then goes into deeper sleep which is called theta, and finally into the deepest sleep which is called delta.

Every 90 minute cycle of sleep begins with alpha level or light sleep, at the end of the first 90 minute sleep cycle there is 5 minutes of dreaming, 10 minutes at the end of the next 90 minute cycle, then a 15 minute period of dreaming, If you sleep for 8 hours, almost the entire last hour of sleep is alpha level and filled with dreaming!

The average person sleeping for eight hours will dream for between one to two hours.

Alpha level sleep is where you have Rapid Eye Movement (REM). Rapid Eye Movement is just what it sounds like: your eyes move quickly. You are watching the scenes in your dream, and your eyes are moving as you watch the action.

**Why you need to listen to your dreams**

God said that He would speak in dreams. Numbers 12:6 “I will make myself know in a vision and speak in dreams”

God said that he would pour out His Spirit and that we would prophesy, see visions and have dreams. Acts 2:17
He also said that He would counsel us through our dreams “I will bless the Lord who has counselled me; indeed, my mind (inner man) instructs me in the night.” Ps 16:17

God does significant things in dreams.

He established the covenant with Abraham in a dream.

God gives supernatural gifts through dreams. God appeared to Solomon in a dream and said, Ask, what shall I give you?

In the dream, Solomon asked for an understanding heart... and God said, I have given you a wise and understanding heart ...and Solomon woke up, it was a dream 1 Kings 3: 5,9,12,15

God uses dreams to guide us and counsel us, He establishes covenants in dreams, He even gives us gifts in dreams.

A third of the Bible is taken up with dreams and visions. They are central to the way God communicates with people and we need to pay more attention to them.

God speaks in dreams

God still speaks through dreams and He wants you to be able to understand the dreams that He causes you to dream.

Job 33:16

For God may speak in one way, or another, yet man does not perceive it, in a dream, in a vision of the night, when deep sleep falls upon men, while slumbering on their beds, then he opens the ears of men and seals their instruction.

In the Eastern world dreams and visions were valued. God often visited his people when they were asleep to reveal His will and His ways. This happened throughout the Bible and has continued into the present. God is still speaking through dreams and visions.

The Bible contains around 230 references to dreams or visions. One third of Scripture relates in some way to a dream or a vision.

To the ancient Jews, all supernatural communication with God – whether talking with Him directly, through angelic visitations or through dreams,
visions or prophecy – were different expressions of communication with God and dreams were the most common form of communication.

**Dreams from God are not limited to believers**

People who don’t know God receive dreams from God too. Throughout history, God has turned people’s hearts to Him and guided them through dreams.

The New Testament records that God spoke to Joseph at least *four* times in dreams and gave him very specific guidance - “Take Mary to be your wife, and name the baby Jesus” (Matt.1:20-21).

The Wise Men were warned by God in a dream to avoid Herod and return a different way.

In Acts there are 9 examples of God speaking through dreams or visions.

Charles Spurgeon, in a sermon about a dream, said, “We must take care that we do not neglect heavenly monitions through fear of being considered visionary; we must not be staggered even by the dread of being styled fanatical, or out of our minds. For to stifle a thought from God is no small sin.”

There are many instances in the writings of the early Church fathers of God speaking to them in dreams and visions, some of them are very dramatic. God constantly spoke through people’s dreams. He used dreams to tell them things, give them direction or revelation or warn them about what He was going to do.

**Some of the early church fathers recognised that God spoke through dreams**

Tertullian thought of dreams as a spiritual gift from God.

“Almost the greater part of mankind derive their knowledge of God from dreams”

Augustine believed in the value of spiritual dreams.

Origen often expressed that dreams were from God.
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Iraneus believed that dreams reveal the spiritual world and that dreams were a way for him to maintain proper contact with God.

For Clement of Alexandria sleep was a time when people were more open to receive revelation. He believed that dreams provided insight into destiny.

**Throughout history God has spoken to people through their dreams**

Elias Howe invented the sewing machine as a result of a dream.

