

Breaking the Spiritual Cycle of

EATING in DREAMS

Learn the three portals that open the door to eating in dreams—and how to shut them permanently through the power of God.

Anchored in Christ Ministries

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Published by Anchored in Christ Ministries
Chicago, Illinois, USA

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Holy Bible, New International Version® (NIV)

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Scriptures cited in this book include (NIV):

- Numbers 25:1–3
- Exodus 32:6
- Psalm 106:28
- Jeremiah 7:17–18
- Isaiah 65:3–4
- Ezekiel 3:1–3
- 1 John 1:9
- Colossians 2:14
- Romans 6:3–5
- Luke 22:20
- Isaiah 8:10

All biblical references are used respectfully and for teaching, devotional study, and spiritual edification.

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How This Prayer Guide Came To Be

For years, I used to see myself eating in dreams. Though I regularly fasted and rebuked those dreams, they persisted over the years, or would stop for a while and then come back after a period of time. One day, after a similar dream occurred, I was in prayer and waiting on God when He gave me three powerful revelations as to why many people eat in their dreams. He spoke to me about three specific portals.

Based on those revelations, I prayed, and it has now been a year since those types of dreams stopped in my life. I give glory to God and have come to share those revelations and the prayer points He gave me.

What It Means When You See Yourself Eating In Dreams

Sometimes, food in a dream may represent the Word of God, because the Word is an essential nutrient that our spirit hungers for. The Prophet Ezekiel, for instance, was given a scroll to eat, which represented the words he had to speak to the people (Ezekiel 3:1–3).

Eating in a dream can also be a soulish dream — the manifestation of a carnal desire you might have about a particular food or thing.

But most times, eating in a dream is a bad sign — it is you entering or renewing covenants with demons, or you actually engaging in spiritual or human cannibalism in the spirit realm.

The key to distinguishing between whether it is a soulish dream or a bad one is to look closely at your state of mind before sleep, your personal life and challenges with food, and the frequency and timing of such dreams.

These bad dreams do not come by mistake, especially when they are repetitive. As the Lord has taught me, those dreams come through three principal portals.

Portal 1—Ancestral Covenants

Through Sacrificial Meals

In this case, your ancestors ate sacrificed foods to idols or food sacrificed on satanic, witchcraft, voodoo, and marine altars. And your ancestors declared that they and their descendants would always eat those sacrificed foods — resulting in intergenerational spirits trying to enforce those covenants. OR you have previously engaged in such practices.

Biblical Evidence of Eating Sacrificed Food

The Old Testament records multiple instances where Israel ate food offered to idols as part of pagan worship rituals. Israel, for instance:

- **Ate food offered to Baal:** On their way to Canaan, they bowed to Moabite gods, joined in pagan feasts, and ate food offered to idols (Numbers 25:1–3).
- **Ate food offered to a golden calf:** They made a golden calf while Moses was waiting before God on Sinai, offered sacrifices to it, and sat down to eat and drink sacrificed food (Exodus 32:6).
- **Ate sacrifices offered to the dead** (Psalm 106:28).
- **Baked cakes for the “queen of heaven”** (Ashtoreth) (Jeremiah 7:17–18).
- **Ate pork and abominable things in idol groves** (Isaiah 65:3–4).

God has repeatedly condemned those practices in the Bible through his prophets (Ezekiel 18). He calls those abominable and detestable practices. Paul said that those who eat idol feasts and sacrifices are partakers of a demonic altar.

1 Corinthians 10:18-22: “Consider the people of Israel: Do not those who eat the sacrifices participate in the altar? Do I mean then that food sacrificed to an idol is anything, or that an idol is anything? No, but the sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons. You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord’s table and the table of demons.”

Prayer To Pray If You Are In This Case (*Pray this even if you are not sure.*)

Confess everything you know or suspect and repent out loud.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” — 1 John 1:9

- **Lord, I repent for this** (enumerate all actions known).

Any covenant that was formed as a result of these practices and passed onto me, I plead the mercy of the blood of Jesus (Colossians 2:14) to cancel those in the name of Jesus.

- I renounce those practices and declare that I and my descendants will not eat sacrificed food to idols in the name of Jesus.

Now that I walk in Your forgiveness, I declare that my soul is released from those covenants in the name of Jesus, for I cannot eat at the table of the Lord and eat at the table of demons at the same time in the name of Jesus.

Now that I walk in Your forgiveness, let every intergenerational familial spirit that will try to entice me in my dreams to eat be judged by the fire of God in the name of Jesus.

Portal 2—You Ate Normal Food With People Who Were In Satanic Covenants (Unbeknownst To You)

Right before His suffering on the cross, Jesus shared a supper with His disciples — Why? He gives the answer in **Luke 22:20**, when He tells them that the cup represents “*the new covenant*” in His blood. They were entering a covenant with Jesus, a new covenant.

Today, this symbolic gesture is repeated by churches and believers to signify the same truth: that we share in the death and resurrection of Jesus (Romans 6:3–5), and that we partake in the new covenant He died for.

So, when you eat with someone — sharing the same plate or the same utensils — who is in an evil or satanic covenant, you are partaking in that covenant, whether you know it or not. This is why it is generally advised not to do so with people unless it is your spouse or someone you trust deeply.

Prayer To Pray If You Are In This Case (*Pray this even if you are not sure.*)

Lord, I repent for this, whether it was done knowingly or unknowingly. I repent for my ignorance and plead Your mercy to cancel any covenants that were formed.

By virtue of my forgiveness, I break covenant with any evil person I may have shared a meal or utensils with, and I decree that my soul is released and set free.

From now onward, Lord, do not allow me to eat at the table of the wicked or partake in any covenant with them. *Pray this earnestly so that the Lord will alert you when you are about to step into a potential situation like this.*

Portal 3—Someone Is Trying To Initiate You In Your Dreams

To initiate someone is to bring that person into a covenant — whether good or bad. Initiation is done physically (through traditional rites and satanic rituals), but it is also done spiritually in dreams, especially through food.

The same spiritual principles explained earlier apply in the dream realm. If you are eating with people in your dreams, you are partaking in a covenant with them, or they are attempting to bring you into that covenant by giving you food.

Prayer To Pray If You Are In This Case (*Pray this even if you are not sure.*)

Lord, let Your judgment by fire rest against anyone trying to bring me into an evil covenant through dreams. Let their evil plans fail in the name of Jesus.

“Devise your strategy, but it will be thwarted; propose your plan, but it will not stand, for God is with us.” — Isaiah 8:10

I decree that I cannot eat at the table of the Lord and eat at the table of demons. I can only eat at the table of the Lord because the blood of Jesus is in me and the body of my Lord Jesus is in me.

My soul, my spirit (call your full name) I command you to only eat at the table of the Lord. You shall never partake in the assembly of the wicked, never partake in covenants with them, and never partake in meals or drinks with them.

What To Do After Prayers

Seal your prayers in the name of Jesus and in his blood, and take a communion at home. Declare again that you can only eat at the table of the Lord and command your spirit to do so, whether physically or spiritually. If you do not have holy communion, please just take bread and water/juice and declare by faith that it has become the blood and body of Jesus (Luke 22: 19-20)

For me, the result was instantaneous. For others, the result may be progressive, so do not despair if you do not see immediate results. Fiercely and consistently resist the enemy and he will flee. You are more than victorious in the name of Jesus.