



## **How to Overcome the Dream Thief This Year**

**Doug Addison [Episode 01]**

**January 11, 2017**

Hey, everybody. Doug Addison. Welcome to the *Spirit Connection* podcast. I have been doing the *Spirit Connection* webcast for over 10 years on the internet. Every month, I have a fresh prophetic word that I get from the Lord, the first Wednesday of every month, and I use the audio from the video broadcast on iTunes as a podcast, but this is the first time I have ever actually launched a weekly podcast. I am still going to be doing my monthly webcast, do not worry, but I am a times and seasons prophet. I normally get my prophetic words each month and I release them on my webcast, I convert them to an article or a blog. They go all over the internet. I also have daily prophetic words and I do monthly words. So, today's *Daily Prophetic Word* is, "As you break through fear, you will see things you thought were impossible to come with ease." Wow! I did not even know that I was going to talk on this subject when I got that *Daily Prophetic Word* a while back, but here we are.

Fear is one of the biggest things that can stop us from God using you in all that He has for you. Remember that God has so much. Everything that you need is in Him. The daily prophetic word for you today is that there are things that you might have thought were impossible, but as you break through fear—that is the motive, that is the thing holding you back—it is going to become a reality.

So, this is a time of year when people make New Year's resolutions, but the reality is New Year's resolutions do not usually work. Get this. Twenty-five percent of people actually abandon their New Year's resolution after one week. Sixty percent of people abandon them within six months. Did you know that the average person makes the same New Year's resolution 10 separate times without success, yet they keep doing it? Only 5 percent of those who want to lose weight actually stay on the diet, while 95 percent regain it and a significant percentage of people actually gain back more than they lost. Even after a heart attack, only 14 percent of patients actually make lasting

changes in their eating or exercise. What I am trying to say is New Year's resolutions do not always work, but I can show you a better way that has helped thousands of people, including myself.

You can easily develop a lifestyle of doing small things—either one a day, one a week, one a month or whatever—and if you do them consistently, they will add up to big results, surprisingly with a minimal amount of effort because that was one small thing. When I applied these to my life, I lost weight, I got in shape, I wrote a book in three weeks that I had been trying to write for three years, I renewed broken relationships. You know, I have three specific things that God has called me to do: teach people on how to hear His voice and how to experience the supernatural, because that is what counts, too—not just hearing, but experiencing. And then discovering and activating your destiny. These all go together: to hear the voice of God, experience Him and activate your destiny.

So, maybe you have heard my story. In 1988, I had a radical encounter with Jesus. You know, I was working at a corporate job in San Francisco at the time. Seven years later, I left my corporate job, I started a business, I got married and planted some churches and then in 2001, we started InLight Connection—that is my ministry now. For the last 15 years, I have been helping people get into their calling, being able to hear the voice of God and get the most out of life.

I had an angelic encounter in 2004. Here is the short version. I was asleep in my bed; my wife is next to me. In the middle of the night I wake up, feel something brushing on my ear and all of a sudden, I look up and, yep, there is an angel right over me. I mean a full-blown open vision, a golden angel with white flowing gown, with a golden sash holding back golden braids, whispering into my ear and I did what any man of God would do. I screamed like a woman. I kid you not. My wife woke up and the angel actually dissipated or went away, and we felt the presence of God in the room. She said, “Well, what did it say?” “I don’t remember.” I was kind of bummed at the moment but, you know, it was not a big deal because I knew the way God works. You know, if you do not remember a dream, you remember part of it or something happens and you miss some of the details, it is designed by God that way. He will tell you when you need it or He will impart it to your spirit.

So, I began to get revelation. I started getting dreams, I started understanding it more and more. I took this and ran some study groups back in 2006 and took it on the road. I wrote some books and courses and I have helped thousands of people with these principles, biblical principles of change. I am probably one of the most unusual seer prophets that you will ever meet. I am a breakthrough coach who can help you activate what God speaks to you. So, can you identify with any of these things, because I have been around and coached thousands of people and led thousands of groups and things like that?

You know, here are some of the things I have noticed people are struggling with. You know there is more to life, but you do not know where to start. Maybe you feel stuck in your current situation or you have given up on some of your passions or dreams. You do not feel released to move forward, but you do not have a plan to do anything where you are. Maybe you have given up hope completely.

