
A FREE GUIDE FROM SABINA COACHES

The Mystery of **DREAMS**

05

Dream Symbols Every Christian Should Know —
and what they might be telling you.



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SINCE 2008

BEFORE YOU BEGIN

Your Dreams Aren't Random

If you've ever woken up from a dream that felt like more than just noise — a symbol that stuck with you, a moment you couldn't shake — you're not imagining things. Scripture treats dreams as a real channel of communication, not a mystery to dismiss. God speaks in dreams and communicates hidden messages to us. This is because it is the moment our minds are at rest and our spirits are open.

"God speaks... in a dream, in a vision of the night, when deep sleep falls upon men."

JOB 33:14–15 (PARAPHRASED)

That doesn't mean every dream carries a message — some are simply your mind processing the day. But learning to tell the difference, and to read the ones that matter, is a skill the Holy Spirit is yearning to reveal to you. Not a gift reserved for prophets. It is a skill you can learn.

God seeks to empower you - Teach you more about Him, His plans for you, Direct your steps, Warn you of evil and so much more..

This short guide walks you through five of the most common dream symbols people experience, and a first look at what they can mean when read through a biblical lens. Think of it as a starting point — a way to start paying attention differently the next time you wake up remembering something.

“God is ALWAYS Speaking...Are you listening”

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Three Symbols to Start With

OCEAN / WATER

One of the most frequent symbols in dreams — and one of the most context-dependent. Calm water often points to peace or the presence of the Holy Spirit; turbulent water can reflect overwhelm, a season of emotional unrest, or an upcoming trial you're being prepared for. Water can also represent influence — the reach you carry, or the influence flowing toward you.

Ask yourself: was the water calm, or was it working against you?

** Remember this for every dream: no symbol stands alone — every dream must be interpreted within its own context: who was there, what you saw, how it felt, what came before and after.*

COLORS

Colors in a dream are rarely random. The same color can carry a very different meaning depending on whether it shows up in a positive or a negative context within the dream.

- **RED** — Positive: power, redemption, the blood of Jesus, the anointing. Negative: anger, destruction, warfare.
- **SILVER** — Positive: redemption, grace. Negative: legalism, self-righteousness.

Ask yourself: did the color feel life-giving in the dream, or did it feel heavy?

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HALLWAYS

Walking through a hallway often symbolizes a season of transition — moving from where you currently are to where you're headed. A straight hallway can point to a direct path; a hallway that turns suggests a few unexpected turns you'll need to walk through along the way. Either way, it's a phase, not a permanent place — and God goes with you through the transition.

Ask yourself: was the hallway straight, or did it turn — and what might that suggest about the road ahead?

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Two More Worth Knowing

TEETH FALLING OUT

One of the most common dreams reported worldwide — and one of the most misunderstood. It's rarely a literal warning. It more often shows up around seasons of decision, a time at crossroads, revelation and understanding. This could cover various deep aspects of interpretation as it is dependent on the type of teeth that fell out.

E.g. *Wisdom teeth* represent the ability to act in wisdom, having comprehension & understanding regarding an issue/situation. *Eye teeth, upper and lower teeth* interpretations vary.

Ask yourself: what type of teeth fell out in my dream?

DOORS & KEYS

Doors typically represent opportunity, transition, or access to something new. A locked door can point to a season of waiting; a key appearing in the dream can reflect that the answer or access you need is closer than it feels.

Ask yourself: what door have I been standing in front of?

A simple next step: The next time you wake up remembering a dream, write down the dream; the main symbol, key things you remember and one honest word for how it felt. Pray and ask the Holy Spirit for guidance. That single habit — noticing and naming — is the real starting point of interpretation.

There is a deeper depth, prayer and much more to uncover in this realm including understanding themes, numbers, animals and so much more.

There is so much more to uncover in this mysterious realm...

WANT TO GO DEEPER?

This Was Just **The Surface**

These five symbols are a starting point. The full course teaches you the complete framework for understanding and interpreting any dream — in its proper biblical context, not guesswork.



INSIDE THE MYSTERY OF DREAMS

- ✦ 6 self-paced modules
- ✦ A step-by-step interpretation method
- ✦ How God speaks through dreams — and how to discern it
- ✦ Symbols, colors, numbers & recurring dreams, types of dreams explained
- ✦ A practical dream journaling framework

[ENROLL IN THE FULL COURSE →](#)

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