

# Coach House Church

# BEACONS

---

## NIGHTMARES

---

5TH NOVEMBER 2020

Do you ever have nightmares? That one thing that keeps you up at night ? The one thing you simply can't get out of your brain. ?

Nightmares are described as 'a frightening or unpleasant dream'. Now most of us will have had a a night mare at one point in our lives. Something that felt so unpleasant that when we woke up we were glad to see the morning light.

Now something you may or may not know about me is I'm a very visual person. I'd rather see a picture to tell me a story than read some words. For one reason or another my brain just works like that. I think that's why I do the job I do, because it takes visual and creative thinking and workflows to get the job done helping express an artists music or an emotion in a ballet.

This in the most part i find a really good thing, it helps me take someone's preach and find some visual stimuli for the people in the congregation that not only "say the words" but also helps them think deeper into the sermon.

But actually this can, for me , be a heavy weight when it comes to nightmares, to bad visual memories of things I actually haven't even seen with my own eyes.

I've asked Bekah , my wife if I could / should share this as this involves her. She said it was ok, so thats what I'm going to do. Sometime in the past, somethings, at various points have happened in her life , which now as her husband I wish I had been there to protect her. Things that aren't nice , things that put the male of our species in a terrible light. Now I was never there, never saw , never experienced what Bekah went through. As Bekah explained these to me as she opened her heart, to try and get it off her chest , as I tried to help her by letting her talk about it , my brain went into over drive. My visual cortex decided it was going to make

these events become a reality in my head . It pieced together all the individual elements of them and created in me some memories which now and again replay themselves in my head. These nightmares are so real I see them from all perspectives. Even down to wallpaper, doors , room layout - everything . And once it comes to the forefront of my mind I find it almost impossible to shake off. It plays with my emotions , my sleep patterns my very heart. Now you're probably thinking "these things happened to Bekah, so why are they not affecting her", well they do affect her, but in all this she has been able to lean on me and more importantly God to clear those from affecting her and I'm so very grateful God has done this.

For me - I think this is the battle ground that Satan has with me. It's the one thing in my subconscious I have no direct control over and he knows it. Even as I say this, I can see the nightmare starting to creep into my head. Its crazy isn't it? It almost seems silly. But I promise you these things can haunt me. I also have scars from my past (you can listen to another of my Beacons about that) , which get opened up when I get these nightmares, so it's all a big mess.

Now in the Bible we read about quite a few visions and dreams but not really any nightmares...

Dreams and visions are mentioned in the Bible, and God sometimes uses the dream state to communicate with His people and others. God spoke to Abimelech in Genesis 20, warning him not to touch Abraham's wife, Sarah. Other dreams include Jacob's ladder (Genesis 28), Joseph's dream that his brothers would serve him that led to his captivity in Egypt (Genesis 37), as well as his interpretation of Pharaoh's dreams (Genesis 40-41) that led to his being made the second most powerful man in Egypt. The Lord appeared to others in the Bible, including Solomon (1 Kings 3), Nebuchadnezzar (Daniel 2), Joseph (Matthew 2), and Pilate's wife (Matthew 27). None of these dreams, however, with the possible exception of Pilate's wife's dream, can really be called a nightmare. So it would appear that God does not usually speak to people through nightmares.

I know for sure I'm not the only one of us listening to this has a recurring nightmare. Maybe it's the worry of going back into Lockdown? Maybe it's the worry of when and if COVID-19 will ever leave us. Maybe you're a business owner and worrying about how to pay your staff during these times. Maybe you're a parent and are worried about the health and welfare of your kids, about where the next meal will come from , or their dodgy mates they are hanging round. Maybe as you get older you're finding it harder to get to the shops and afraid to ask for help

because you don't want to put on anyone. Or maybe somethings happened to you in your past that keeps taunting you, telling you you're not worth it, that it was your own fault that happened , that no one is ever going to love, that you are marked by your past and there's nothing you can do to break free. I'm going to tell you this - It doesn't matter how big the wall is you have to conquer , it doesn't matter how small you feel In front of it , it doesn't matter whether the shadows are all around you and you just can't see the light. As you look at the wall, and you ask God for help, you'll begin to notice little bits of the mortar breaking away, tiny shards of light will start to illuminate you, to get rid of the shadows and piece by piece , little by little, brick by brick as we learn to lean on God in these moments the shadows will disappear and the wall will come tumbling down leaving us bathed in His glorious love and light.

Now let's be honest - that's sounds lovely but it doesn't come easy. We have to learn and practice in the art of giving our thoughts to God. As in all things, prayer is our most potent weapon against any kind of emotional or spiritual distress. Praying our way through the day is the most effective way to calm the mind and heart. God grants wisdom to those who seek it from Him (James 1:5), and He has also promised His peace to all who seek it. "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

Lets Pray....



---

## JAMIE BAKER



*Coach House Church*

leadership@coachhousechurch.org // 0161 432 5604  
the coach house church, 222 wellington road north, stockport sk4 2qn