

The image features a glowing lightbulb at the top, emitting rays of light. Below it is a detailed illustration of a human brain, also glowing, with numerous lines radiating from it, suggesting neural activity or connections. The background is a deep blue with a subtle pattern of light rays. The title text is overlaid on the image, centered between the lightbulb and the brain.

Using Dreams to Renew the Mind

Timothy Jorgensen

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The Importance Of Dreams

In Acts 2 when the Holy Spirit was poured out, Peter referred to this prophecy from Joel to explain what was happening.

“And it shall come to pass afterward, that I will pour out My Spirit on all flesh; Your sons and daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions.”

(Joel 2:28)

Even though the demonstrations of the event were speaking in tongues and prophesying, Peter quoted the full prophecy from Joel, which pulls in the pictorial aspect of how the Holy Spirit will speak to people. Just like 1 Corinthians 14 tells of how the mind can be edified through the interpretation of tongues, so the mind can be edified through the proper use of visions and dreams. The Holy Spirit does not give pictures to confuse, but to inspire and renew people to His purposes for mankind.

This is not to say that every dream a believer has is from the Holy Spirit, but having a recreated spirit empowers every believer in the dream to recreate the world within their mind as well. There are times your spirit is stirred to pray in tongues. There are times you stir up yourself to pray in tongues as well. Either way, the Spirit of God is stirred up to manifest and bring

transformation to your life. In the same way, there are dreams that are inspired by the Holy Spirit, dreams that are inspired by your recreated spirit, and dreams from parts of your unrenewed mind. No matter what situation you find yourself in, your spirit man can rise up and exercise itself and gain strength from the situation, and at the same time reshape and renew your unconscious mind.

The Message Of Dreams

Here is an important statement to begin with: All dreams carry a message but not necessarily a message from God. Some messages in the dream are very simply explained. If you have a dream you are falling off a cliff and you wake up off the bed and on the floor...you know what this dream means. You have a dream you can't move your arm, or lost your arm, and you wake up with your arm trapped underneath your body with all circulation gone from it...you know what this dream means. You have a dream you are in a storm, and the water is raining down on your face and you wake up in a pool of water from a leaky roof... you know what that dream means. You dream of eating huge cake and wake up with your pillow gone... well, we know what this dream means also.

So sometimes our dreams are the result of our body trying to tell us a message, and that is simply that. We need to recognize the dreams when our bodily senses are screaming for attention, and manage our body appropriately. (See the section on the body in Spirit Life Training) However, the dreams that take place at night often open a window to our subconscious mind -the hidden parts of the soul. Dreams give us access to hidden feelings and unexpressed needs that may often get 'bottled up' during the day. In dreams, the unbridled soul will break out, and express itself freely. There will be emotional issues, memory issues, imagination issues, willpower issues-and we can run, but we can't hide what our dreams are telling us. Whether these issues are right or wrong in content-God knows they are there, and your soul is trying to let you know also, so you can deal with them.

When are people more likely to have dreams? Often during life crises, or transitions. We are on the verge of new relationships, jobs, we are dealing with changes in family, friendships, locations, additions and losses. We sometimes are confronted with the end results of our fears, or faith. We can see the failure we fear come to pass, or the potential rewards we always hoped for. What is the positive side to this? During these times of transition, these dreams can be a motivating force for change in our lives. Our minds are preparing themselves for the challenges we might face, and what potential choices we must make. It is said that when someone experiences the phenomena of 'déjà vu' it is because they have already foreseen this similar situation in a past dream.

When we remember the dreams, we remember ourselves. The hidden wounds, fears, desires, joys etc. When we explore our dreams we begin to take efforts to make ourselves whole using the Word and the Spirit. We can start dealing with the negative, and tapping into the positive! A good dream can feed you for a LONG time! Joseph in the Bible is a great example of this. For these reasons, dreaming is a powerful tool God has given us for use in renewing the mind!If we know how to use it right. Even in the oldest book of the Bible –Job, it speaks of the power of dreams. And also, never forget, this solid advice was in the context of trying to understand WHY someone was in the situation they were in!

“For God may speak in one way, or in another, Yet man does not perceive it.

In a dream, in a vision of the night, When deep sleep falls upon men, While slumbering on their beds, Then He opens the ears of men, And seals their

instruction.

**In order to turn man from his deed, And conceal
pride from man, He keeps back his soul from the Pit,
And his life from perishing by the sword.”**

(Job 33:14-18)

Always remember that dreams do not define you, the Word of God defines you. But dreams will reveal circumstances that you will have to deal with appropriately. This truth is what will separate this book from other secular books on dreams. We understand that the ‘real us’ is not our soul, body or circumstances, but the ‘real us’ is our spirit. Our spirit is recreated in the image of God and has all the power, wisdom, and resources inherent within it to deal with whatever we are facing in our soul, body or circumstances. We just need it to rise up, activate and take dominion!

