

SHIFT 1

A Personal Study Workbook

Rediscover Church

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Section 1: Faith for a Shift

Main Teaching Summary:

Jesus entered a house full of sadness and reframed the situation with resurrection power. Faith does not deny reality—it reframes it through the lens of God’s power. When Jesus said, 'She’s not dead, only asleep,' He revealed that faith can shift what seems final.

Key Scriptures:

- Matthew 9:23–24

Write out one or more of these scriptures below:

Reflection Questions:

- What are some situations in your life that seem “dead” but God may be calling you to reframe in faith?
- What does it look like for faith to 'stir' or 'rise' again in you?

Personal Application:

Write about one area where you're choosing to activate your faith this week.

Prayer Prompt:

Jesus, thank You for the power of resurrection life. Help me to reframe what I see through faith. I trust You to bring life to the places that feel dead.

Section 2: Shifting Through Subtraction

Main Teaching Summary:

Jesus shifted the atmosphere not by addition but by subtraction. He had to put things out—wailing, sadness, and unbelief—before He could go in and perform the miracle. Likewise, there are things in our lives that must be removed before breakthrough can come.

Key Scriptures:

- Matthew 9:24–25 - Genesis 21:9–10

Write out one or more of these scriptures below:

Reflection Questions:

- What is something God may be asking you to put out in this season?
- How can subtraction bring about spiritual growth and freedom?

Personal Application:

Identify a distraction, toxic voice, or weight you need to remove to go deeper with God.

Prayer Prompt:

Lord, help me to let go of what's hindering me. Show me what needs to be removed so I can fully walk into what You've called me to.

Section 3: The Blessing Comes When You Leave

Main Teaching Summary:

Just like Abraham, we must leave behind old places and familiar things to experience God's blessing. The blessing comes when we obey His voice and trust Him with the unknown.

Key Scriptures:

- Genesis 12:1–3

Write out one or more of these scriptures below:

Reflection Questions:

- What is God calling you to leave behind?
- Why is it difficult to walk away from what's familiar, even if it hinders your future?

Personal Application:

Take a step of obedience this week in the direction God is leading you. Journal your commitment below.

Prayer Prompt:

Father, I trust You as I let go of the familiar. Lead me into Your blessing and make me what You have destined me to be.

Section 4: Shift the Gear, Transfer the Power

Main Teaching Summary:

Just like in a manual car, a shift is required to transfer power from the engine to the wheels. Spiritually, we already have the power of God within us—through the Holy Spirit and the resurrection life of Jesus. But we need to shift to access and activate that power in our lives.

Key Scriptures:

- Romans 8:11 - Luke 10:19 - Matthew 28:18–20

Write out one or more of these scriptures below:

Reflection Questions:

- What area of your life do you need to shift in to see God's power more clearly?
- What's been stopping you from accelerating in your walk with Christ?

Personal Application:

Write about a place in your life where you're choosing to shift into a new spiritual gear this week.

Prayer Prompt:

Holy Spirit, help me to shift into a new level of faith and obedience. I declare that Your power is at work in me and through me.

Section 5: Strip It Off – Hebrews 12

Main Teaching Summary:

Hebrews 12 reminds us that we must strip off every weight and sin that slows us down. There are things that hinder our race—and God invites us to lay them aside to run freely and powerfully.

Key Scriptures:

- Hebrews 12:1

Write out one or more of these scriptures below:

Reflection Questions:

- What are some weights or sins that are slowing you down?
- How can stripping these off help you walk in a new gear spiritually?

Personal Application:

Make a list of things you need to lay aside this week and how you plan to surrender them to God.

Prayer Prompt:

Lord, I release every weight and sin that has been holding me back. Help me run the race You've set before me with endurance and freedom.

Section 6: Altar Call – It's Time for a Shift!

Main Teaching Summary:

This is the moment of response. God is resurrecting hope and awakening purpose. It's time to strip off fear, disappointment, and every hindrance. The shift begins now—in faith, in surrender, and in pursuit of what God is calling you into.

Key Themes:

- Resurrection of Hope and Dreams - Awakening of Purpose and Faith

Reflection Questions:

- What are you laying down at the altar today?
- What shift are you believing God for in your life?

Personal Application:

Write your personal declaration of faith—what you are letting go of and what you are stepping into.

Prayer Prompt:

Jesus, I lay down fear, disappointment, and condemnation. I step into Your purpose and resurrection power. I believe the shift starts now—in me.