

This Biblical Secret About Dreams and the Anointing Will Change How You Sleep Forever

In a recent interview with Jennifer Bagnaschi, Freddy Ramirez shared a profound spiritual insight: while our bodies sleep, our spirits remain awake, often engaging in unseen, divine encounters. His words shed light on a biblical mystery that many have experienced but few fully understand.

“When we go to sleep, our body is asleep, but our spirit is awake,” Ramirez explains. “Our spirit doesn’t sleep, so our spirit is—God knows where—doing many things.”

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His experience resonates with biblical truth. Psalm 121:4 reminds us that “Behold He who guards Israel shall neither slumber nor sleep.” God is always active, and since our spirits are eternal, it stands to reason that they remain in motion even as our physical selves rest.

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Ramirez recounted waking up feeling different, as if something had been imparted to him in the night.

“Many times I’ve experienced moments where I go to sleep and wake up energized. I have a solution I didn’t have before, or I feel like something was just deposited in me,” he says. He then revealed that the Holy Spirit had spoken to him about this. “One day, the Holy Spirit told me, ‘Freddy, that’s because while you were asleep, I anointed your spirit. I deposited something in you, and when you wake up, you are feeling the effects of what happened when you were asleep.’”

This concept is echoed in Job 33:15-16, "In a dream, in a vision of the night, when deep sleep falls upon men, in slumber on their beds, then He opens the ears of men, and seals their instruction."

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God often imparts wisdom, revelation and even anointing when our minds are at rest, allowing our spirits to receive without the distractions of daily life.

What if we began to view sleep not just as a biological necessity, but as an encounter with our Creator? What if we approached bedtime with the expectation that God might be at work, preparing us for what's ahead? The next time you wake up feeling unexpectedly renewed, consider this: while you slept, heaven was moving.

Don't miss Jennifer Bagnaschi's newest book, The Devil's Greatest Fear, coming this fall!

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