

Dream Journal Worksheet

A companion resource to the book, *Dreams, Visions, and Signs From The Holy Spirit* By Annamarie Strawhand - Faith Lane Ministries

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This dream journal worksheet is a companion resource for my book, *Dreams, Visions, and Signs From The Holy Spirit - Volume 1*. Its purpose is to help you keep an account of your dreams and learn to unpack them with the Holy Spirit. Having a record of your dreams enables you to come back to a particular dream and add revelation as it's revealed to you and also encourages you to see things in your life come into alignment with the words the Lord has given you.

Write down your dreams in your dream journal as soon as you wake up, and be sure and date them. If the dream was demonic or fearful, cancel that dream with my dream canceling prayer on my website: www.annamariestrawhand.com. Never come into agreement with fearful or demonic dreams!

If you are not sure if the dream is from God or not, you can pray this prayer: *"Holy Spirit, if that dream was not of you, I do not receive it. But, Holy Spirit, if that dream was of you, I receive it and ask for the interpretation, understanding, and application and how to pray and proceed in Jesus name."*

If the dream was giving you a message of some sort, write it down and lift it up to the Holy Spirit, and ask Him to unpack the dream for you and give you understanding of what that dream was instructing you to do. The Holy Spirit will speak to you with colors, numbers, animals, signs in nature, etc. Always use biblical sources to determine the meaning. You can use the tips in my book, *Dreams, Visions, and Signs From The Holy Spirit - Volume 1*, to help with unpacking.

Tips For Remembering Your Dreams:

If you are having trouble remembering your dreams when you wake up, what does that mean?

It means you need:

Soul cleansing/healing and cellular cleansing: (See soul cleansing and cell healing prayer)

It's time to do a 21 day fast and detox so you can hear God with Clarity! (See 21 Day Fast and Detox)

The cleansing and fasting will bring vivid memorable dreams and help you retain/remember what you hear and see in your dream.

It can also mean:

You have discord in your house and in your life and need to pray that out. (See removing discord prayer)

It can also mean:

You have a lot of electronic pollution (EMF - Electro Magnetic Frequencies) in your house causing confusion and memory issues in your brain and cells. **Note:** Research suggests that prolonged exposure to high levels of EMF radiation could lead to cognitive issues. Prolonged EMF can interfere with your memory, your concentration, your dreams, and with your focus. Do not charge your electronics in your room or near your bed, do not use electronics while they are charging.

Remove all 5G out of your home and or cover with EMF shields.

Get some grounding sheets or a grounding pillow case to help heal your cells and bring your cells into alignment electrically and magnetically, or stand barefoot on the ground for at least 10 mins a day.

Also:

Show the Holy Spirit you're faithful to write down your dreams and want to remember them. Put a piece of paper and a pen next to your bed. Tell Him you want to remember your dreams and you're going to write them down.

Pray a prayer to invite the Holy Spirit into your dreams, and ask Him to help you to remember that dream in the morning. Cover your dreams and dream memory with the blood of Jesus.

Get the frequencies of God – healing frequencies in the atmosphere before bed. See Christian Frequency Music suggestions in my 21 Day Fast and Detox

Resources

All of the prayers and resources mentioned above can be found in my books and are available on my website: www.annamariestrawhand.com.

- Faith and Victory Prayer Strategies and Decrees – Volume 1
 - Faith and Victory Prayer Strategies and Decrees – Volume 2
 - Dreams, Visions, and Signs from the Holy Spirit Volume 1: Interpretations and Biblical Teachings
 - 21-Day Fast and Detox Plan for the Mind, Body, Soul, and Spirit – Prayer and Fasting Strategies.
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DREAMS, VISIONS, AND SIGNS FROM THE HOLY SPIRIT WORKSHEET

Time and date: _____

Was this a dream, vision, or sign in the natural realm? _____

Any stand out colors? _____

Biblical meaning of color: _____

Significant scripture: _____

Any numbers?

_____ Biblical

meaning of number: _____

Significant scripture: _____

Any birds, insects, or animals? _____

Biblical meaning of animal:

_____ Significant scripture:

Any people, places, foods, or items?

_____ Biblical meanings of these:

_____ Significant scriptures:

Description of what you saw and experienced:

What has been happening in your life right now that you have been praying about?

Questions for the Holy Spirit regarding this dream/vision/sign:

Answers and revelations from the Holy Spirit regarding this dream/vision/sign:
