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NIGHTMARES

How to conquer them

ENDTIME INSIGHTS

The Temple and
the Last Seven Years

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PERSONALLY SPEAKING



People have been both fascinated and mystified by their dreams for as long as they've been dreaming, which is always. Questions about the origin, nature, and meaning of our dreams are nearly as numerous and diverse as the people who dream, which is everyone.

Some scientists argue that a dream is a simple biological function—a meaningless response of the cerebral cortex to random stimulation from the brain stem. Other scientists, using hi-tech equipment such as electroencephalographs, attempt to decipher and codify dreams. Many psychiatrists and psychologists believe that a person's hidden feelings often surface in dreams.

Those who are more spiritually oriented assert that dreams provide strong proof for the existence of immaterial worlds and for divine knowledge and destiny.

Researchers of the paranormal are intrigued by case histories of dreams that foretold future events or resulted in scientific or technological discoveries, such as Abraham Lincoln's dream that he had been assassinated three days before it happened, Otto Loewi's dream that led to the discovery of the chemical conduction of nerves and a 1936 Nobel Prize, and the Indian mathematician Srinivasa Ramanujan's dreams of various mathematical formulas, which he later confirmed.

Dreams have also had an impact in the arts. Composers from Beethoven to Billy Joel have composed music they heard in dreams. Artists have seen original works in dreams and recreated them when they woke. So have filmmakers: Ingmar Bergman and Federico Fellini used scenes from their dreams in their movies *Wild Strawberries* and *8½*, respectively. Samuel Taylor Coleridge said he had dreamed up to 300 lines of the poem *Kubla Khan*, but after waking was able to get only 54 onto paper before being interrupted. Other literary works, including Robert Louis Stevenson's *The Strange Case of Dr. Jekyll and Mr. Hyde*, have been generated by dreams.

How does God figure into all this? Perhaps the prophet Daniel summed it up best: "There is a God in Heaven who reveals secrets" (Daniel 2:28).

Keith Phillips

Keith Phillips
FOR THE ACTIVATED FAMILY

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A dream come true

BY FRANCESCO LUCIAN

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-YEAR-OLD NELICA WAS CONFINED TO HER BED AND A WHEELCHAIR, but her imagination often took her to places she'd never been. Parks, lakes, mountains, clouds, and stars were all hers to explore. You see, Nelica had been severely disabled since birth.

Nelica always wore a smile. People seeing her condition for the first time couldn't imagine where she got that beautiful smile. It was from God, she would tell them.

One night, Nelica dreamed about a wonderful garden where Jesus was waiting for her. She saw herself in a beautiful pink dress with a long train and pearl beadwork, running to Him. He greeted her with a big smile. Her dream made her very happy. Sometimes she would draw it. Sometimes she would sing it. She even wrote a poem about it.

Then her condition deteriorated quicker than expected. She grew weaker by the day. Soon she couldn't even sit up on her own. For a month, her friends all visited often. Everyone knew that this was goodbye. That wonderful smile would soon be a memory.

Then the day arrived. The ambulance, the resuscitation, the frantic voices, the rush to the hospital—all passed in a blur. Then peace.

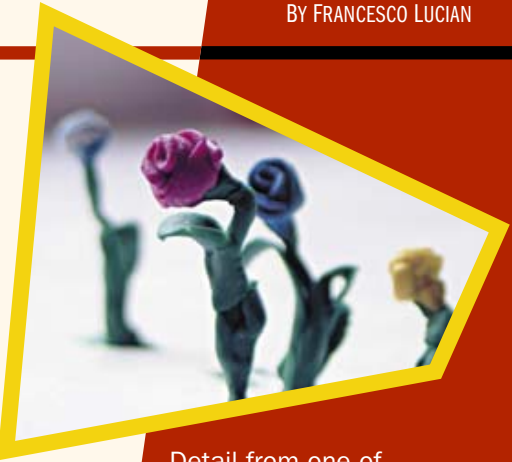
Nelica sat palely in her hospital bed, propped up by pillows. Needles and tubes had been inserted all over her frail body. The doctors had done what they could, but everyone knew that the time of Nelica's departure had come. Her mother cried softly as she read Nelica a story.