So, what do you want to do this year or in life? Do you want to write a book? Do you want to get married or strengthen your marriage or relationships? Do you want to get healthier, go to school or ministry training, get a better job, start a business or a ministry, deepen your relationship with God? You know, you can do these things, because God created you uniquely and He created you in His image. This is important to understand. God is a creative God. He created the heavens and the Earth and He created you in His image. Therefore, you are creative too! God is limitless. There are no limits what God can do through you through His love and power. There are no limits! There are NO LIMITS on how God can speak to you. There are no limits on how He can work through you and you work with Him. You have access to everything you need to succeed through the Holy Spirit in you.

Here are a couple of verses I love: *"I can do all things through Christ who strengthens me"* (Philippians 4:13 NKJV). *"But with God all things are possible"* Matthew 19:26b NKJV. Get these things into your spirit. God is for you. God is not angry with you. God loves you and desires you to succeed and prosper. God is not punishing you. There might be bad things going on, but I want to tell you, it is not God in control of that. It is someone else. You know, the enemy tries to act like God and get you afraid of Him.

So, what do you need right now to change? You can align yourself with these things to make some changes. There are things that you can do to set yourself up for a breakthrough. I call that spiritual alignment. Matthew 6:10, *"Your Kingdom come. Your will be done on earth as it is in heaven"* (NKJV). That is spiritual alignment. That is getting some verses. You know, I recommend finding some Bible verses, I have already read a couple of them, that speak to you. Write them down or have them in front of you and begin to pray them in and get them in your spirit. That will bring you into alignment with God and God's ways over your life this year.

You can change any limiting beliefs about yourself or about God. Did you know that? We have limiting beliefs and we can have a relational alignment or realignment. It is important to be aligned around those who are moving in the same direction or having the same goals in God as you do. They do not have to be identical, but if you can find some people who celebrate you and not tolerate you. Maybe limit your time with those who are unhealthy whenever possible. Sometimes that is not possible, but look for some people who can encourage you.

There is also physical alignment. Be at the right place at the right time. Boy, that is God's timing and seasons.

Make changes, if necessary and if it is possible, in your living situation, your job, your church or affiliation. I am not saying to dump everything here. I am just saying this year it is really important to get aligned with what God has for you. Start to notice what is working and what is not working.

Maybe you need an emotional alignment. This is a time, you know, to understand who you are in Christ. Do what you need to do to get emotional healing from the past wounds. See yourself as who you are becoming—not who you were or who you are right now. This is important, because this is how God sees you. It is important to learn to recognize God's will and timing. This will happen in your life if you put yourself to it. I can help you with it. I can train you a little bit. A lot of the things I release are on this.

You might be in one of those spiritual seasons. It really matters what season you are in. You could be in a life learning season, where you are learning life lessons. God is trying to teach you. He is not holding you back. Maybe it feels like He is, but He is trying to train you. Maybe you are in another season. God may want you to move forward, but He is testing you and waiting on you. Maybe you are in another season and warfare is holding you back. You need a breakthrough. You need to just get through it. Maybe you are in a Job season. It is a catastrophic meltdown. You know, it results in double payback, but most of all the people I have coached and even in my own experience, most people mistake the wilderness for a Job season.

A wilderness is something that God will take you into. It is not a Job season. A wilderness is something that God will take you into to teach you more about His ways. Notice Jesus went into the wilderness before His ministry. Moses went into the wilderness before he got his calling. David went into the wilderness. The apostle Paul in Acts 9, you know, he has an encounter with Jesus and then, wow, he gets pushed away and he had to go off somewhere. It is very common. It is very biblical. Just do not live there. Begin to go forward for what God has for you.

I want to talk a moment about the dream thief. Have you ever felt like there is something that is holding you back from moving into greater levels of fulfillment? Maybe there are things in your life, there is a dream that you have that you do not know how to get there. Maybe a passion has left for it. Maybe you do ... maybe you do know. See, I cannot generalize these things. We are all in different seasons, right? We all have different callings. We all have different things, but there are things that we have in common. John 10:10: *"The thief comes only to steal and kill and destroy; I have come, that they may have life, and have it to the full"* (NIV).

Things that steal our dreams ... Internal: Internal negative thinking. Being unfocused, undisciplined, health issues, stressed out. Usually all these come together. Those things can get us off track. Those are internal.

