



He gives strength to the weary and  
increases the power of the weak.  
ISAIAH 40:29



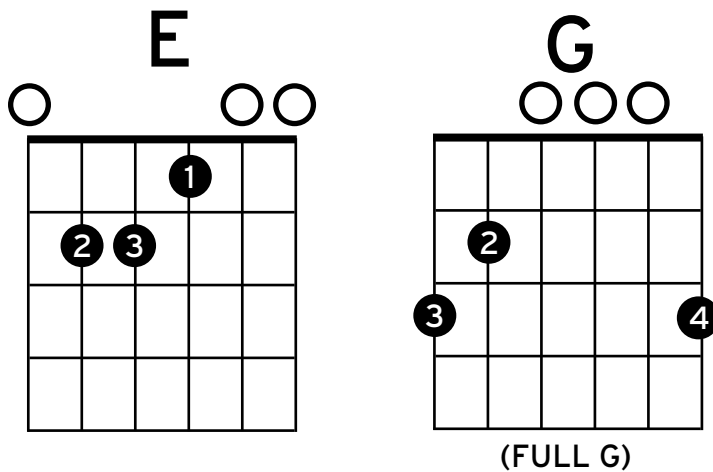
# LIFT & SHIFT CHANGES™

A LIFT & SHIFT CHANGE™ involves moving one or more fingers to the adjacent string in the same fret.

The SHIFT FINGER is the finger that moves from one string to another, staying in the same fret.

When TWO OR MORE FINGERS shift together, practice keeping them in the same shape in relation to each other as they move, adding or removing other fingers as needed.

Identifying and practicing LIFT & SHIFT CHANGES™ is another way to practice the PRINCIPLE OF MINIMUM MOVEMENT: the less your fingers move, the faster you can make the change.



BETWEEN	AND	FINGERS THAT SHIFT ARE
C	G	
G	Em	
Em	Am	
Am	E	

# 4

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## :CHORD DRILLS (1)

**10** 4/4 |: E  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ |  
 Am  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ :||  
 (repeat)

**11** 4/4 |: Em Am  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ :||  
 (repeat)

**12** 4/4 |: E Am  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ |  
 Em Am  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ :||  
 (repeat)

**13** 4/4 |: C  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ |  
 G  
 ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ :||  
 (repeat)



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## :CHORD DRILLS (2)

14

4/4 ||: C G

↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ |

C G

↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ :||

(repeat)

15

4/4 ||: C Am

↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ |

D7 G

↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ | ↓ ↓ ↓ ↓ :||

(repeat)



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# HE IS LORD

G Am D7 G

He is Lord, He is Lord. He is

4 Em Am D7

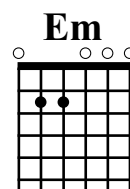
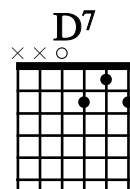
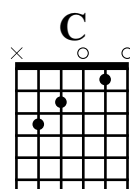
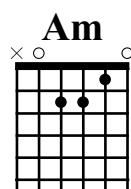
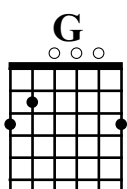
ri - sen from the dead and He is Lord! Ev - ry

6 G C Am

knee shall bow, ev - ry tongue con - fess that

8 G D7 G

Je - sus Christ is Lord!





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# WEEK 4 PRACTICE CHART

I practiced...	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Making clear <b>C, Am, and D7</b> Chords							
Making a clear <b>G Chord (Full)</b>							
Making a clear <b>E Chord</b>							
<b>Shift Changes™</b> Tracks 10-15, Chord Drill CD							
<b>"I Love You, Lord",</b> Song CD, Track 4							
Song: <b>"He is Lord",</b> Song CD, Track 5 <small>(Printed music on previous page)</small>							
Challenge Song: <b>"Jesus, Lover of My Soul",</b> Song CD, Track 6							
<b>20 Minutes</b> or more							

Other songs you can now play include . . .

- Blessed Be Your Name
- Breathe
- You are My All in All