Nelica moaned.

"Do you feel any pain, sweetheart?" her mother asked.

"No, Mama." Nelica's beaming smile was more beautiful than ever. "I'm Home now," she said ecstatically. "I'm in the garden. ... Oh, Mama, the dress is so much more beautiful than I thought. ... Mama, here He comes! He's smiling at me! Mama, it is so wonderful!"

Nelica smiled one last time, and off she went.




Detail from one of Nelica's works of art. She sculpted it with just two fingers, as the others were paralyzed by then.

“ Nelica dreamed about a wonderful garden where Jesus was waiting for her. ”



Nelica at 11


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1 WAS WONDERING WHY I HAVE SO MANY OF THESE ODD DREAMS that I can only vaguely remember and that seem to be virtually meaningless. They're not revelations from God or anything, but they're story dreams; they go on and on and keep my mind busy. I was thinking about it, and a thought came to me: *Our immortal spirits don't need sleep.* I'd never thought of that before. While our physical bodies are resting, our spirits need to be kept busy, so the Lord lets them travel and have all kinds of experiences. Our spirits are learning in our sleep—even making decisions and choices!

Although our dreams may not always seem to have any relation to our physical lives, the things we experience in our dreams instruct and enlighten our spirits, even while our bodies are asleep. Although our conscious minds may not grasp the meaning of all those experiences, our spirits are learning, so it's not without purpose or meaning.

The Lord also tests us in our sleep. He puts our spirits through experiences and lessons, and He also tests us. He gives us examinations, just like in school. That may be why we



why do we DREAM?

BY DAVID BRANDT BERG

sometimes have nightmares: While our bodies sleep, our spirits are battling spiritual forces. I think the Lord allows that to see what we will do, and what effect it will have on us, whether or not we will make the right decisions, and whether or not we will call on Him for help.

That's what came to me when I was wondering why we have dreams that don't seem to have any particular significance or meaning, and yet we remember at least parts of them. Those dreams enlighten our spirits, even though we may not grasp the meaning with our conscious minds.

Our conscious minds are not always entirely aware of our dreams, but sometimes we catch fleeting glimpses of those spiritual experiences and remember them. They're retained in our memory just long enough that when we wake up, we still remember scenes and fleeting glimpses of what our spirit was experiencing. It's almost like seeing a ghost; it appears and then suddenly vanishes, like faint memories of the past.

The Lord is merciful to us in that we're mostly only conscious of the present. We've got enough problems to take care of today, without vividly reliving experi-

ences of the past or taking trips into the future. So the Lord is good to us by helping us forget the past and not know too much about the future. We can thank the Lord for that!

Some people seem to have a stronger spiritual consciousness than others, and are able to translate their dreams from the spiritual realm to the physical, from their subconscious to their conscious mind, so that they can remember them. I remember lots of dreams very vividly, even though sometimes they seem to have no particular significance or meaning.

Actually, nothing is ever lost to the subconscious mind. Our subconscious minds are *always* thinking, and that's where everything is registered permanently. Our subconscious minds—our spirits, in other words—remember everything.

It's a gift, in a sense, to remember the good things we experience in our dreams, but it's also undoubtedly a blessing that we don't remember *everything* that happens in our sleep. It would be too much of a strain for our minds to be burdened with all that, when we have the present to worry about. Most of us have got enough to think about today!

With those dreams—I think I would call them “learning dreams”—we don't necessarily have to remember them all, because they're designed and intended to enlighten, to teach our spirits. On the other hand, when we're faced with having to make a decision when we're awake that we have already encountered in a dream, we are probably more likely to make the right one because we have learned that lesson while we were sleeping. I believe it!

Thank God for dreams! They're part of our spiritual education, as well as divine guidance in the physical if the Lord knows that we need to remember and apply them for some reason. But we've got enough to think about as we go about our daily activities without having to think about and relive these spirit trips in our waking hours. If we did, we'd wind up living in a dream world. We'd become so spiritually minded that we wouldn't be any earthly good!