External things: Bad situations. Economic conditions. Other people's behavior. Maybe your family member or your boss is causing problems. Those are external things that

sometimes we do not have control of, but you can still rise above these things and stay focused and at peace no matter what. Jesus stayed at peace in the storm. There was a storm in the boat and He came and He walked on the water one time. At another time, He was asleep in the belly of the boat. So, we can change our situation even though our situation is not changeable. It is how you respond to it.

Remember that in Genesis 26 there is a great famine on the Earth. Isaac listened to the Lord and he planted his crop and reaped a hundredfold after he realigned himself physically. He went to the Philistines and not Egypt. Relationally, what I was just talking about, he was with different people than himself. Spiritually, he heard God for a strategy as opposed to following what his father Abraham had done.

So, God wants to give you a strategy. He wants to give you a breakthrough, but you know what? There are obstacles that we need to be aware of. Belief obstacles that will stay in the way. Here are some of them:

- Most people stay in the “I’ll pray about it mode,” which is code for, you know, “Probably not.” Yes, we do need to pray about it, but you know what? Take some small steps to see if it is God after that.
- Many people are driven by fear like we were talking about already.
- People are afraid of doing something wrong or out of their own strength, so they do not do anything at all. Wow! That is a big one.
- Also, there are some teachings going around in the church that actually encourage people to wait on God to open the doors for them only. They are not allowed to do anything, and the result is many people have never taken any steps to do anything while God is trying to move you into maturity. We are all being called to mature. Think about it as a relationship with a father and a son or daughter, whatever. We are called to maturity. I remember when my daughter, you know, she is 32 now, but I remember when she was a teenager I wanted her to learn to clean her room without me telling her. Especially with prophetic people, we wait for God to tell us everything when God wants us to mature.

So, we are used to operating in servant mode: “Whatever God says, we will do.” But, you know, this can create spiritual robots and not sons and daughters of the King. This has changed as God is calling us. God is calling us to be sons and daughters and, yes, I realize some people are at different maturity levels and you do need to learn to follow first and He is teaching you these things, but there are so many people ... Listen to my voice right now: You are called to a promotion and you do not even realize it. We can still stay as a servant as opposed to becoming a greater authority in freedom. *“Delight yourself also in the Lord, and He shall give you the desires of your heart,”* Psalm 37:4 NKJV.

Things that we need to overcome the dream thief and break the assignments is ... what you do really matters. What one sows you also reap. So, what you do on a daily basis matters, because you reap what you sow. If you are complaining and grumbling all the time, then you are going to reap a bad day. Also, how you think matters. "As a person thinks, so is he," Proverbs 23:7.

Also, on top of that, what you believe matters. Having faith matters. You know, "... *whatever you ask for in prayer, believe that you have received it, and it will be yours,*" (Mark 11:24 NIV). These things will align you with Heaven. Get aligned in your mind and spirit. 2 Corinthians 5:17, "Therefore, if anyone is in Christ, they are a new creation. The old is gone. The new has come." It is here now. The new is here.

So, we need to get a new mindset. Older ways of thinking and doing things can start to become less effective. That is a season we have been in for a while. So, renewing your mind and thinking is required for today and we are sitting on a goldmine of opportunities. It all depends on how you view it. What you are focusing on matters and how you view a situation and the world around you is so important. By focusing on what is wrong, that is probably why you cannot find what is right. You will convince yourself that it is wrong and that negative situation then becomes a fulfilling prophecy over your life.

We need to create a new reality. What you focus on continually actually becomes your reality. We can create those self-fulfilling prophecies, but we can break through them. Proverbs 11:27, "*Whoever seeks good finds favor, but evil comes to one who searches for it*" (NIV). Now, I am not saying we search for evil, but that does show biblically that you can seek good and find favor. There is power in refocusing. Now, I have been talking about it here. You can change your situation instantly when you understand these principles. Whatever you focus on becomes your reality, whether it is reality or not. Have you ever been mad at someone and then you ask them and find out more and they did not even mean it and all of a sudden the pain went away. So, you probably changed instantly over that.

There are lots of different things that you can do that will actually set you up to break through these things. Change will bring clearer vision to you. Here is a verse that I love. "*If people can't see what God is doing, they stumble all over themselves; but when they attend to what He reveals, they are most blessed.*" That is Proverbs 29:18 in *The Message* version.