Types Of Dreams

1. FANTASY DREAMS

Fantasy dreams reveal that there is an inside potential that wants to rise up and break forth. This can be positive or negative, right now we will focus on the positive. Some examples of this are can be you flying like a bird, beating up a bully, winning a contest, being a king or queen, having the perfect body...etc. All this stirs inward passions to break limitations and be an achiever!

Don't discount these things-you must let your spirit rise and begin to speak to your situations that you are the champion, and you can overcome, and you will push through obstacles with discipline to see it manifested. It should greatly encourage you that even in your sleep, all things are working for you to rise up and train your mentality to be a champion. This is something in your subconscious you must remember, meditate on and release into your everyday consciousness.

At other times a fantasy dream can reveal a bottled up emotion. Again, this can be positive or negative. The positive is when you are reaching out to so many with God's love, changing families, healing broken hearts, bringing joy, hope, encouragement, confidence etc. The true revelation of our potential is being shown to our conscious mind so we can have our conscious mind and its reasonings deal with it. The subconscious mind is sending signals to request for change and/or acceptance of these new found life potentials. We must let the Word of God sort it out –good or bad. If it is good, then

we start to pray it into reality. If it is bad, or negative, then correct it by speaking the correct Word over it!

Concerning negative fantasy dreams and nightmares: These dreams are a powerful opportunity to exercise your spirit, and bring transformation to your life. These dreams are NOT from God, and so they can be manipulated by the force of our spirit and the Word of God within us. When someone you love gets into a crash-use your imagination within the dream to take charge and raise them up from the dead. If you are in a dream, your mind can make it happen if your imagination is flooded with that determination. If you are in a seductive circumstance in your dream, you can rebuke them forcefully, change the situation completely, or run away as the Bible says-straight into the arms of the Father. You DO have options. Here is a great one-if in your dream something evil is chasing you, immediately stop, turn around and then you chase it with a vengeance! If you can do this, this signals powerful change in your life, spiritually and socially.

2. MEMORY DREAMS

Memory dreams allow a person to re-live or re-enter the event to enjoy what has happened, or sometimes to CORRECT the offensive part of the situation.

A. When we relive the situation as it WAS..... We feel the full impact, emotions, and sensations (both positive + negative). This is where we accept the situation as it was and learn from it.

B. When we relive the situation as WE WANT IT TO BE...We refuse to accept all the facts of what has happened. If

it was too offensive, or traumatic, this is where we make corrections and make it to what we want it to be. For example- We lost someone in a tragedy: We change the events and facts and make it a new scene. We substitute a desired wish into the situation and make it into a positive event. I know you must think that this is denial of the truth, but in terms of our memory, this must be dealt with in a godly way, or else the past will trap us! My earthly father died early, and I kept having dreams about him. How do I resolve this? I learn to turn to the heavenly Father in the dream, and bring Him into the situation. He activates my spirit and there is no longer a feeling of loss. Any time you can draw the Father into the dream through your imagination and worship, it is an amazing healing experience. There can be memory dreams about past abuse-this is where you premeditate beforehand how you want that dream to be, and when you start entering into that dream, determine in your mind what you would have liked to happen, and let the Holy Spirit bring transformation to that situation. This goes the same for experiences of abandonment, rejection, divorce-draw God into the circumstance and paint a new picture within the dream, and if you weren't able to grab hold in the dream, do so immediately afterwards. This is the experience of 2 Corinthians 5:17: "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

You can say "I've already dealt with that" but your subconscious doesn't lie about what still seems to be lurking in the shadows. We premeditate and bring redemption into that dream so the reality of the Word of God is experienced whether sleeping or awake. Remember, part of redemption means 'exchange'. Exchange the bad for the good, and lay aside the weights of the past so you can run your course with joy!

3. SPIRITUAL DREAMS

Dreams of this nature pertain to SPIRITUAL THINGS. These are a result of a real intensity of our hearts to press in for more of the things of God. The intensity of these longings have been submerged in our subconscious during the day are released to a more vivid expression during the sleeping hours.

In SPIRITUAL DREAMS we are dreaming about our walk with God and the development of our spiritual life and God's nature within us. In some important ways these are like the fantasy dreams. They reveal hidden spiritual potential that can break out!

A minster from Malaysia had a vision of his spirit man many years ago while in a traditional bible college. In this vision he was intimidated and pushed back by demonic forces, and when he looked at his spirit man, he looked emaciated and so weak. That vision shocked him into going into a Word fast for 6-8 hours a day-where he only meditated on a the Word of God no other reading materials. One year later, he dreamed he could fly!

There are so many ways this can be manifested. You can be overflowing with compassion toward the sick, tormented and the lost, bringing healing, deliverance and revival. There are many people who have dreams of casting out devils out of people. It shows a strong spirit against demonic bondage. Some have dreams where they are lost in intercession for people/nations-they even wake up crying or in such a state of supernatural burden for others. Others have dreams of miraculous protection and deliverance from danger.