“In a dream, in a vision of the night, when deep sleep falls upon men, while slumbering on their beds, then [God] opens the ears of men, and seals their instruction” (Job 33:15–16). •

“There lay one of the very scenes from my dream—the small town and marina, the likes of which I had never seen anywhere else!”

BY DAVID BRANDT BERG

THE MOUNTAIN ISLAND VILLA DREAM



ISRAEL, DECEMBER 6, 1970: I keep having the same dream about an island with a mountain on it. On top of the mountain is a large villa, or mansion, and at the foot of the mountain is a cove with a beach.

It seems like I'm always having a problem getting to and from this island. Sometimes I'm struggling to catch a boat, and sometimes I'm in the water, swimming. Usually I have a hard time climbing from the beach to the villa. When I say mountain, I don't mean a snowcapped mountain, nor do I mean a little hill. It's only about one or two thousand feet high, but precipitous, and you really have to do some rugged climbing to get up the path that leads from the beach to the top.

From the top there is a gorgeous view of the blue water, and I can see the mainland off in the distance. Not far away is a small resort town.

Last night the dream was clearer than it's ever been. This time we drove in from the rear of the villa, and a fairly short, refined, middle-aged woman with curly neck-length blonde hair invited us in.

EN ROUTE FROM ISRAEL TO ENGLAND, APRIL 19, 1971: After deciding to stop off in Cyprus, I had a flash that we might find the mountain island villa there. In fact, my wife, Maria, had so much faith that my recurring dream was based on reality that

she asked people and looked for clues everywhere we went.

We eventually heard of Kyrenia, a small resort town on the north shore that seemed to fit the description. Everyone we talked to about it urged us to go there, saying it was the most beautiful part of Cyprus, but we were so busy packing and winding up our affairs in preparation for our departure in two or three days that I didn't see how we could possibly have time to run around chasing rainbows. Maria insisted, however, and now I'm glad she did!

Despite my reluctance, we took an early morning bus to Kyrenia. We rolled quietly through the beautiful countryside until we caught our first glimpse of the north shore, where the mountains meet the sea. As we wound along the mountainsides above the bright blue Mediterranean, our eyes eagerly darted in every direction, hoping to spot the villa in my dream—but no such villa.

Finally we crawled through the narrow streets of Kyrenia, an old fishing village that is now a tourist destination. As we walked toward the water looking for a scenic place to eat lunch, our eyes caught sight of the ancient castle of Kyrenia, towering out of the water, and we decided to investigate.

Castles and castle societies have always interested me, and we were soon fascinated with this old crusader fortress and its network of passageways, meeting rooms, dining halls, soldiers' barracks, chapels, security towers and turrets, gates and fortifications. At last we came out on the top of the wall, seeking a way back down to the waterfront.

There, before my widened eyes, lay one of the very scenes from my dream—the small town and marina, the likes of which I had never seen anywhere else!

I remembered well the shops and cafés along the boardwalk on my left, and all the small boats docked on the right. Even the chairs and tables and umbrellas of the little sidewalk cafés

were familiar to me, as well as the milling tourists and the men wearing little blue hats, who I had thought in my dream were sailors, but who turned out to be UN troops keeping the peace between the Greek and Turkish Cypriots.

Despite the fact that I had now seen the town and harbor from my dream, it was still hard to believe that the villa actually existed. I think I feared disappointment as much as anything, so was almost afraid to look any further.

But I knew exactly which direction the villa was from the harbor, along with the approximate distance, as this was all very clear to me in the dream, and I finally decided that a quick search would settle the matter one way or the other.

We hailed a taxi, and told the driver that we would give him directions as we went. We explained that we were looking for a large mountaintop villa, somewhere to our left and overlooking the sea. He insisted that there was no such place, but we were determined and had him keep driving. When I felt that we had gone too far, we stopped at a café to ask for directions.

How do you tell people that you're looking for a place that you saw in a dream, and that belongs to someone you met in a dream? I didn't exactly know, but I began describing the place in detail to the manager of the café, his waiter, and the taxi driver. They discussed it at length between themselves, but couldn't think of anything.

