

3. **Journaling:** Put paper and pencil next to your bed at night, and as you lie down, say, “God, please give me a dream tonight.” When you awaken, immediately record any dreams you have received. Bring your dreams to class next week so we can work on interpreting them.

kingdom would go on forever (Dan. 4:28-33) and he had a dream of a tree being chopped off at the roots (Dan. 4:9-27). Once you know the thoughts that were on the dreamer’s heart when he fell asleep, it is much easier to draw out the meaning of the dream.

Session #2 – Principles for Interpreting Dreams

A. Seven Foundational Principles for Interpreting Dreams

1. Most dreams are symbolic (including biblical dreams), so view them the same way you would view a political cartoon. Throw the switch in your brain that says, “Look at this symbolically.”

You can learn the art of communicating symbolically by playing a game like “Pictionary” or “Bible Pictionary.”

2. The symbols will come from the dreamer’s life, so ask, “What does this symbol mean to me?” or, if working on another’s dream, ask, “What does this symbol mean to you?”

For example, Joseph was a shepherd, and he dreamed of sheaves and sun, moon and stars bowing down (Gen. 37:1-11). These images surround a shepherd boy who lives in the fields. Nebuchadnezzar, a king, dreamed of statues of gold (Dan. 2:31ff), which surround kings who live in palaces.

3. The dream generally speaks of the concerns which your heart is currently facing. So ask, “What issues was I processing the day before I had the dream?”

For example, Paul was wondering where to go next on his missionary journey and had a dream of a Macedonian man motioning for him to come on over (Acts 16:6-11). Nebuchadnezzar was thinking his

4. The meaning of the dream must be drawn from the dreamer. Realize you know nothing about the dream, but through dependence upon the Holy Spirit and the skillful use of questions, you can draw the meaning of the dream out from the heart of the dreamer.

As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams (Dan. 1:17).

Counsel in the heart of man is like deep water; but a man of understanding will draw it out (Prov. 20:5).

5. The dreamer’s heart will leap and “witness” and say, “Aha!” when it hears the right interpretation, so never accept an interpretation that does not bear witness in the dreamer’s heart.
6. Dreams reveal but do not condemn. Their goal is to preserve life, not to destroy it (Job 33:13-18).
7. Never make a major decision in your life based only on a dream without receiving additional confirmation from the other ways that God speaks to us and guides us (peace in our hearts, the counsel of others, illumined Scriptures, God’s still small voice, prophecy, anointed reasoning, etc.).

B. Classroom Activities (after the DVD session, including dream testimony, has been viewed):

1. Discuss how Dr. Virkler followed the principles of dream interpretation in his demonstration on the DVD. Be as specific as possible.

2. **Ask for a volunteer to share a dream.**
Requirements are: It must be from within the last week. It must be a short dream (only 1-2 paragraphs long). It must be written down. You must be willing to come to the front and read it and let us work on it together as a group. The person reads the dream twice, and then beginning with the first symbol, classmates can offer suggestions as to what the symbols might mean, working through the dream symbol by symbol. When done, ask the dreamer what they sense the dream was about, and if they have experienced an “aha” moment, which confirms that the right interpretation has come forth. If not, that is fine, simply have them journal about the dream during the following week, asking God for additional revelation.
3. Discuss any questions or comments concerning the teaching just viewed.
4. If you have time to repeat the above process with a second person, do so.

C. Exercises to promote ongoing revelation at home:

1. **Memorize the following:** Seven principles for interpreting dreams: 1) Most dreams are symbolic. 2) The symbols of the dream come from the dreamer’s own life. 3) The dream generally speaks to the concerns your heart is currently facing. Context is vital to understanding. 4) It is through skillful questioning and dependence on the Holy Spirit that the meaning of a dream can be drawn from the dreamer. 5) Never accept an interpretation that does not bear witness in the dreamer’s heart. 6) Dreams reveal but do not condemn. 7) Never make a major decision based solely on the interpretation of a dream. Always receive confirmation from other ways God speaks.
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Session #3 – Discerning Dreams about Yourself

At least 95% of your dreams will be about you – your inner self, your current situation, your relationships.

Your dreams come from **your heart** and will express the things that are important to your heart. The most common area your spirit will reveal will be your emotional, heart struggles and sanctification issues, expressed symbolically. Body and health issues are also important to your spirit, so they may be revealed, again in a symbolic way. Your relationships to other people are important to your heart, so these may be conveyed in signs and symbols. And the circumstances and events that surround your life, ministry or vocation are also important to your heart, so these may be portrayed symbolically in your dreams.

Because the vast majority of dreams are about your inner self, begin the process of interpreting your dream with the assumption that it probably is about something you are or should be dealing with in your own life right now.

A. Interpreting Dreams about Yourself

1. *Isolate the **feeling** of the dream first.*
 - a) How did you feel upon first awakening? Was your heart pounding in fear? Were you confused, frustrated, angry, rejected, or threatened? Did you feel loved, excited, happy, or content? Did you feel exposed, unprepared, or disappointed? What was the overall emotion that the dream evoked?
 - b) In what aspect of your life are you also feeling this emotion? If it is not immediately obvious to you, ask the Lord to reveal it to you.