When Einstein was asked how he had developed his theory of relativity he said it began with a dream in which he was riding a sled which went faster and faster until it approached the speed of light when the stars broke into amazing colours. As he mediated on his dream God revealed the theory.

- General Patton got military guidance from his dreams
- The periodic table of elements was developed from a dream
- Nobel prize winner Niels Bohr got his quantum theory from a dream
- Handel wrote the Messiah after he heard it in a dream
- John Newton was turned around by a dream from God. He went on to write the hymn Amazing Grace.

Charles Spurgeon received one of his sermons in a dream. He preached it aloud and his wife wrote it down. He used it later to later to good effect.

Scripture, and Church history is full of dreams and visions and there are many recorded instances today of God making himself known to Sikh and Hindu and Muslim through dreams. I have heard many stories where Jesus has appeared to people in a dream and they have become Christians as result. Take a look at Ram’s testimony on my website and you’ll see how my friend Ram who was Sikh came to know God.

**Link to Ram’s story**

Expect God to speak to you through your dreams. Expect to remember what He says and expect your life to change as you respond to what God says to you while you are sleeping.
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Why does God choose to speak in dreams?

God uses dreams to communicate things to you that you’re unlikely to notice when you’re preoccupied with daily life. When God can’t get your attention during the day He often speaks to you while you’re asleep. When you’re sleeping your defences are down and it’s easier to bypass your busyness, or resistance and scepticism. Sleep may be the only time you’re still and quiet enough for God to speak to you.

God uses dreams because they are a powerful means of communication. They reach you in a way that no other form of communication can. You’ve probably had at least one dream that you still remember because it had such an impact on you.

Why doesn’t God speak plainly?

- So that you will search for the answer
- The message might be too difficult to believe
- It might challenge your opinions
- It might contradict what you’ve been taught
- It may seem impossible to fulfil
- It may not be what you want to happen
- Perhaps you would argue with God if He told you plainly

God speaks in dreams to provoke you to search for answers to understand what He is saying.

Proverbs 25:2 says, it is the glory of God to conceal a matter and the glory of kings to seek out a matter.

Dreams are an invitation from God to stop and hear what He wants to say to you, that is why He purposely speaks in riddles instead of speaking plainly. He speaks in dreams to provoke you to search for answers.

What is the purpose of dreams?

- Reveal where you are not like Jesus and show you where you need to change
- Can be a launching pad for your future
- A place where you can find safe expression for your fears
- Give spiritual insights
- Point you to what you wouldn’t see otherwise
- Release creativity
Open doors
Words of knowledge – something that God reveals to you so that solutions can be discovered
Often when your dreams involve another person, you need to intercede for them

God uses dreams to communicate with you and reveal His plans. He uses dreams to encourage you and bring comfort and healing. He also uses dreams to show you how to pray.

Why you lose your dreams

Dreams soon fade away; it’s as if they’re messages written with disappearing ink.

The enemy doesn’t want you to hear God. He will do anything within His power to rob you of revelation. He is always trying to silence the gifts of the Holy Spirit and close off revelation. He tries to steal the gifts of the Holy Spirit and replace them with counterfeits that often stand in the way of you pursuing the real thing.

Keep the channels clear

Keep short accounts and deal with anything that could interfere with you hearing God. If you’re restless you’ll find it hard to receive. Learn how to quiet and rest your soul. The key to receiving is to rest and wait silently before God.

Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted. Ephesians 4:30

One of the keys to receiving revelation is to keep your heart and mind pure and be careful not to grieve the Holy Spirit. Watch what you look at and listen to. Your mind dwells on whatever you let in through your eyes and ears. If you want to hear God it helps to keep your mind and heart pure. Train your self to reject things that hold you back and choose God’s ways.

Having said that, God will meet you where you are. Don’t disqualify yourself. You don’t need to be perfect before God will speak to you. God spoke to Adam and Eve after they had sinned.

Keys to Remembering Dreams
Understanding Your Dreams

First, you need to choose to believe that God really is speaking to you through dreams and start taking them seriously. Tell God that you believe He is speaking to you through your dreams, and ask him to wake you after each dream so that you can record it.

If you don’t wake up within 5 minutes of having a dream, you won’t remember it.

