



Opportunities

Dreams on the Spiritual Journey

Watch this 4 minute [video](#) on the life of St Ignatius and how dreams influenced his journey of faith.



God's Dream Desmond Tutu

Start this [video](#), sit back and notice what stands out to you in the simple but challenging message of this book.



Holiday for the Soul Brian Draper

Download this [audio retreat](#) or just hit 'play' on your device.



Summer Retreat See how the Flowers of the Field Grow

Five [guided audio](#) reflections to use in your own time.



3-Minute Retreats

Use these [retreats](#) in your own time, may be as you open your computer or take a coffee break.

Dreaming

This summer, walking by the beach, it is again packed with folk lying on sunbeds under umbrellas. People lie there for hours, stirring occasionally to swim, read or check the phone. I often wonder whether they are sleeping or just resting there, occasionally processing their thoughts, may be even dreaming of what is to come.

Most of us do a bit of day dreaming from time to time and everyone dreams in their non-conscious state. But I wonder how much attention we pay to our dreams.



“God can do anything... far more than you could ever imagine or guess or request in your wildest dreams...”

*Ephesians 3:20
(The Message)*

Leah Williamson, captain of the England Lionesses football team said, on winning the recent European Cup, “dreams turn into reality”.

Different cultures look at dreams in different ways. Some see dreams as windows to the inside of a person while others look on dreams as a window into the wider world. The Bible has many examples of the latter.

Joyce Rupp says in one of her poems that dreaming is like a twig holding the weight of a bird:

**“The wisp
of a fleeting dream
can rest for a while
on a small extension
in my soul. . .
All it takes
is a little twig
to rest
a great dream on.”**

I wonder what you are dreaming of right now?

The church celebrated the Festival of the Virgin Mary two days ago. I wonder what her dreams were for Jesus. Would he become a successful artisan? Was she looking forward to his care for her for the rest of her life?

And as Mary slept did she have dreams which gave her a window into what was coming for Jesus and herself? Did these open a window into how she was really feeling and dealing with this?

Our dreams can be used by God to speak to us. As you lie on your sunbed, sit in the garden or on your sofa, you may like to follow your dreams and see where they lead this summer.

Sweet dreams!

An Exercise

PRAY with your DREAMS

If you feel you have a dream while sleeping that sticks in your mind and feels significant:

- Ask God to help you remember it.
- Write it down in detail as soon as you wake up.
- Note what you were feeling, any symbols, themes, colours and affects; any relationships between people that stand out.
- Does this dream relate in some way to an outer or inner experience?
- Title the dream.
- What might the dream be trying to help you be conscious of?
- Is there any link to what you are dreaming about in the day?
- Is God giving you an answer to a question you are asking?
- Take your observations back to God.



Watch this short [video](#) in which you hear the words “A writer is a dreamer with a pen”. You may like to take a pen, or paints, and dream on paper with God.