Then I described the owner of the house in detail—a fairly short woman in her fifties with blonde hair, who spoke English with an accent and lived alone. The description must have rung a bell, because suddenly our driver exclaimed, "Oh, yes! That would have to be Mrs. Goldstein! I'd forgotten about her place. It's the only one on that side, and you can't even see it from the road." So we clambered back into the cab, and were on our way.

Only a mile or two from the town, he turned onto a small dirt road, and I immediately recognized it as the very road on which we had



approached the villa in my last dream. Sure enough, there was the villa!

There was a light in the window, so hardly knowing what to expect, we told our driver to wait as we knocked. The door opened, and Mrs. Goldstein greeted us—the very woman I had met in the dream!

Of course, how to introduce ourselves was somewhat of a problem. By this time it was not the best hour to make a social call to a stranger, but we gave our names and told her a little about ourselves, trying not to sound entirely crazy. We rambled on for a while, talking about everything else but why we had come. Finally I took the plunge!

There's that frightening moment when you stand teetering on the tip of the diving board, high above the water, wondering if you are going to hit it just right and if you will survive. Then

"On top
of the
mountain
is a large
villa, or
mansion,
and at the
foot of the
mountain
is a cove
with a
beach."

Nicole,
Maria,
Mrs.
Goldstein,
and David

you lean forward, and gravity takes over. There is that thrilling, suspenseful moment as you fall through the air, not knowing exactly what awaits you—and then you hit the water with a splash! Suddenly you’re gliding deep below the surface and curving beautifully upward, bursting out into the air with a sense of great achievement and satisfaction. It wasn’t as bad as you thought it was going to be! You made it! You came through safe and sound to live and try again!



Still not knowing what her reaction would be, I finally told Mrs. Goldstein that I had first seen her home and met her in a dream. And believe it or not, she accepted that explanation and received us into her home with the warmest of hospitality!

She introduced us to Nicole, a friend of hers who happened to be visiting that evening and had overheard the whole story.

The conversation moved on to exciting accounts of other supernatural experiences that each of us had had.

Here we were talking to the very lady in the very house I had seen in a dream, and we had earlier eaten supper at the very village I had also seen in the dream! We talked on into the night, and Mrs. Goldstein insisted on taking us to a nearby hotel so we could return in the morning and meet some of her other friends. I felt like I was still in the same dream, and later that night I asked Maria to pinch me to see if I would wake up—but I wasn’t sleeping. We had actually *been* there!

The next day, after visiting again with Nicole and a few other friends, we finally had some time alone with Mrs. Goldstein. I had waited for this chance, as I wanted to talk with her about the real purpose of our visit.

As the golden sunset reflected on the beautiful water below, I got up the courage to ask the big question. “Mrs. Goldstein, maybe you can tell us, why are we here? It must be very important to the Lord, because I’ve been having this dream since long before I even knew I would visit Cyprus.”

Mrs. Goldstein broke down and wept. “I lost my husband three years ago,” she replied, “and I’ve been very lonely ever since. I think God did it for *my* sake. He must have put you on my spiritual plane or channel, so that you could come and help me in some way.”

I knew that meant she hoped we would pray for her, and we did. We also told her how much the Lord must love her to have brought us so far to see her. She confessed that she’d considered suicide, but had been stopped by fear of death. We told her of the love of Jesus, and that it was His love that had brought us to her, His love that had done many miracles in our lives, and His love that we live to share with others. Mrs. Goldstein listened attentively, and finally opened her hurting heart to the healing balm of the Lord’s love.

What lengths God will go to in order to lead us to those He wants to reach with His love! His love and care know no bounds! •

NIGHTMARE

Q: I've been having bad dreams lately, and it seems the more I worry about having another one, the more likely I am to. How can I break this vicious cycle?

Where They Come from and How to Conquer Them

ANSWERS
TO YOUR
QUESTIONS

A: OUR DREAMS ARE OFTEN DIRECTLY INFLUENCED BY OUR DAYTIME THOUGHTS, so if the last thing you think about before bed is the bad dream you had the night before, it's not surprising that you have more of the same. One key to breaking the cycle is to *not* think or worry about it as you drift off to sleep, but of course that can be easier said than done. In combating bad dreams, it's also important to understand where they come from.