John Paul Jackson says

‘Dream images are written in our minds with disappearing ink. If we do not re-experience them immediately, dreams become invisible, as the fast turning pages of our waking consciousness take over our mind.’

Ask God to speak to you through your dreams as you’re falling asleep. Keep a journal next to your bed and immediately record your dreams when you wake up. Write down everything you remember.

Aim to get eight hours sleep then most of the last hour will be dreaming.

- Ask the Holy Spirit to help you remember your dreams.
- Train yourself not to use an alarm. An alarm clock waking you up jars you awake and often shatters the dream. Ask the Holy Spirit to wake you up before the alarm. Establish a habit of waking up at a pre-determined time.
- Set the alarm clock for the latest time needed to get you to work on time, just in case you go back to sleep after the Holy Spirit wakes you.
- Immediately you wake up write down any dreams you remember. Write before the dream fades. Write anything you remember, even if it’s only one word, as you do, you will find yourself remembering more.

Create a dream diary. Date and title your dreams starting each dream on a new page and leave plenty of space so that you can add things as you remember. Make sure you leave room for the interpretation.

You are not entitled to an interpretation

Sometimes God gives a dream and seals it away and hides the interpretation intentionally. The process of discovering what it means is sometimes more valuable than the dream itself. You might learn more in
Understanding Your Dreams

the process of looking for understanding than in arriving at the answer. God places great value on searching for the things He conceals.

'It is the glory of God to conceal a matter, but the glory of kings is to search out the matter'. Proverbs 25:2

Interpretations come as a result of increasing intimacy with God, and sometimes God tests your faith by holding back the interpretation.

**God might choose to give you the interpretation in a number of different ways**

- By instantly revealing the dream’s meaning through an angel, as He did with Daniel
- By giving the interpretation to you as you sleep or as you wake up
- In the process of writing it down - sometimes, as you journal you begin to understand what your dream means
- By revealing the meaning of a dream as you mature in understanding God’s ways, sometimes understanding the dream is a process.
- At times when you ask the Holy Spirit He simply gives you the interpretation and shows you how to apply it.

You may not be able to interpret every dream you have. God has His own reasons for holding back interpretations.

**Basic principles of dream interpretation**

Most dreams are symbolic – you need to stop taking them literally, and look at them symbolically. The symbols are likely to come from your life, so ask, "What does this symbol mean to me?"

Joseph was a shepherd, he dreamed of sheaves and sun, moon and stars. The baker dreamed of bread and the cup bearer of wine.

Dreams often speak about what’s bothering you at the time. So ask, what I was concerned about around the time I had the dream.

Paul wanted to know where to go next and dreamed of a man from Macedonia beckoning him to come

Always ask, what is the purpose of this dream? Why did God give me this dream?
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Don’t make major decisions based only on the interpretation of a dream. Look for further confirmation, peace in your heart, counsel from others, Scripture, God’s still small voice, prophecy…

Your dreams are likely to be for you and about you. At least 95% of your dreams will be about you.

Your dreams often reveal emotional struggles and heart issues, circumstances surrounding your life, your relationships, your ministry, work, or your physical body.

Your dream is likely to be about something you are dealing with at the time or something God wants you to deal with or wants to draw your attention to.

- What were your feelings in the dream?
- What were you doing in the dream? Ask the Holy Spirit to show you what it symbolises.

If your car is going backward, in what way do you feel that you’re going backwards or not moving forward.

If someone else is driving your car, in what way are you not in control of your life? Or your reactions, or behaviour?

If you’re falling, in what way do you feel like you’re falling or out of control?

If you’re dying, what is dying in your life, or what needs to die, or what might God want to bring to an end?

Remember, you need to look at everything symbolically.

When you see people you know in your dreams, the dream probably isn’t about them. They are more likely to represent characteristics in you. What do you immediately think of when you think of that person?

Are they prophetic, an intercessor, a workaholic, laid back, a nurse, teacher, a counsellor or a leader? It could simply be the person’s name that is significant. Names have meaning.

