



# CHRISTIAN LEADERSHIP REFLECTIONS

PERSONAL REFLECTION GUIDE

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## Dreams and Discernment

[https://www.cccc.org/news\\_blogs/john/2010/01/10/dreams-and-discernment/](https://www.cccc.org/news_blogs/john/2010/01/10/dreams-and-discernment/)

### Reflection Questions

When you have a dream that you feel may have significance beyond a normal dream, ask yourself these questions:

1. What is the major feeling/emotion in the dream? Pay particular attention to your emotional state when you woke up. The most significant clue to what the dream is really about is the emotional element. Were you afraid? Confident? What caused the emotion?
2. Does any of this dream remind you of anything yesterday? If yes, then it is an association dream.
3. Where does it take place? What does that place remind you of? Does it have any special significance to you? How did that place make you feel emotionally? Is it a safe and loving or a dangerous and threatening place for you?
4. Can you quickly summarize the dream? Do not reorganize the dream to make it make sense!
5. Focus on the major characters—who do they remind you of? What feelings did they give you? What part of yourself is in that person? Unless it is a very rare spectacular dream, a prophetic dream, the dream is about you, not the other person, so don't try to apply your dream to someone else.
6. Look for symbolism. Do you have any idea what the symbols mean?
7. How does this impact your personal growth?
8. What spiritual potential of yours might the dream be about?



You are ready to ask God to reveal the meaning of the dream to you. This may take some time in silence, just listening for the Spirit to speak to you in some way. When you have something, take time to reflect on how to apply the meaning in your life.