The Bible tells us that we are all engaged in a spiritual war—a war of good versus evil that our spirits continue to be involved in even while our bodies sleep. “We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places” (Ephesians 6:12 KJV).

Nightmares are often fragmented memories from that spiritual warfare. The ugly or frightening pictures that we remember are a weapon that the enemies of our soul—the Devil and his minions—try to use against us. But we who have

received Jesus as our Savior have power over the Devil and all of his devices, including nightmares. “He [Jesus] who is in you is greater than he [the Devil] who is in the world” (1 John 4:4).

We often wake from a nightmare remembering mainly the evil, but if we are on the Lord's side, we can be sure that we were actually victorious in the spiritual battle. Our spiritual enemy doesn't want us to remember the *victory*, only the *battle*. He tries to strike fear in our hearts, but we have nothing to fear. If we have Jesus, we're on the winning side! If we will cry out to the Lord, either in our sleep or when we wake, He will deliver us every time!

The warfare is constant, but the enemy's tactics change. He looks for any weak spot in our spiritual defenses, and attacks there. Sometimes we make ourselves vulnerable by failing to pray and commit everything to the Lord before going to sleep. Sometimes we carry the problems or worries of the day to bed with us, and these are magnified in our dreams. Sometimes the Devil and his imps

try to trouble our sleep or keep us awake so we won't get the physical rest we need. Sometimes he tries to get us to doubt the Lord's power. Sometimes he tries to discourage us.

Whatever tactic he may try to use on you, there are two proactive measures you can take to create a force field of spiritual protection around you and thereby foil his plan:

First, before retiring, commit everything to the Lord. Ask Him to lift the burden of any unresolved problems or worries from the day, and to protect your spirit through the night. Pray specifically against bad dreams, and for good ones.

Second, take a few minutes to strengthen your connection with the Lord and get in a happy, victorious frame of mind by counting your blessings, praising Him for His goodness, reading some encouraging, faith-building thoughts from His Word, or listening to music that glorifies Him and lifts your spirit.

Here are a few specific promises from the Bible that you can claim for good dreams and sweet, restful sleep:

RES

FEEDING READING

Dreams—The God connection

God can speak to us through dreams.

Genesis 28:12–16
Numbers 12:6
1 Kings 3:5–15
Job 33:15–17
Jeremiah 23:28
Matthew 1:20
Acts 2:17

Outstanding prophetic dreams of the Bible

Genesis 41:24–32
Judges 7:13–15
Daniel chapter 2
Daniel chapter 4
Daniel chapter 7

Not all dreams are messages from God.

Ecclesiastes 5:3,7
Isaiah 29:8a

God can also warn us through dreams.

Genesis 31:24
Matthew 2:12–13
Matthew 2:19–23

“I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety” (Psalm 4:8).

“You shall not be afraid of the terror by night” (Psalm 91:5a).

“The Lord will command His loving kindness in the daytime, and in the night His song shall be with me—a prayer to the God of my life” (Psalm 42:8).

“My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches” (Psalm 63:5–6).

“He gives His beloved sleep” (Psalm 127:2b).

“When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet” (Proverbs 3:24).

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:6–7). •

BAD DREAM?

MAYBE IT'S A MATTER OF INTERPRETATION

Once a king dreamed that all his teeth had fallen out. Immediately he sent for one of his wise men to interpret the dream. With a sad countenance and mournful voice, the wise man told the king that the dream meant that all his relatives would die and that he would be left alone. This angered the king and he drove the servant from his presence.

Another wise man was called, and the king told him of the dream. At this, the wise man smiled, and replied, “Rejoice, O King; the dream means that you will live yet many years. In fact, you will outlive all your relatives.” This pleased the king a great deal, and in his joy he gave the interpreter a rich reward.

DREAMS

6

And Joseph said to them, “Do not interpretations belong to God? Tell them to me.”