Numbers can be literal though there is often a symbolic element. Joseph dreamed of 11 stars, they represented his 11 brothers. The cup bearer
dreamed of 3 branches, the 3 was 3 days. Pharaoh dreamed of 7 cows the 7 was 7 years.

**Understanding Dream Symbols**

The first place to look to understand the symbols in your dreams is the Bible. For instance, depending upon the context of the dream, a tree can represent a leader (Daniel 4:22), and a snake can indicate lies and deception (Genesis 3). When you come across a symbol that isn’t defined in the Bible you need to think metaphorically.

Applying metaphorical thinking to symbols that are not defined in the Bible can help you to unlock God’s messages in your dreams.

You’re not going to find the meaning of a car or jet in Scripture but you can arrive at a meaning by thinking metaphorically.

A vehicle can represent your life or career. A jet plane can represent a church or a ministry. Being late can symbolise a warning not to miss something important. Taking a test can give you a clue that you are being tested.

Take note of colloquial expressions or idioms that you hear every day. God often uses these in picture form to get across spiritual truth.

**Dreams often contain metaphors and figures of speech**

Frequently used biblical metaphors for God include father, king, rock, bridegroom; others are midwife and mother hen. God has some attributes of each of these, but is not limited to any one of them, each of them create a picture in your mind and emphasise a different aspect of God’s nature.

Figures of speech use symbols or word pictures to represent something else.

Jesus often did this.

“How often I wanted to gather your children together the way a hen gathers her chicks under her wings”

The picture plants a truth in your mind that is easy to remember.
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Think outside the box; be prepared for unexpected meanings, open to plays on words and lateral connections.

Ketchup might show that that you need to catch up in some way. If there is fire, maybe you’re playing with fire. If you’re drowning, maybe you’re in over your head. If you’re spectacles are broken, maybe you’re not seeing clearly.

- Up a creek without a paddle
- Throwing the baby out with the bath water
- Like a bull in a china shop
- Making a mountain out of a mole hill
- Barking up the wrong tree

Your dream may use pictures like these, expecting you to make the connection and understand.

Jesus told His disciples that they needed to be able to interpret parables and understand symbolic thinking to be able to uncover the mysteries of the Kingdom. If you study the parables you’ll soon start to understand what various symbols mean.

You need to know that

- Without God’s help you won’t be able to understand your dreams
- There are no pat answers or fixed rules for dream interpretation
- The Holy Spirit will never allow you to put it in a formula. Whilst God gives you tools He doesn’t remove your need for the Holy Spirit

The simplest way of interpreting a dream is to get the overall sense of the dream, try summing it up in a sentence. Then go through the symbols one at a time until the meaning starts to become clear.

**Interpretation Principles**

Dreams often reveal the condition of your heart. Look for how the dream is calling you to act or change.
If you have the same basic dream repeatedly it could be because you haven’t acted on it yet, or because it’s very significant. Successive dreams on the same night often deal with the same issue from different angles.

**Your dream is a call to action. What does God want you to do?**
Make sure you value your dreams and act on what God shows you.

If you’re praying with an idol in your heart you may well dream of what you want God to do for you. Your dream could easily be a dream you caused yourself to dream.

Ask God to help you understand what He’s saying. Asking God is the most important aspect of dream interpretation.

**Equip yourself,** lay a good foundation by

- Studying the parables of Jesus
- Studying the dreams and visions interpreted in the Bible

**Develop a dream vocabulary**

This will be personal to you, the object or symbol may not mean the same to you as it does to someone else.

Make a list; define each symbol as God shows you what it means, if you don’t understand the meaning of the whole dream, jot down what you do understand.

Ask yourself, ‘What does this symbol mean to me?’

**What to do with your dream**

First, pray and ask God to reveal the meaning to you. If you are not sure if the dream is from God, ask Him to make it clear. The most important thing to do in dream interpretation is to ask God to help you understand the dream. Without the Holy Spirit’s help your interpretations will be flawed.

If the Lord is answering a prayer from the day before, the meaning of your dream may be obvious and you might not need to do much interpreting.

