



*“CRAZY”  
MIGHT BE A BLESSING  
IN DISGUISE!*

*BY KRIS CASTRO, P.C.C.*



# *“CRAZY” MIGHT BE A BLESSING IN DISGUISE!*

*In the Summer of 2018 Kris was invited on an Abraham-like adventure with the Lord. After several Gideon-style conversations, Kris realized she was being called into a new and radical level of trust in her relationship with Him. That “Crazy” road trip was exactly what she needed to step into her destiny for the next season of her life.*

*After driving over 12,000 miles (11K in 3 months!) across the U.S., speaking at over 23 Celebrate Recovery groups, posting all the God stories on her blog throughout her journey, and stopping at family and friends along the way, Kris is so thankful she said “YES” to the Lord.*

*The whole trip was Holy Spirit led with amazing Holy Spirit provision every time she needed a place to stay or money to cover gas, bills, and other expenses! Living “one day at a time” (and sometimes one hour!) has been the best decision she ever made!*



Kris Castro is passionate about making a difference in the lives of those around her through giving them hope, encouraging them in their challenging circumstances, and helping them transform their relationship with the Lord in a deeper way. She describes herself as a Faithful Warrior, an Inspiring Visionary, and a Bold Change-Agent after 50 years of walking with the Lord through both joyful and extremely difficult seasons of her life.

Kris's company, Shift Inc.<sup>™</sup>, creates possibility-rich environments filled with laughter, encouragement, and affirmation leading others to endless growth opportunities. Her programs help others: Realize their identity in Messiah; Achieve the destiny the Lord desires for their lives; Enhance their potential; Increase their confidence levels; and Overcome obstacles more easily to attain their heart's desire in every life area.

Kris absolutely loves coaching, training and mentoring others in a deeply transformative way using the Holy Spirit as her guide. To learn more about Kris' products and services, go to [www.BeginToShift.com](http://www.BeginToShift.com).



***“CRAZY” MIGHT BE A  
BLESSING IN DISGUISE!***

by  
Kris Castro, P.C.C.  
Shift Inc.<sup>TM</sup>

[www.BeginToShift.com/Crazy-Adventure-Book](http://www.BeginToShift.com/Crazy-Adventure-Book)

Copyright © 2019  
Kris Castro, P.C.C.  
[www.BeginToShift.com/Crazy-Adventure-Book](http://www.BeginToShift.com/Crazy-Adventure-Book)  
All Rights Reserved

**“CRAZY” MIGHT BE A BLESSING IN DISGUISE!**

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher. Permission to quote brief excerpts for review is granted without further permission when accompanied by publication data.

Disclaimer: This book contains advice and information. The publisher and author disclaim liability for any psychological or medical outcomes that may occur as a result of any of the suggestions in this book.

Published by Shift Inc.™ ([www.BeginToShift.com](http://www.BeginToShift.com))  
ISBN 978-0-9849855-6-2 (paperback)

For more information email [Kris@BeginToShift.com](mailto:Kris@BeginToShift.com) or call 404-551-3601.

## Table of Contents

Introduction	7
Chapter 1 - Broken Becomes Beautiful In Time	11
Chapter 2 - Jehovah Jireh Reigns	21
Chapter 3 - You Shall Have No Idols	24
Chapter 4 - 1st Day On The Road	27
Chapter 5 - "Acts" Is Lifestyle & Mindset!	29
Chapter 6 - I LOVE NY!	43
Chapter 7 - Joy	44
Chapter 8 - Memory Lane	49
Chapter 9 - Divine Connections	53
Chapter 10 - Your Story Can Save A Life	58
Chapter 11 - Look At Her Necklace	59
Chapter 12 - Walk By Faith, Not By Sight	62
Chapter 13 - Don't Judge A Book By Its Cover	66
Chapter 14 - Divine Layover	72
Chapter 15 - Radical Obedience	81
Chapter 16 - Hello & Adventure Update	89
Chapter 17 - Car Update & A Gift!	90
Chapter 18 - Tethered To Jesus	91
Chapter 19 - Look In Another Direction	94
Chapter 20 - One HOUR At A Time!	95
Chapter 21 - DRIVE By Faith, Not By Sight!	99
Chapter 22 - 11,000 Miles In 3 Months!	103
Chapter 23 - The Adventure Continues	105
Chapter 24 - Manna From Heaven	108
Chapter 25 - Family & Friends	112

