

What helps us to get through each day? For some it may be: sunshine, a good night's sleep, or exercise. For others, it might be eating, being with family and friends, having a pet. For still others it is faith, praying, or an occasional drink. For a good number, it is beauty, laughter, or music.

Dreams also can assist us in getting through the day. In Biblical times people had support with daily living through their dreams. They believed dreams were a means of God communicating directly to them. We have an example of this in the Gospel.

Joseph is between a rock and a hard place. He loves Mary. They're engaged. They aren't living together and Mary is pregnant. Joseph knows he isn't the father. What is he to do? He anguishes, struggles, and prays. Finally, he decides what he will do. He will dismiss Mary quietly.

Then Joseph has the dream that we heard in the Gospel. The dream brings up new information. Joseph's dream helps, supports and strengthens him. He makes a new choice; a new decision as a result of the gift of the dream. He will take Mary as his wife.

The Gospel, as well as other scriptures, reveals to us that dreams are a way God touches us and communicates with us. Like Joseph, we may receive help, comfort, strength or consolation through our dreams.

As an added assist to living day by day, be open to dreams as a source of information. When we are in conflict, needing to make a decision or seeking comfort, let God know of our need. Tell God we'd be grateful for a dream to assist us. Then pay attention to any dream we may have.

My sisters and brothers, Joseph paid attention to his dream. And what a difference that made!