If you are not really clear on what you want, how would you ever know when you got it? How would you know you had obtained it if you are not clear? So, lack of clarity is one of the biggest dream killers ever. So, we need to get focused, we need to get clear. Because God is speaking and it is those who attend to it—like that verse says, by taking action—that actually win the prize. God wants us to move forward.

*Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13–14 NIV*

This is a time to press in, as if to win. Now, I am not talking about striving or anything like that. There are four things that I call the BELT.

- Build a daily foundation
- Eliminate fear
- Learn to discern God's voice
- Transform limiting or ungodly beliefs

So, what you do daily matters. Break through the fear by doing something. Learn to discern and transform that limited thinking into God and align it with the Bible.

Ask yourself each day: "What is one small thing that if I did it would bring the biggest impact in my life?" Now, do it first thing. Schedule it. Do something. Do one step towards it. You know, if you are not a disciplined person, that is okay. That is why this works so well, because it is just a small thing.

Develop a new daily habit or a weekly habit by doing this. Get in the habit of doing these small things consistently. Now, the breakthrough lifestyle is when you make it a lifestyle. You start looking for things that are going to change you. I think when you hear what I have to say at the end of this message, you are going to change your life. There are going to be people who will actually contact me because—it happens all the time—because they get a breakthrough and they write books, they do things they thought never were dreamed possible.

So, at the beginning of the day or week, look for these things that will bring the greatest results. I look for one or two things. I am not talking about becoming a gearhead here or anything like that. Some people go, "I am not an organized person." I want to say, "Well, okay, but do you want a breakthrough or do you want to breakdown?" because most people have a lifestyle of avoidance as opposed to a lifestyle of breakthrough. We can learn more about ourselves and what motivates us and that way we can get a clear vision on how to get leverage on yourself. This is what is important.

I am an artist. I am not like a gearhead, not naturally, anyway. That is why it took me three years to try to write a book that I finally wrote in three weeks. So, you can get a plan of action, take some simple steps to get there, but do you know what? The hardest part of change is simply getting started. Once you get started, momentum will kick in. You will be unstoppable.

So, here is the breakthrough strategy: What is one small step, that if you take it today toward your goals, would change your life? That is the breakthrough strategy.

Here are some principles. I developed the breakthrough strategy. Remember in 2004 I had the angelic encounter? Here are the four things that God imparted to my spirit. I had dreams about this.

1. The breakthrough lifestyle: Small things done consistently over time.
2. Change the spiritual atmosphere around you. Yes, what you sow is what you reap. So, did you know that you can sow a bad day and reap a bad time? Well, why not do it the opposite? Do it in the God way. Sow a good day, sow thankfulness, sow forgiveness, so giving good things, sow love. That way, you can shift the spiritual atmosphere all around you by doing that. People now know my message, they have been around me enough ... “Flip it and flip it good.” When you see something negative—that is a negative spiritual atmosphere—you find the opposite of that. You can walk into a room, you can go to work, you can go to a place that has been negative before and you can change it through the Holy Spirit.
3. Get a positive Kingdom perspective. God’s will is opposite from the attacks of the enemy. The positive Kingdom perspective is understanding these things I said about getting them into your spirit. God loves you. He wants the best for you. The positive Kingdom perspective is, “Hey, we are going up, we are not going down.” And again: You can “Flip it and flip it good,” with the positive biblical or Kingdom perspective on everything. I am not talking about positive thinking. I am talking about positively impacting the world around you. How good is that?
4. C.I.A.: Continual Improvement Always. Remove inner obstacles, develop a plan, continue to grow and never stop learning.

Okay, let’s do it. What do you want to do this year or in your life? This is a really big question and do not worry if it is not clear. Maybe you do not know, but maybe you want to lose weight or get in shape, some of the things I mentioned earlier. Go to school, mend a relationship, write a book. What is yours? Now take a moment. Write it down or think about it. What is it that you want to accomplish right now, that if you were to do, would change your life in some way? Now, what is one small thing that you can do towards that, that maybe you have been putting off, that would change your life? It does not have to be big. Remember. Things like download the application for school, do some research, talk to someone who has done it, send an email, call and reconcile with someone. Those are small things that you can do.

