

Every dream a person has will generally fall into one of three categories:

1. Dreams that come from God
2. Dreams that come from Satan
3. Dreams that arise from the human soul (our own thoughts, emotions, and experiences)

Understanding how to discern which category a dream belongs to is crucial for any believer seeking spiritual clarity. It enables you to interpret your dreams biblically and avoid unnecessary confusion or fear.

1. Dreams from the Human Soul (Self-Originated Dreams)

Most dreams fall into this category. These dreams are shaped by our daily experiences, emotional states, environments, or concerns. The Bible gives us a clear principle:

“For a dream comes through much activity, and a fool’s voice is known by his many words.”

Ecclesiastes 5:3, NKJV

For example, if someone is a carpenter and works with wood regularly, they might often dream about saws, hammers, or building things. If someone lives in a rural setting with livestock, it's natural to dream of herding animals.

Other dreams stem from physical conditions such as hunger, thirst, or a full bladder. These can directly influence what we dream about.

“It shall even be as when a hungry man dreams, and look he eats; but he awakes, and his soul is still empty; or as when a thirsty man dreams, and look he drinks; but he awakes, and indeed he is faint, and his soul still craves...”

— Isaiah 29:8, NKJV

These types of dreams are psychological and physiological, not spiritual revelations.

2. Dreams Involving the Deceased

Dreaming about someone who has passed away—especially a

loved one is often tied to grief and memory. These dreams usually arise from the soul, especially if the deceased person played a major role in your life. The soul retains emotional impressions and attachments, and sometimes those surface during sleep.

Dreaming of talking to a deceased parent, friend, or sibling doesn't necessarily mean they're trying to "visit" or communicate. Theologically, Scripture teaches that the dead do not return to interact with the living in ordinary circumstances.

"For the living know that they will die; but the dead know nothing, and they have no more reward, for the memory of them is forgotten."

Ecclesiastes 9:5, NKJV

Such dreams, while emotionally intense, are often just the soul processing loss. These may continue for years, even a lifetime. They are not inherently dangerous, and believers should not fear them.

3. When to Be Cautious: Dreams with Dark or Demonic Elements

However, if dreams involving the deceased include:

Fear or dread

Threatening messages or commands

Being fed strange substances
Being led to unknown or dark places

...then discernment is required. These may be demonic in nature. Satan can disguise himself as “an angel of light” (2 Corinthians 11:14), and demonic spirits may impersonate the dead to deceive or torment.

When this happens, it’s important to:

Rebuke the spirit in the name of Jesus Christ

Pray for protection (Ephesians 6:10–18)

Refuse to believe or follow anything contrary to God's Word

"Therefore submit to God. Resist the devil and he will flee from you."

James 4:7, NKJV

4. When God Speaks Through Dreams About the Dead

Sometimes, God may permit dreams that include imagery of the deceased not because the dead are speaking to us, but because God is using symbolic language to communicate a truth we can understand.

For example:

To affirm there is life after death

To comfort someone grieving the death of a believer

To reveal spiritual realities using familiar faces

The Bible confirms that those who died in Christ are not “lost,” but alive with the Lord:

“But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.”

1 Thessalonians 4:13-14, NKJV

These dreams are not literal manifestations of the dead but visual metaphors God’s way of teaching or comforting using images we recognize.

5. A Warning and an Invitation to the Unsaved

If you’re outside of Christ and experience dreams that make you think about death or the afterlife, understand that God may be calling you to repentance. Dreams can serve as divine wake-up calls.

Physical death is not the end. Every soul will face eternity either in the presence of God or in separation from Him. Scripture is clear:

“And as it is appointed for men to die once, but after this the judgment...”

Hebrews 9:27, NKJV

God may be using these dreams to remind you that life is short and eternity is long. If you die in your sins, your soul will face condemnation (John 3:18). But if you turn to Christ in repentance and faith, you will inherit eternal life (John 3:16).

“Today, if you will hear His voice, do not harden your hearts.”

Hebrews 3:15, NKJV

Conclusion: Responding Biblically to Dreams

If your dream reflects your daily life or emotions, it likely comes

from your own soul.

If your dream causes fear, confusion, or presents demonic elements, rebuke it in Jesus' name.

If your dream includes encouragement or biblical truths even through symbolic images of the deceased it may be from God.

The most important thing is to be spiritually prepared. If you're in Christ, you have nothing to fear. If you're not, these dreams may be God's invitation to salvation.

Repent today. Call on the name of Jesus. Walk in the light. And may your nights be filled with peace, not fear.

Be blessed.

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