Seek to understand why God gave you the dream.
Most dreams shouldn’t be taken literally, the majority need interpreting.
Not all the details are important or need interpreting. Look for the essence of the dream and don’t get bogged down in detail.
Types and symbols don’t always mean the same from dream to dream. It depends on the context, so tune in to the Holy Spirit.
For example:

Seed can represent faith or the word or the Kingdom

Find the focus and theme of your dream

Write the dream down as soon as you can, then list the main facts and summarise the dream.

- Reduce the dream to its simplest form
- Give your dream a title
- Do you have an immediate sense of the meaning?
- Do any of the people symbolise something to you?
- What is the main theme?
- List the details of the dream
- Pray and ask God for their meaning
- Which symbols stand out the most?
- What do they mean to you?
- Ask God to help you understand your dream
- Read through the dream again asking yourself questions about it

Where are you in the dream?

If you are observing the dream is unlikely to be about you, you are there as a witness.

If you’re participating but not the focus, the dream is probably not about you but will affect you.

If you’re the focus, the main character, the dream is likely to be about you. The majority of dreams that you have will be for you.

Less than 5% of most people’s dreams are for other people. The greater your intimacy with God the more likely you are to have dreams for or about other people

Look at the context of the dream – what the dream focuses on.
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What was happening in your life at the time of the dream? Keep the main thing the main thing

- What is God presently dealing with in your life?
- What goals has God given you?

**Ask God to show you the meaning of the dream, wait and ask questions**

- Lord why did you give me the dream?
- What do the symbols mean?

Spend time meditating and allow the Holy Spirit to speak to you. Write down what you hear.

Remember that a dream is a dream. Dreams are rarely logical. Don’t try to apply logic to your dreams. Simply allow the dream to speak to you.

**Make Sure You Address Why God Gave You The Dream**

Dreams are often a call for you to pray or to do something.

Your opinion of someone might change because God gives you a heavenly perspective.

Sometimes dreams enable you to forgive, or to love someone you struggle with.

Dreams can reveal your vocation or a new anointing or usher in a new season in your life.

Dreams sometimes warn you not to do something or of danger ahead

Sometimes your dreams will reveal where you stand with God and show you areas of your life that need to change and what to do about it.

God often uses dreams to guide you and show you the next steps To reveal attitudes and opinions that need to change if you’re going to move forward.

Sometimes when a dream involves other people you need to pray for them.

God also gives dreams to reveal something that’s going to happen.

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Dreams can be directional giving specific guidance.

If you’re battling against powers of darkness in your dreams it’s often a call to prayer. Make sure you ask people to stand with you in prayer.

God sometimes inspires creativity through dreams - ideas for inventions, lyrics, music, new solutions, products, art, articles, or books.

Sometimes God releases important information that leads to cures and inventions.

I know people who get words of knowledge in dreams, something revealed to give a solution or lead to a breakthrough.

God sometimes teaches you in your dreams or highlights Scripture or tells you to read a particular passage of the Bible.

I once awoke from a dream with a clear instruction to read Susanna. I didn’t even know there was a book of Susanna. But because I took my dreams seriously I investigated to see if it was one of the excluded books.

I found a copy and read the story. Susannah was a godly woman who was wrongly accused and faced death; she didn’t defend herself in any way. Shortly before she was due to be executed God stepped in and revealed that she had been wronged and was innocent. The story greatly impacted me because it addressed things that were happening in my life. It would have been so easy to dismiss this dream and miss what God had to say to me.

Some common dreams and symbols to help you to understand your dreams

God uses symbols and images from your life experiences to speak through your dreams.

In Genesis 40 the baker dreamed of bread and the cup bearer of grapes. God will use your own personal dream vocabulary. Take time to learn your dream vocabulary, the picture dictionary that God uses to communicate with you. As you become more familiar with your own dream language you’ll find it easier to understand your dreams.

Various ministries have logged thousands of dreams and been able to identify and understand the most common dreams people have. I’d like
to share some of those with you to give you clues about your own dreams.

**Dreams of your house**

Your house usually represents your personal life and the circumstances in the house often reflect what’s going on in your life. Individual rooms in the house can represent specific things. Your bedroom may represent intimacy; a bathroom could indicate a need for cleansing, your living room probably indicates day to day living. These dreams sometimes represent the church.

