



Episode 10 Study Guide: Inspiration & Dreams as Revelation

Genesis 37-41

"Come Follow Me" Old Testament Manual

00:00-04:53	"Why do bad things happen to good people?"
04:53-14:05	"Joseph, dreams, brothers, & Egypt"
14:06-23:20	"How to discern the voice of the Spirit from your own mind/thoughts"
23:21-37:25	"Dreams as revelation"
37:26-39:26	"When it's hard to feel the Spirit because of depression, grief, etc"
39:27-43:43	"The Lord will prosper YOU"
43:44-48:47	"How to acquire spiritual guidance"

Study Questions/Exercises

1. Have you ever wondered why "bad" things have happened to you? Have you ever felt like maybe you weren't righteous enough, and this is why the "bad" things have happened? How might you reconcile the challenges and obstacles you've been given with the idea that God doesn't give bad things to good people, and even more, that He can and will be with you even still?
2. How do you receive inspiration? What does it feel like? Look like? How do you respond? What might you do to better receive God's inspiration? What are you doing to ACT on the inspiration He gives to you?
3. How do you know when the Spirit is speaking to you, versus your own mind/thoughts? What might you do to better hear His voice?
4. **Exercise:** *Learn how to discern the voice of the Spirit in your life.*
 - a. First, make a commitment for one week to pay attention hearing the voice of the Lord.
 - b. Write down the thoughts/feelings/understanding/insights you hear/feel/receive.
 - c. At the end of the week, go back and ponder upon/analyze the things you wrote down. Ask the following:
 - i. How did I know it was the Spirit speaking to me?
 - ii. What did I FEEL?
 - iii. What happened as a result of heeding the promptings of the Spirit?
 - iv. Overall, what are all the ways the Spirit speaks to ME?

5. **Exercise:** *Keep a dream journal.*
 - a. As soon as you wake in the morning, write out your dream or speak into a recorder.
 - b. When you feel ready, go back and look for symbolism, insights, things that stand out, or answers to what is going on in your life.
 - c. Use the ideas in segment 23:21-37:25 to help you see when your dreams may be showing you what the Lord wants for YOU.
 - d. If you would like more help, consider taking your dreams to a therapist who can help you understand how your dreams are speaking to you.

6. **Exercise:** *Learn how to acquire spiritual guidance.*
 - a. Listen to segment 43:44-48:35 on "How to acquire spiritual guidance," sharing the method Elder Richard G. Scott suggested for receiving spiritual impressions, inspiration, revelation.
 - b. Write down your thoughts on how to do this for yourself.
 - c. Make it a goal this week to put this method to the test, and reflect on how it went/what you learned at the end of the week.

Resources

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