Now that you have your thing that you want to do ... Maybe you want to lose weight or maybe you want to do something like that. Do something within the next 24 hours. I want to challenge you. The hardest part of change is getting started. Well, in the next



few days, you can do more than you had ever realized. Momentum is going to kick in later, but once you get started those first 21 days to develop a new habit.

Ten years ago, I needed to lose weight. You know, I did this process. I am telling you. One small thing. I found a book. I remember I was sitting there. Amazon was not popular 10 years ago, so I went over to the bookstore, Barnes and Noble or whatever it was, and I saw a book. This was not the title, but it was like *Getting in Shape for Couch Potatoes*, you know. It was like a checklist. All right, do 10 of these. I am not a gearhead as far as working out or anything like that. I am not a gym rat, but I did these simple exercises and, wow, I was surprised at what happened. The next week, I decided I am going to add to it a small thing. I started doing the exercises in the book. I picked up one that I could do on the road, because I was traveling at the time, and then I started taking walks. What is one small thing toward taking walks? Find my shoes. I set the alarm early and then I took the next step of getting accountability. Tell someone about what you want to do if you really want to do this. That is just one example. Boy oh boy, you can start things. I have had so many people get ahold of me and say they were able to write their book that they have been trying to write for the longest time and they were able to get it going.

All right. Let me pray and activate this in your life right now. God, I thank you for each person listening to me. This is a prophetic message because this year, this time, this is the day of the Lord. This is the time right now of radical change. So, Father, I pray the Holy Spirit come. Show us. Take away all that guilt, all that baggage that has been there, and bring now new eyes to see, new ears to hear. Activate us now in the ability to hear Your voice, Lord. I pray for clarity on what it is that You have called us to do, even in the small things. Plus, some of you are trying to find, “Oh, I want to do the thing ... I want to do the thing that God wants. I want what God wants.” Do you know some people like that? He is waiting for you to say, you know, like Psalm 37:4, “*Delight yourself also in the Lord, and He shall give you the desires of your heart*” (NKJV). You know, He is waiting for you to do something here. So, Father, I pray and I activate this exercise right now and I ask in Jesus’ name. Wow! Amen.

So, I have some great resources on my website that can help you.

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I have some online courses. One of the ones that has really helped a lot of people is called, [Unlocking Your Breakthrough: Self-Coaching Toolkit](#). Take these principles to a new level. Another online course I have is ... I love developing these online courses, because you can take them and do them at your leisure. They do not expire or anything like that. You can go back to them later on. They give you the tools and the resources.

[Write Your Book Now!](#) online course. That is where I took my book, [Write A Book Quickly](#), and I took it to the next level. I give you tools. I give you my Word documents. I give you all the things—even training videos on how to self-publish a book. It has never

been so easy at all. You can use coupon code PODCAST10 and get 10 percent off of my books and training.

If you really want to change your life I want to challenge you. I have put all my messages—not all of them, but most of them—I have put almost all of my messages that were positive on hearing God, prophecy, dream interpretation, discovering your destiny, and I put them into an online school of ministry. It is an activation school. If you know me, I am the activating prophet. It is called *Hearing the Voice of God 365*. So, again, it is online. You can take it at your leisure. It is packed for full of 12 online sessions. You can either pay by month, or you can fast forward and do the whole thing at once. There are weekly activation emails that I send you to help you stay connected, plus once a month, or if you fast forward you get them all at once, but there are 12 sessions online. You can print out the notes and the activation exercises. They will help you. Here is the good thing. I do a monthly live call with the group, so it is not just online. You know, it is not just that you are by yourself online, we have help. We have people over the school. We have people who help you and walk you through, plus I do a live group call, a breakthrough call, with the entire group and my staff once a month. There are mentoring session videos with people like Lance Wallnau, Johnny Enlow, Sandi Krakowski, Barbie Breathitt and many more. So, you can take the 14-day free test drive. It will not cost you anything. You have nothing to lose. Go to [hearinggod365.com](http://hearinggod365.com).

Well, I hope this has been a beneficial time and be sure to check my website [dougaddison.com](http://dougaddison.com). Follow me on Facebook (thedougaddison) and Twitter and Instagram (dougaddison). Also, get hold of the *Daily Prophetic Word* (#dailyprophetic).

God bless you! See you next week.

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