**Small Group Ministry**

**Group Session Plan**

**Dreams**

**Opening Words**

I know that if we meditate on a dream sufficiently long and thoroughly, if we carry it around

with us and turn it over and over, something almost always comes of it. C.G. Jung

Dreams are…illustrations from the book your soul is writing about you. Marsha Norman

**Check-in/Sharing**

**Topic/Activity**

In many cultures, recounting and interpreting dreams are important activities, essential to the spiritual life.

1. Have dreams helped you to identify or solve a problem, make a decision, resolve an emotional situation? Do your dreams inspire you? Frighten you? Comfort you?

2. Do you have recurrent dream images, settings, characters, events? Do they change as your life changes?

3 Do you see dreams mainly as messages from within yourself, or have you ever felt that information from outside yourself arrived through a dream?

4. Do your dreams and your interpretations of them contribute to your spiritual life?

5. Reveal a dream of yours.

**Likes and Wishes**

**Closing Words**

The dream is not so much a communication as a creation: "an uninterpreted dream is like an uninterpreted poem."

Are all poems equally worth interpreting? If you wrote a dozen poems a night every night of your life, would they all be masterpieces or would they all be trash? Not likely. And yet, if a poem or a dream calls out to you to interpret it, by all means find out what it means. Intelligent criticism or interpretation can at times greatly increase the depth of our understanding of a poem and in the best of circumstances, of ourselves as well. It is the same with the dream.

Stephen LaBerge, from *Lucid Dreaming* (abridged)

© Unitarian Universalist Community Church, Augusta, Maine