

The Purpose of Dreams

Physically

The brain's opportunity to sort, categorize, store and rationalize the events of the day.

Lucid dreams are ones that you can control and adjust based on your conscious will.

Remembered dreams typically occur within the last 45min-1hr of your sleep cycle.

You will find:

1. You feel more rested when you dream
2. The more awake you are, the more lucid your dreams will be until you wake yourself up

Spiritually

Your unconscious mind has little to no control over what you see and therefore is more susceptible to the desires of the Lord.

- The Lord will use your lack of control to provide a message of warning, hope, desire, or direction

Because of this susceptibility, dreams activate your emotions more strongly than when you are awake, providing credence and authority to the message.

- You are more apt to respond to the message of the dream despite you knowing it is not real

Dreams in Scripture

Genesis 20 (unbeliever)

Abraham and Sarah are travelling through Gerar and Abraham fears for his life. To protect himself from a potentially jealous king, he tells everyone that Sarah is his sister. Abimelech decides to take Abraham's "sister" as one of his wives but is told in a dream to leave her alone.

Genesis 28:12

Jacob's twin brother wants to kill him—though to be fair, Jacob *did* just cheat him out of the family blessing. So Jacob's on the run. He stops to sleep one night, and dreams of a great stairway stretching from earth to heaven, with divine beings moving up and down.

At the top of the ladder is the Lord, who promises that Jacob will indeed return home, and his descendants will possess the land of Canaan.

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Genesis 31:10-13

Jacob loves to the land of his relative Laban, where he marries Laban's daughters and works with his herds. Laban's a tricky guy. He takes advantage of Jacob on several occasions. However, God still provides for Jacob—so much so that Jacob's wealth begins to overtake Laban's. Laban's sons aren't too happy with this, and Jacob senses that he is not among friends.

God comes to Jacob in a dream. The dream recaps Laban's mistreatment of Jacob and shows that God has been providing for Jacob despite Laban's schemes. The dream's message is clear: it's time to go home.

Genesis 31:24

Jacob takes off with his flocks and family—Laban's daughters and grandchildren. Laban isn't very happy about this, so he pursues Jacob. But before he catches up to Jacob, God comes to Laban in a dream. God warns Laban not to say anything good or bad to Jacob—just let him go.

Genesis 37:1-10

Jacob's favorite son Joseph has two dreams that throw a wrench in the family dynamic. In the first dream, Joseph and his brothers are gathering grain into sheaves. Joseph's sheaf stands upright, but the brother's bundles of grain bow down to Joseph's sheaf.

This aggravates Joseph's brothers. Not only is Joseph the favorite son, now he thinks that he's going to rule over the rest of them?

Then Joseph has another dream. This time, the sun, moon, and eleven stars bow down to him. This upsets his brothers and they plot to kill him.

Genesis 40:9-15 (unbeliever)

Through a series of unfortunate events, Joseph finds himself in prison. He meets two other prisoners who had troubling dreams: Pharaoh's former cupbearer and former baker.

The cupbearer dreams of a grape vine with three branches, which he harvests and presses into Pharaoh's cup. The three branches represent three days between the dream and the cupbearer's restoration to Pharaoh's court.

Genesis 40:16-19 (Unbeliever)

The baker also has a dream. In the dream, he carries three bread baskets on his head—but the birds eat the bread from them. The three baskets represent another three days—at the end of which Pharaoh beheads the baker, and the birds eat the baker's flesh.

Genesis 41 (unbeliever)

Pharaoh has two disturbing dreams. In one, seven fat cows are devoured by seven scrawny ones. In another seven plump ears of grain are devoured by seven thin ones.

Egypt is destined to have seven years of good harvest, which will be followed by seven years of devastating famine.

Pastor Fabian Arroyo

Judges 7:13-15 And when Gideon was come, behold, there was a man that told a dream unto his fellow, and said, Behold, I dreamed a dream, and, lo, a cake of barley bread tumbled into the host of Midian, and came unto a tent, and smote it that it fell, and overturned it, that the tent lay along. 14 And his fellow answered and said, This is nothing else save the sword of Gideon the son of Joash, a man of Israel: for into his hand hath God delivered Midian, and all the host.

15 And it was so, when Gideon heard the telling of the dream, and the interpretation thereof, that he worshipped, and returned into the host of Israel, and said, Arise; for the LORD hath delivered into your hand the host of Midian.

1 Kings 3:5-15

God comes to Solomon in a dream and tells him he can ask for anything. Solomon chooses wisdom.

Daniel 2 (unbeliever)

King Nebuchadnezzar dreams of a giant statue made up of different materials which represent different world kingdoms which is then smashed by a stone. Represents the Kingdom of God taking over.

Daniel 4 (unbeliever)

A magnificent tree is cut down to the stump and the roots are left to go mad. This dream represents Nebuchadnezzar's downfall and insanity.

Daniel 7

Daniel sees a lion, a bear, a leopard, and a ten-horned beast come out of the sea. The Son of Man is given dominion over these beasts (human empires)

Matthew 1:18-2:23

- Joseph's Message. An angel tells Joseph that there is no need to divorce Mary.
- Magi's Warning. The wise men visit Jesus, God tells them to avoid King Herod as they return home
- Joseph's Warning. God warns Joseph to take Mary and Jesus to Egypt before Herod kills all the babies.
- Return to Nazareth. After Herod dies, God tells Joseph he can come back home.
- Joseph's final warning. God warns Joseph not to return via Judea.

Matthew 27:19-25 19 When he was set down on the judgment seat, his wife sent unto him, saying, Have thou nothing to do with that just man: for I have suffered many things this day in a dream because of him. 20 But the chief priests and elders persuaded the multitude that they should ask Barabbas, and destroy Jesus. 21 The governor answered and said unto them, Whether of the twain will ye that I release unto you? They said, Barabbas. 22 Pilate saith unto them, What shall I do then with Jesus which is called Christ? They all say unto him, Let him be crucified. 23 And the governor said, Why, what evil hath he done? But they cried out the more, saying, Let him be crucified.

24 When Pilate saw that he could prevail nothing, but that rather a tumult was made, he took water, and washed his hands before the multitude, saying, I am innocent of the blood of this just person: see ye to it. 25 Then answered all the people, and said, His blood be on us, and on our children.

(unbeliever)

Interpreting Your Dreams

The Elements in your dreams are important to recognize but they are different for everyone

Colors:

Myth: You dream in black and white

Locations/Environments:

What emotions does the location represent for you?

What emotions is that particular environment triggering?

Perspective: 1st or 3rd Person view

As you become more lucid, you will begin to see a shift from 3rd person to 1st person.

People:

Who you see is not as important as What they represent to you.