



Dream Interpretation Worksheet

Pointing the Way to the Abundant Life

Name: _____ Date of the dream: _____

This worksheet is intended to be a step-by-step process to better facilitate the interpretation of dreams. You have permission to photocopy these worksheets for your personal use.

Step One:

Write out your dream.

It is important to write it as it came. Do not analyze nor try to figure it out. Just enjoy reliving the dream as you write.

Start to write here...

Step Two:

Context

Describe what is going on in your life at the time of the dream. It should be within a few days of having received the dream. Record it factually, then record the emotions involved.

Start to write here...

Step Four:
Important Aspects

What features or aspects of the dream stand out the most? Also, include any themes you believe to be important.

Start to write here...

Step Five:

Bringing it all together

Consider the context, the chart, the most prominent features, and write out what you believe to be the overall meaning of your dream.

Start to write here...

Six:
Life Impact.

What influence has this dream had on your life?

Start to write here...

Step Seven: Thank You.

A word against frustration...it is about relationship!!! Sometimes the understanding of our dreams is a process and not instinctive as our world likes us to believe. Be persistent. Come back to these sheets on occasion to see what other truths He may want to reveal to you. Our God is a mighty and creative God. He seeks to be in relationship with his children. When you have gone as far as you can on these sheets express a heart-felt Thank You to the Giver of the dream for who He is, what he has revealed so far, and for the ways He is active in your life through dreams. Write out a prayer of thanks.

Start to write here...