**Teeth**

Often, dreams about teeth reveal the need for wisdom. Are you teeth loose, rotten, falling out, crumbling, or bright and shining? If your teeth are falling out or loose it could indicate that you need wisdom, knowledge or direction. Maybe you have bitten off more than you can chew. Do you need advice?

**Falling**

These dreams may reveal that you fear losing control of some area of life. The dream could indicate that some part of life is out of control or that you’re losing control and feeling anxious about it.

**Unable to move**

If you’re frozen in motion or moving in slow motion, it could be that something is hindering you from moving forward. Are there unresolved issues interfering with your walk?

**Being chased**

This is usually the enemy trying to generate fear. Note the context – you may be running away from God. These dreams often reveal enemies coming against your life and purpose.

**Taking a shower or a bath or going to the toilet**

It could be that God is cleansing an area of your life or you need of cleaning up. These dreams reveal things that are in the process of being flushed out of your life or cleaned away.
If you’re going to the bathroom in public view – other people will be aware of the cleansing and purifying process you are going through. This can be a good thing. When you are vulnerable it often helps other people.

**Dreams of going to school**

Maybe you didn’t learn something the first time around and you’re being taught again, It could be that you’re learning from past failures. If you’re looking for your classroom maybe you need guidance. If you’re going to university, God could want you to study something at a higher level. If you’re taking a test, it could be that God is looking to promote you.

**Someone dying**

These dreams are not usually showing you that someone is going to die, they are generally symbolic about something that is passing away or coming to an end. The type of death may be important. If it’s your own death it could be something that you need to die to.

**Past relationships**

These might indicate that you’re being tempted to fall back into old patterns and ways of thinking. What does the person represent to you? It could indicate that God intends to restore things that you thought were gone.

**Getting married**

Could represent an increased level of intimacy, your husband often represents Jesus

**Dreams of relatives, alive or dead**

Usually signify generational issues – these can be good or bad – note the context of the dream.

**Vehicles**

Can represent the calling you have on your life. Are you driving or someone else? If the person is faceless it could be the Holy Spirit. What kind of vehicle is it? What colour is it? A bicycle suggests working alone or doing something in your own strength. A car could be a ministry or
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vocation with room for others. A bus could represent a church or ministry. If it’s a taxi, someone could be taking you for a ride.

Money

Usually indicates favour

Snakes

This is probably the most common animal dream. These dreams reveal the enemy at work through accusation, lying, deception, or harassment.

Cats and Dogs

Dogs often indicate friendship, loyalty, protection and good feelings. But dreams with dogs can include growling, attacking, and biting. Dreams like that could reveal a friend who is about to betray you.

Dreams with cats vary in nature with everything from the feeling of being loved, to being smothered, to difficult to please. Much will depend on how you view cats and the context of your dream.

Doors

Dreams with doors frequently reveal that change that is coming; doors often represent opportunity - new ways, new opportunities, new advancements. Elevators and escalators can suggest that you are going higher in your purpose and calling.

People

They can be literal or symbolic. What is the meaning of their name? What do they represent to you? Father could be God the Father; mother might represent the Holy Spirit. Your brother could be Jesus; a teacher, the Holy Spirit. Babies usually represent something new, or something that you’ve birthed that needs nurture.

Storms

These are often hints of things that are on the horizon. If a storm is coming it could be a warning to pray, intercede or enter into spiritual warfare.
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**Flying**

These dreams are usually about your ability to rise above difficulties and soar in the heavenly realms. It could suggest new spiritual heights.

**Birth**

Normally these dreams are not about having a baby; they are more to do with a new season, ministry that needs nurture or destiny being birthed. If the child is given a name – take note of the name, it’s probably significant. If you have lost a baby, it could indicate that something is being stopped or aborted or happening before the right time.

**Dreams of clocks and watches**

These dreams could be a wake up call. The time could indicate a Scripture verse. Perhaps it’s time to be on the alert and watchful.

