

## **DREAM LETTERS**

Most believe that uninterpreted dreams are like unopened and unread letters. For most people it doesn't matter Ps.73: 20; Job 20:8).

However, if you are under a lot of stress in your life, this stressful situation is reoccurring in your dreams. It could be helpful for you to be able to use your dreams to help you work through it peacefully.

In our present story, a dream played an important part in Gideon's life as a military leader.

God sent Gideon on a spy expedition to the outpost of the coalition army camped in the valley of Jezreel in order to alleviate his fear of military leadership (7:10).

It wasn't that Gideon wasn't a confident leader in other areas of his life. For example, he was an excellent and confident farmer. However, he was called by God to lead in an area outside his comfort zone. This caused him to feel like a fish out of water and insecure and engaged in over-think and afraid of failure or of not doing well.

The Lord instructed Gideon that his mission assignment was to eavesdrop on the outpost sentry's conversations. While on this mission, Gideon overheard two sentries discussing a recent dream and their interpretation of it (7:13-14).

We understand prophetic dreams were 1 of 6 different forms of divine revelation for the Jewish Age and not for the Church Age.

**This lesson will study FOUR aspects of reading Dream Letters in order to minister the truth of The Word of God to believers with stressful problems.**

### **1. Dreams assimilate what is going on in our lives in ways that are unique to the dreamer.**

Dreams are one way of personalizing our present experiences to the past as well as the future.

What was presently occurring in the lives of these coalition sentries on duty?

Ancient books of dreams tell of dietary rules for dreams. They advise against eating beans because it makes the spirit heavy and accurate dreaming difficult (Eccl.5: 12). They also believed morning dreams were better since digestion was more complete.

“Will be as it is with a dream, with a vision in the night – as when a hungry man dreams that he is eating, but he awakens, and his hunger remains; as when a thirsty man dreams that he is drinking, but he awakens faint, with his thirst unquenched.” (Isa.29:7-8)

### **2. Decoding dream symbols and images is important for interpretation.**

What did the barley loaf of bread represent?

What did it do?

How was it interpreted?

The mind under deep sleep will probe the problems of our day's activities through dreams. Dreams will work to resolve or at least identify the problems, which are emotionally charged or stressful. Sometimes the

subconscious has already figured it out and uses dreams to dramatize it. Often the dreamer will awaken to consciously know the right thing to do.

### **3. Dream symbols and images are more difficult the more suppressed the stressed information of the dreamer.**

When there are symbols and images it usually means that there is some past unresolved problem, which has been suppressed. Some emotional charged experience in your present life can trigger it to resurface during dreams. Then your dreams become like a parable.

**Case study:** Married businessman with two grown children was having marital problems not serious enough to consider divorce but stressed and couldn't put his finger on the problem.

#### **WHAT STARTED IT?**

**Recent experiences:** *While at a luncheon*, he thought he saw his wife with another man, he even got up to investigate and it wasn't her.

- *Later in the day*, his wife called and said she was in town for the day and shopping with a friend and wanted to have dinner with him before going home.
- *During dinner*, he asked her about her shopping and her answers seemed vague to him. This annoyed him and when he pressed her about it she became angry and said that it was more for Marge than her. He recalls this was the Marge that recently divorced her husband.
- *During evening sex* his wife became unusually seductive and aggressive towards him.

**Recent dream:** He dreamed that he was at outdoor restaurant and he got choked on hot dog. His wife was ice-skating on a pond in front of the restaurant. His wife came up to him and wanted to go to another restaurant. He felt frustrated, confused, and angry. He turned away for a second and she disappeared and he couldn't find her. He woke-up from sleep.

- *Why a hot dog?* He remembered hearing his mother often call his father a HOT DOG before his father left the family for good. He was insecure about intimate relationships because of the fear of being left alone again. It was childish thinking but it was effecting adult behavior (1 Cor.13: 11).

### **4. Dreams can be built-in safety valves and places of refuge from stress in our lives.**

In dreams, the dreamer is able to test his problems from different points of view without repercussion.

*"As a dream comes when there are many cares, so the speech of a fool when there are many words."* (Eccl.5:3)  
We can dream and fantasize in and out of normal character (Matt.1: 18-25).

People with obsessions and addictions have them in dominant roles of dreams (SOS 5:2?) *"I slept but my heart was awake."*

However, we must be careful not to use sleep and dreams as avoidance or escapism from unpleasant realities of our life (Eccl.5: 7; Prov.10: 5; 19:15; 20:13).

You cannot dream or fantasize your way out of the reality of your present problems. You must turn to the word of God and prayer (Psa.3: 5-6; Luke 22:45-46).

***"I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety." (Ps.4:8)***