Then the chief butler told his dream. “Behold, in my dream a vine was before me, and in the vine were three branches; it was as though it budded, its blossoms shot forth, and its clusters brought forth ripe grapes. Then Pharaoh’s cup was in my hand; and I took the grapes and pressed them into Pharaoh’s cup, and placed the cup in Pharaoh’s hand.”

“This is the interpretation,” Joseph told the butler. “The three branches are three days. Within three days Pharaoh will lift up your head and restore you to your place of service.” Then Joseph added, “Remember me when it is well with you. Make mention of me to Pharaoh, and get me out of this prison.”

When the chief baker saw that the interpretation of the butler’s dream was good, he told his own dream to Joseph. “I also was in my dream, and there were three white baskets on my head. In the uppermost basket there were all kinds of baked goods for Pharaoh, and the birds ate them out of the basket on my head.”

The interpretation of the baker’s dream *wasn’t* good, so one can imagine Joseph’s inward struggle as he explained what God had shown him: “The three baskets are three days. Within three days Pharaoh will lift off your head from you and

some foreign traders making their way to Egypt.

After many years as a trusted steward in the household of Potiphar, the captain of Pharaoh’s guard, Joseph found himself unjustly locked away in the king’s dungeons. Potiphar’s wife had tried to seduce him, but when Joseph had consistently refused her advances, she had falsely accused him of trying to rape her. The Lord was with Joseph, though, and soon the keeper of the prison committed the daily running of the prison into Joseph’s hands.

More years passed before Joseph’s life was once again shaped by dreams.

For offenses not explained in the Bible, Pharaoh had his chief butler and chief baker cast into prison—the one over which Joseph was the *de facto* warden.

One night, the butler and baker both had strange dreams and woke troubled. Joseph asked why they were sad, and they told him, “We each have had a dream, and there is no interpreter of it.”



TWO DREAMS WERE THE START OF JOSEPH’S TROUBLES.

“Hear this dream which I have dreamed,” Joseph told his 11 brothers. “There we were, binding sheaves in the field, when my sheaf stood upright and your sheaves bowed down to my sheaf.”

In Joseph’s second dream, the sun, the moon, and 11 stars had bowed to him.

The meanings of the dreams were obvious. Even his father, Jacob, who loved Joseph more than any of his other sons, took offense and rebuked him publicly.

Jacob may have forgiven Joseph, but Joseph’s brothers did not. When the opportunity presented itself, they sold Joseph as a slave to

AND THE MAKING OF A MAN

hang you on a tree; and the birds will eat your flesh from you.”

Three days later, which happened to be Pharaoh’s birthday, the butler was restored to his butlership and the baker was hanged, exactly as Joseph had predicted according to his interpretations of their dreams. However, the butler quickly forgot about Joseph, who continued to languish in prison.

Two years later, Pharaoh had two dreams the same night. In the first, seven healthy cows were devoured by seven ugly, gaunt cows. In the second, seven heads of grain came up on one stalk, plump and good. Then seven thin heads, blighted by the east wind, sprang up and devoured the seven full heads.

When Pharaoh awoke, he called for his magicians and wise men to interpret the dreams for him, but none of them could. Finally, the butler came forward and told Pharaoh about Joseph and his ability to interpret dreams. Pharaoh summoned Joseph from prison.

As Pharaoh related his dreams, the Lord showed Joseph that He was giving Pharaoh a glimpse into the region’s future. There would be seven years of plenty, followed by seven years of severe famine. The Lord’s message to Pharaoh was that he should prepare for the years of famine by stockpiling provisions during the years of abundance.

Joseph’s counsel pleased Pharaoh, and he chose Joseph for

the job of overseeing the collection and storage of the surpluses during the seven good years. He also elevated Joseph to second-in-command over all the land of Egypt.

But what about Joseph’s dreams of his brothers and parents paying homage to him?

A few years later when the famine reached Joseph’s native land of Canaan, Jacob sent Joseph’s older brothers to Egypt to buy grain, and they bowed before Pharaoh’s deputy, who unbeknownst to them was their younger brother. Joseph then concocted a complex scheme to find out whether they were repentant, and when he was convinced they were, he revealed himself to them.