Other times there are angels teaching you things, giving answers, songs, or substances. I love the fact that Solomon had a prayer answered in a dream where he went to sleep ignorant, and woke up with the wisdom of God to lead the nation. That gift was given to him in a dream! A dream! He woke up with a new ability that changed his life forever! It was given because he said and did the right things in a dream! The Amplified version of Ps 127:2 says “It is vain for you to rise up early, to take rest late, to eat the bread of [anxious] toil – for He gives [blessings] to His beloved in sleep.” This scripture is a great encouragement that we can believe to receive from God 24 hours a day. Now you know it, now you can believe for it!

4. PROPHETIC DREAMS

Dreams of this nature are dreams that pertain to future events that are about to take place or could possibly take place. Prophetic dreams can tell those things that are going to happen either literally or figuratively.

Because of this difference, we need to have the “more excellent spirit” of Daniel and Joseph to know what to do about what we receive.

Sometimes prophetic dreams can foretell things that are about to happen which CAN BE AVOIDED if we follow the wisdom released to us through the dreams. Joseph and Daniel were promoted quick because they knew what to do with a dream! Take the time to pray and ask for wisdom. Not all prophetic dreams come to pass because they are to warn us to

do something about it so that it would not happen.

Prophetic dreams are used both as:

1. A Revelation of God's future purposes.
(for ourselves or others)
2. A means of warning.

Many years ago when I was sixteen, I went with my grandparents, my cousin (who was about my age) and my two brothers (12yrs and 10yrs) in a motor home cross-country to California for a summer vacation. After a great vacation in California, we were headed back to the Midwest and in Arizona my grandfather fell asleep behind the wheel going 55mph and drove into the grassy wooded median and crashed. The motor home was demolished, and no one should have walked away. But thankfully most of us had very minor injuries. However, my youngest brother, who was 10 years old, had massive brain trauma from the crash and was immediately med—flighted to the nearest brain trauma specialty hospital. He ended up dying a few days later. It was sad, but we knew that he was born again and that we would someday see him again.

Many years later, after my father had passed away, my mother told me she was prepared for my father's death, 'like my brother's death.' I was shocked at this as my brother's death was very sudden. She then told me a secret she had kept from us for many years about a dream she had had before we had left for that summer vacation. She dreamed she was in a dark room and there were all these voices, and it seemed like the sounds of a courtroom. The voices came to a conclusion and said that they

were going to take me (Tim). My mother protested and said no, and the voices went to talking again. They came to a conclusion again and said they were going to take my next youngest brother. Again my mom protested and the voices went to talking again. Finally they came to a last conclusion and said fine, they would take my youngest brother. They said it with such finality that my mother was stunned and then the dream ended. She cried for a while afterwards, and told my father, but she interpreted that dream as something that came from God to be accepted. So when my brother was on life support, she had already accepted what the outcome was going to be. I was furious at that point, because I realized that because of her religious indoctrination of a false view of a God that causes bad things to happen ‘for a reason’, she did not recognize it as a warning dream to fight an impending attack from the enemy.

For this reason, it is so vital to clearly understand what is the nature of God according to the Word of God, so that these prophetic dreams are rightly understood, and rightly responded to. If God is speaking... we must know what to do about it. Is it a revelation, or a warning? Prayer and the Word will help bring the right understanding to what is going on.

Final Thoughts

One thing I always recommend people to do if they want a healthy system set up for God's dreams, and an empowered spirit to face whatever their subconscious throws at them, is to pray in tongues before going to bed. We encounter many things during the day, and to 'clean yourself out' with praying in tongues is a great way to activate your spirit and clean out any junk that may try to pollute your spirit during the day. The Bible does say in 2 Corinthians 7:1 that we are to cleanse ourselves from all filthiness of the flesh and spirit. A great way to do this is through releasing the living water of the river of the Holy Spirit. Any of the spirit exercises are good also. I do say this: the more of the exercises for the spirit you do before bed, the more activated your spirit is for spiritual dreams and visitations. This is a solemn truth.

The last comments I want to say about preparing yourself to dream is this: before you sleep, make the declaration that you WILL receive from God in your dreams, and speak to your spirit man to be alert and strong, and the Word of God has dominion in your subconscious. If when you wake up, and you don't remember what you dreamed, don't worry and beat yourself up about it. Believe you have received something good from God, and go after your dreams the next night. When you do get something significant in your dream that stirs you up, write down the dream in your prayer journal. You can pray about it more later, and perhaps more treasures will be unlocked for your life. God knows when you take what He gives you seriously. And never forget: not all messages in dreams are deep

and complex. Many times the simplest understanding is the most accurate, and the most applicable.

If we truly spend a third of our lives in bed, this is one way to redeem that time even more than just the physical restoration part of it. Just like in Spirit Life Training, when the system is set up properly, it is easy to use dreams as a great tool in our lives in other dimensions. It becomes one more channel by which we can renew our minds, as well as receive and reveal the great gifts of God He has given us in salvation and the gift of the Holy Spirit.

Sweet dreams!

More Information

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