Chapter 26 - The End Of Me	117
Chapter 27 - Last Post ??	124
Chapter 28 - My Interview :)	126
Chapter 29 - Who Do You Think You Are?	127
Chapter 30 - Be A Box Breaker	130
Chapter 31 - Kingdom Impact	134
Chapter 32 - Serenity	140
Chapter 33 - Ready For Your A.D.V.E.N.T.U.R.E ?	144
Adventure Testimonies	156
Work With Kris During Your Adventure	157
Why Invite Kris To Speak To Your Group?	158
Speaker Testimonies	160
About Shift Inc.TM	163
Client Testimonies	167
Developing A Jabez Lifestyle	171
Resources Section	173
Legal Disclaimer	176

## DEDICATION

*So many people made this Adventure possible by listening to the Lord's prompting to provide a place for me to stay, financial gifts to cover gas and expenses, and offering too many meals to count.*

*I want to especially thank my Mom and Dad for being supportive of my decision to pack everything up and follow the Lord on this "Crazy" Adventure! I love you both very much and truly honor your position as my earthly parents in addition to having a Heavenly Daddy who is always there when I need Him.*

*Specific people I would like to recognize who significantly impacted my life for a variety of reasons are as follows: Christina Hice, Meg Crowley, Patti Adair, Rick Meekins, Yodit Beshah, Brenda Earley, Barbara Gibb, Tami Sherry, Laura Kent, my CR Step-Sisters, Laure Hoffman, Kimberlee Scott, the Council of Leaders group, and Patty Sadallah.*

*Thanks also to all the CR Leaders across the U.S. who coordinated my visit to each of your groups and the people who opened their homes to me each night.*

*May the Lord bless each of you richly and return what you gave me 7-fold as a sign of His honor towards you for taking care of me however He led you to do so.*

*Thanks again, everyone! :) ~Kris*

## Introduction

June 18

*As I put down my checkbook in frustration, I looked upward and sarcastically said to the Lord, "If you're not going to provide enough money for rent next month I may as well put all my stuff in storage, pack up my car, and travel across the U.S. catching up with people I haven't seen in a while." After a few seconds of silence, I sighed deeply, put my checkbook away, and went on with my day.*

*The following week during a visit with friends, I shared what I said to the Lord. Then suddenly, without even a glimmer of thought, out of my mouth came the words, "It would certainly be a G-d<sup>1</sup> Adventure where I can be His hands and feet for people He places in my path, and I can offer to give my Celebrate Recovery Testimony in CR locations across the USA along my journey."*

*The moment I finished that sentence I knew my flippant comment a week earlier had suddenly become a divine invitation to deepen my faith and my intimacy with the Lord by going on a journey similar to Abraham: "By faith, Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going" (Hebrews 11:8 / ESV).*

*In my heart I suspected the Lord prompted that unintended comment, but in reality it made no sense so I wrestled with it for a few days. After all, I wasn't excited about giving up the room I was renting to essentially live out of my car and "couch surf" for an unspecified amount of time until the Lord turned around my financial situation.*

*Not to mention, how would I pay the bills which have to be paid no matter what my life looks like at any given moment? I generate some income as a contractor for a consultant I work with a few hours a month, but it's certainly not enough to cover all my expenses. Realistically, it would be far more logical to put my company on hold and get a part-time job until things turned around.*

*The G-d Adventure invitation seemed like a crazy idea in my situation.....and yet the more I prayed over the next few days, the more I continually sensed the Lord telling me that this "crazy" adventure would lay the foundation for all the blessings He planned on giving me in the next season of my life.*

*I would like to say when I sensed what He wanted that I automatically responded, "Yes, Lord, your will be done!" -- but I didn't. Instead I said, "Really? Are you sure? Can I have some confirmation before I totally uproot my life again for the 4th time in two years?"*

*Despite that uncertainty, the Lord knows my heart's desire is to be totally surrendered to Him. Within a week He lovingly provided three confirmations (all in one day) from various newsletters, devotions, and a women's conference I watched online. The first confirmation made me laugh out loud: In Todd White's newsletter, the first sentence was: "...Summertime is a perfect time to go on God adventures with your family and friends...." (underline is my emphasis).*

