

Dreams

I received some questions about dreams that we see in our sleep. How do we know whether they are from God or a different source? Should we rely on them in making decisions? In this article, I will briefly talk about different kinds of dreams and how to deal with them.

There are at least three types of dreams:

1- Dreams from God:

These dreams may be for our guidance, of prophetic nature, or for comfort and keeping us firm in the faith. That is to say that these dreams may come from God to alert us or guide us to do certain things as Joseph the carpenter or the magi were inspired to do. (Matthew 1:20, 2:12-13, 2:19-22). Or they could be prophetic dreams that reveal future events, even in symbolism, such as the dreams of Joseph the righteous (Genesis 37:5-11). Or they could be Dreams to console us and keep us firm in the faith such as the dream of Jacob in which God spoke to him and assured him that He will be with him, bless him, protect him, and bring him back to his land safely (Genesis 28:12-15).



2- Dreams from the devil:

These could be impure dreams, troubling and dreadful dreams, dreams that incite evil against others, or deceitful ones that lead man towards illusions which don't benefit. If man follows these dreams without insight or spiritual guidance, they can lead him to destruction.

3- Dreams from the subconscious:

These dreams are the most common type of dreams. Typically they are flash back of the events of the previous day in a symbolic way, or anticipated events of the following day. They could also be some images of things that preoccupy one's mind.

As how to deal with dreams, I can offer some simple guidelines:

1. **Don't hasten in believing your dreams.** Dreams that represent a message from God are very clear and He confirms them by other means or by repeating them several times.
2. **Don't try to think about the troubling or impure dreams after you wake up.** Try to forget them quickly using prayer, praise, edifying readings, or being engaged in your daily activities.
3. **Be regular in your prayer before bedtime.** This will help you to sanctify your bed. After you pray, place your head on your pillow and keep the name of Jesus continuously on your lips until you fall asleep.
4. **If you have a puzzling dream, it would be helpful to share it with your father of confession to take guidance from him regarding it.**
5. **It is not wise to share your dreams with everyone around you, regardless how good or benign they may be.** Only share dreams in specific or special circumstance. If you have a reoccurring dream, share it with your father of confession to give you an opinion and an advice.

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