**Dreams with Scripture verses**

Bible passages usually indicate messages from God. It may be someone in the dream telling you to read a passage of Scripture or a book of the Bible. You might see a Scripture reference written down or simply see the time on a clock.

**Dreams of Being Naked or Exposed**

These dreams often indicate that you will be vulnerable. God is looking for transparency or openness as He works humility. Allow these dreams to draw you into greater intimacy with God. Submit to the process.

**Remember to view dreams in much the same way as parables**

- Study parables and dreams and visions in the Bible
- Begin to look at things metaphorically
- When dreams are broken into too many details, the meaning becomes increasingly obscure.
- Ask God to show you the central issue and the purpose of the dream.
- Ask God to speak to you
- Value dreams and write them down

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God will give skill and understanding as you pursue Him and ask for revelation

Mark Rutland - Dream: Awake or asleep, Unlock the power of God’s vision.

“God originates the greatest dreams of mankind and grants them as a special grace to the fearless and the faithful. To be open to dreaming His dreams is to be open to the very mind of God.

God is a dreamer who envisioned every microscopic detail of the universe before He spoke the first word of creation. Now He summons us into the creative work, to dream and speak and bring forth that which we dream. Into holy hearts and sanctified imaginations God gives dreams that stir to action undaunted dreamers who, like their heavenly Father, envision what others cannot begin to imagine.”

Present the eyes of your heart to God and ask Him to fill them with dreams and visions.

Expect God to speak to you through your dreams. Expect to remember what He says and expect your life to change as you respond to what God says to you while you are sleeping.

I hope that you are encouraged to believe that you can hear God through your dreams.

**Sometimes you are most awake to God when you are asleep! Remember to ask God to speak to you in your dreams. Be ready to wake up and write it down. Let your attitude be “I sleep, but my heart is awake, listening for the voice of my Beloved”**.

I have more seminars lined up. So do watch for the announcements.

If you have friends who you know would benefit from the information that I’ve shared today, please send them to

http://www.christianlifecoaching.co.uk/whatdodreamsmean.html

I would love to hear your feedback. Please email me and let me know how this seminar has helped or whether you are left with questions and if so, what they are.
Understanding Your Dreams

My prayer for you is that you will grow to understand the significance of the Lord's voice in your dreams and that you will discover how to hear from Him in the night season!

Enjoy the adventure

Lynne

Recommended books and resources

The Journal

If you haven't already, I highly recommend that you download The Journal for free. This link takes you to where you can immediately download The Journal software, you don't need to register or leave your email address and you get to give The Journal a test run for 45 days for free.

http://lynnelee.com/journal

The Journal is a powerful journaling and writing tool will help you keep track of your dreams and what God is saying to you.

Hear God through journaling

If you want to discover how you can hear God through journaling, you can download the first chapter of Dr Randy Peck's book Uncommon Journaling For Breakthroughs for free

http://lynnelee.com/freechapter

Access to previous calls

If you'd like access to previous calls, you'll find them in the archives of The Christian Life Coaching Cafe. You can sample the cafe for free for two weeks. Here is where to access a growing treasure chest of resources.

http://www.christianlifecoaching.co.uk/christianlifecoachingcafe.html
Stir The Water

Stir the Water offer Prophetic and Seer Exercises with Jim Driscoll. It’s a safe place to grow your spirit and exercise your spiritual muscles.

This is a safe place to become attuned with the reality of Heaven and the voice of our Lord.

http://lynnelee.com/spiritualexercises

http://acloserwalkwithgod.blogspot.com There are articles and resources here that will enable you to better understand your dreams.

Doug Addison on dreams

http://www.youtube.com/watch?v=I26nZSNtjD4

Dream Language – James and Michal Ann Goll

If This Were a Dream What Would it Mean - Murray Dueck

Interpreting The Symbols and Types – Kevin J Conner

Exploring The World of Dreams – Benny Thomas

The Name Book – Dorothy Astoria

A video of John Paul Jackson interpreting dreams on the streets

Details of courses and resources

www.streamsministries.com

Articles on how to hear God Excellent free resources to give further help in understanding dreams

www.cwgministries.org