*How much more direct does the Lord have to be with me? Much more, it seems, because even after I received those three confirmations, I still resisted and asked for one more (remember Gideon, anyone??). I'm sure the Lord was humorously smiling at my need for more certainty. He honored me yet again by providing another newsletter*

---

<sup>1</sup> Why do I spell G\_d with an underline instead of an "o"? I adopted that tradition after I joined a Messianic Jewish / Gentile Congregation. It shows a deep sign of respect for our Lord's name. To learn more, check out this resource: Rabbinical Halakhah – Writing the Hebrew Names of God at [http://www.hebrew4christians.com/Names\\_of\\_G-d/About\\_Writing/about\\_writing.html](http://www.hebrew4christians.com/Names_of_G-d/About_Writing/about_writing.html)



*confirmation from a different organization which stated: "Take time and days, even seasons, to have days off and to go on a sabbatical trip with the Lord."*

*It was pointless to avoid the truth any longer. I knew the Lord was giving me a choice to go on the Adventure with Him rather than try to fix my financial situation my way. The Lord often used the financial area of my life to get my attention for any one of the following reasons: a) to re-direct me, b) to heal something inside of me, or c) to stop me long enough to deal with something before I can advance to whatever he has for me next. Whatever His reason, it's always to set me up for something better.*

*Over the last year I had gone through an extensive healing process (that's how I got into Celebrate Recovery<sup>2</sup> / CR) and also worked through several things which needed to be dealt with. Therefore, it seems this trip is a re-direct to develop additional skills and spiritual gifts before the Lord reveals whatever He has planned for the next season of my life. His way is always much better than my way, so I let my landlord know what I was up to and began to prepare to head out in a few weeks.*

*Since the Lord personally invited me on this Adventure with Him, I am excited about all the amazing things that are bound to happen and I am also somewhat apprehensive about the uncertainty of it all. Objectively I know the Lord is Jehovah Jireh, my Provider, and He will go before me to prepare my way (Deuteronomy 31:8). Therefore, I am choosing faith and will partner with the spirit of joy as I prepare to leave, commanding anxiety, worry and fear to BE GONE, in the name of Yeshua (Jesus' Hebrew name).*

\*\*\*\*\*

As I reflect on that providential day in June, I am still in awe of everything that has occurred over the past seven months. I left on the Adventure as a woman on fire for the Lord, and returned with more intensity, an even deeper level of faith, and a fuller assurance that the Lord loves to show up and show off when we honor Him through our obedience.

This book is a combination of the blog entries I shared throughout my Adventure along with deeper dives into topics the Lord laid on my heart as I was writing the book. Some of the blog entries are videos, and a link has been provided in the book for you to view them.

My suggestion is to not skip ahead as you read through the book or watch all the videos at once. The faith journey and the lessons I learned during the Adventure happened in the order the Lord arranged on purpose. Like any great story, I encourage you to read this book as it occurred and watch how the Lord speaks to you from chapter to chapter.

Before you begin, take a moment to ask the Lord to highlight the information that is important for your life right now because He knows what you need to know as you move into the next season of your life.

*I had no idea when I left Atlanta that my "Crazy" Adventure would truly become a blessing in disguise!*

May this book be a blessing to you as well, and may my story be a catalyst for you to take the first step towards your own Adventure with the Lord!

*~ Kris Castro*

---

<sup>2</sup> If you are interested in learning more about Celebrate Recovery, here is the website: [www.CelebrateRecovery.com](http://www.CelebrateRecovery.com).