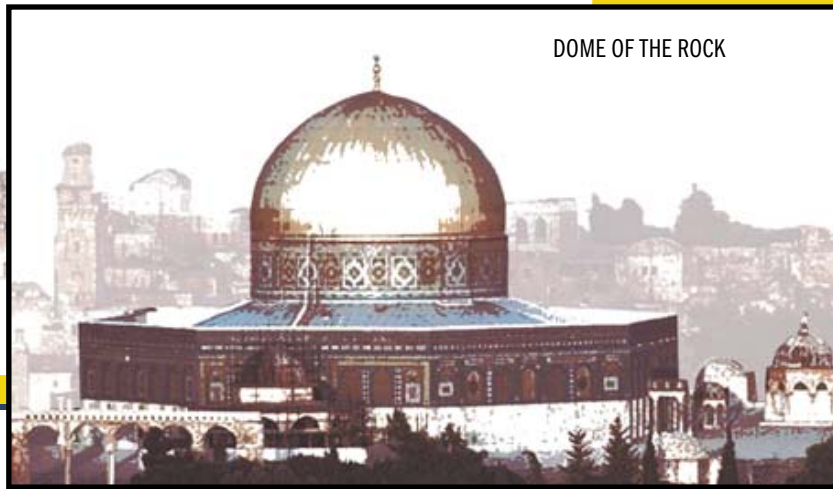
As we read Joseph’s story in Genesis chapters 37 through 50, we can’t help but be struck by how his character was molded by his reversals of fortune. From spoiled boy to lowly slave, to trusted servant, to condemned man, and finally to Pharaoh’s right-hand man, each twist and turn conformed to the making of God’s man and the working of God’s

plan. Perhaps Joseph summed it up best when, referring to his being sold into slavery, he told his repentant brothers, “God meant it for good” (Genesis 50:20).

Pharaoh invited Jacob and all of his clan to move to Egypt, and gave them the fertile land of Goshen, where Jacob’s descendants prospered for the next 400 years. The pieces to another drama—that of Moses and the Exodus—were being put into place.

RONAN KEANE IS A FULL-TIME VOLUNTEER WITH THE FAMILY INTERNATIONAL.





ACCORDING TO BIBLE PROPHECY, the event that will clearly mark the start of the Antichrist’s seven-year reign is the signing of a pact or “covenant”: “He [the Antichrist] shall confirm a covenant with many for one week [seven years]” (Daniel 9:27a). Because the pact is called a “holy covenant” in Daniel 11:28–30, it appears to have something to do with religion or religious rights.

One widely held view is that the covenant will, in part, make it possible for the Jews to rebuild their Temple on Mount Moriah in Jerusalem. The rebuilding of the Temple is an important Endtime event because it is crucial to the fulfillment of other key Bible prophecies, some of which also involve the ancient Jewish practice of blood offerings, which can only be carried out in the Temple in Jerusalem. (Blood offerings ceased in 70 AD, when the Romans razed the last Temple.)

There is now a drive in Israel and among Jews worldwide, spearheaded by the Temple Institute situated in Old Jerusalem, to rebuild the Temple. There have even been

reports that much of the Temple has already been prefabricated and is waiting to be assembled. The Temple Institute has also already fabricated the sacred vessels and garments to be used in the Temple, and has these on display in their headquarters. Photographs of some of these can be viewed on the Temple Institute Web site: <http://www.templeinstitute.org/main.html>.

The first Temple was built under the direction of King Solomon and dedicated in 960 BC (1 Chronicles 22:1–19; 1 Kings, chapters 5–7). To facilitate the building of the first Temple, a retaining wall was built around the summit of Mount Moriah, and the area inside the wall leveled. Part of this retaining wall—referred to in recent centuries as the Wailing Wall—remains today. The foundation of the ancient Temple’s altar was the rock upon which Abraham started to sacrifice Isaac. After looting the Temple during his first attack (2 Kings 24:13), Babylon’s King Nebuchadnezzar burned it to the ground in 586 BC (2 Kings 25:9,13–17).

Cyrus, king of Persia (which conquered Babylon), authorized the return of the Jewish captives, the return of the Temple vessels Nebuchadnezzar had looted, and the reconstruction of the Temple, which was finished in 516 BC (Ezra, chapter 1).

In 19 BC, Herod the Great, the Rome-appointed client-king of Judea, began enlarging and beautifying the Temple complex. The project was completed in 64 AD, during the rule of Agrippa II. The Temple was razed by the Romans only six years later, fulfilling Jesus’ prophecy in Matthew 24:2: “Do you not see all these [temple buildings]?”

THE TEMPLE AND THE LAST SEVEN YEARS

BY SCOTT MACGREGOR AND JOSEPH CANDEL

Assuredly, I say to you, not one stone shall be left here upon another, that shall not be thrown down.”

In 687 AD, Abd al-Malik, the fifth Caliph of the Arab Umayyad dynasty, built a shrine called the Dome of the Rock over the rock that he believed was previously the altar rock in the Jewish Temple—a site that is also sacred to Muslims because it is from here that the prophet Muhammad is believed to have made his *miraaj*, or night journey, into the heavens. The Dome of the Rock still stands—and this is the crux of the problem: The Muslims would never agree to the destruction of the Dome of the Rock so the Jewish Temple can be rebuilt on this site, and it is extremely unlikely that the Jews would ever consider rebuilding their Temple anywhere else.

We don't yet know how this conflict will be resolved, but it could happen with the Antichrist's seven-year covenant. And because Jerusalem is the most holy city to the Jews, as well as the third most holy city to the Muslims (after Mecca and Medina), and also holy to Christians, it's possible that the covenant will declare Jerusalem an international city and assure free and equal access and worship to people of all faiths.

Two recent developments are particularly significant to Bible prophecy, and both are related to the rebuilding of the Jewish Temple: In January 2005, the Sanhedrin—the highest ruling body and court of justice among the Jewish people in the time of Jesus—convened for the first time in 1,600 years. Two weeks later, on February 9, 2005, the Sanhedrin began to

consider the rebuilding of the Temple and reinstatement of ancient animal sacrifices as commanded in the Law of Moses.

The most difficult problem is to determine exactly where the previous Temple's foundations are. The Sanhedrin determined that there are only two viable theories. One

Not one stone shall be left here upon another, that shall not be thrown down.

holds that the Temple stood where the Dome of the Rock now stands. The second theory holds that the Temple stood north of the Dome of the Rock. Dr. Asher Kaufman developed this second theory, based on certain archeological findings. If the second theory proves true, that means the Temple can be rebuilt alongside the Dome of the Rock, without disturbing it.

The fact that a reestablished Sanhedrin is now considering the rebuilding of the Temple after 2,000 years is extremely important to Bible prophecy. Are we nearing the final events that will lead up to the Second Coming of Jesus? It certainly seems so! •

Sleep has obvious physical benefits—relaxation, energy restoration, growth, and healing, to name a few. Sleep helps you to live longer by giving your body a chance to focus on strengthening and repairing itself. You may spend a third of your life sleeping, but it's hardly a waste of time, because without it you wouldn't live long enough to enjoy all the time you'd save by not sleeping. And that's not the half of it!

The spiritual benefits from sleep are even greater and longer lasting, because your spirit is immortal, eternal. Freer from the mental habits, material concerns, and other distractions that dominate your waking hours, your spirit is more attuned to the spirit world when your body is asleep. This gives Me time and opportunity to work in your life in ways that I'm not always able to when you are preoccupied with other things. Sleep is a learning time and sometimes a testing time. It's also a time when your spirit can explore realms and discover truths that your mortal mind can't fathom. But most of all, I want it to be a loving time—a time when you can tap into My Spirit, experience My love in fuller measure, and learn to let it guide your thoughts and decisions. That's easier than you may think. All you need to do is commit any unfinished business or problems of the day to Me and ask Me to watch over you, and I will.

Come away with Me tonight! Find sweet rest and perfect peace at My side. Leave behind the problems and cares of this life, and catch glimpses of the world to come. Marvel at all I have in store for all those who love Me. Thrill to wonders of My love!



*sweet
dreams tonight!* **SWEET
DREAMS TONIGHT**

FROM JESUS WITH LOVE