## Chapter 2 - Jehovah Jireh Reigns

July 10

*It's been just over a week since I made the decision to accept the Lord's invitation to go on an Adventure with Him.*

*Since then it's been a whirlwind of activity arranging to store my motorcycle with a friend, coordinating mail and other things with my Dad, alerting friends and family of estimated timelines for when I may be in their area, and mentally reviewing all of my stuff to determine what I need to pack in my car and what I can live without.*

*As I was doing all this planning, it suddenly occurred to me that my 18-year-old car would need to be serviced to make sure it was safe to travel across the country for an unspecified amount of time. With limited financial resources, I knew it was going to be interesting to cover that cost along with the other bills coming due in the next two weeks. But I also knew the Lord invited me on this trip, which meant I could trust He was going before me to prepare whatever I needed (Ps 139:5). Yesterday those provisions began.*

*I went online to see what auto service centers were in the area and checked for coupons. Within 15-minutes I found a "Summer Road Trip Check-up" special for only \$14.95 which included a 23-point safety checklist.*

*I dropped my car off and went for a walk. When I returned they provided several suggested service items, all of which were not necessary except for the tires. They said the front two were bald and the back two weren't much better, suggesting a tire shop on the other side of town. The cost of four new tires was way more than I had to spend, but I trusted the Lord would figure it out. I went back online to look for more coupons and make calls to see what my options were.*

*After 30-minutes of contacting various tire stores in the area, the lowest price I could find was still more than I could afford. I decided to call up the Consultant I do work for to clarify the date of my next paycheck in order to juggle money accordingly. After sharing my tire dilemma, he suggested purchasing quality used tires and also checking a different part of metro-Atlanta since the area I was currently staying tended to be overpriced.*

*I googled used tire shops in another part of metro-Atlanta, made a few calls, and the only one who answered the phone gave me a deal I couldn't pass up. I arranged to stop by first thing the next morning. As I went to bed, I reminded the Lord that I trusted Him - even though I saw no realistic way to pay for both my upcoming bills and the tires - and asked Him to miraculously provide a way to make it all happen.*

*I arrived at the tire store early and hung out until they opened. After the mechanic arrived and I told him what I needed, he walked over to my car, took one look at my tires and with righteous anger said, "These tires don't need to be replaced. ...who told you that? Look at your treads, do they look bald to you?" I responded sheepishly because I've never been able to clearly tell bald from good tire treads. He looked me straight in the eye and said he was not going to take my money for something I didn't need, unlike other shops who would take it just to make a buck.*

*I thanked the mechanic profusely, told him the Lord would bless his integrity, and asked him to rotate the tires since I knew they needed at least that much done. After I paid for the rotation, I handed him a \$5 bill to buy a coffee or beer on me (I wished I had*

a larger bill in my wallet, because I would've gladly given him more to reward his honesty!).

***My prayers were answered! Jehovah Jireh had definitely gone before me to lead me to the right mechanic in order to provide a miraculous turnaround as His testimony of continual provision in exchange for my heart and my will surrendered to Him.***

*Did the Lord fix my tires overnight as I lay sleeping or did the first mechanic just make a mistake? Who cares!! All I know is the Lord took care of it, and He can do that anyway He pleases! As I drove away from the tire shop you better believe the heavens heard me praising the Lord in a mighty way! :)*

***Whenever I surrender my finances and my future to the Lord, it gives Him the opportunity to bless me in ways I can't even imagine (Eph 3:20) and I know the blessings will keep coming as long as I step out in faith each day from this point forward!***

*My car is now ready for the trip. All I have left to do is take the stuff I don't need to the storage unit. Based on what happened today with the car, I know it's going to be an amazing Adventure!*

## Chapter 3 - You Shall Have No Idols

July 12

*A few weeks ago, before I had made the decision to go on the Adventure with the Lord, one of my big hesitations in saying yes was the inconvenience of having to live out of my car and sleep in a different place night after night.*

*The Lord loves me too much to allow me to stay in a mindset that isn't serving me well, so it didn't take too long for Him to convict me of my "comfort and convenience" idol. Idol may be an odd word to use, but if you think about it, anything we value more than the Lord and anything that prevents us from following the Lord's will for our lives is essentially a modern-day idol. Even our feelings can be idols if they get in the way.*

*Here's how that conviction happened: For days I had been wrestling with the Lord, trying to wrap my head around His "crazy" road trip request and really hoping I had totally misheard His invitation. After all, the Lord knows I rarely ever sleep through the night because I'm such a light sleeper...especially when I'm on a couch out in the open rather than in a spare bedroom with the illusion of being in my own space.*

*Just thinking about having to spend an unknown number of weeks or months bouncing from couch to couch, or potentially sleeping in my car from time to time, was not appealing to me. Not only that, with my unstable financial situation how would I pay for meals and gas on the trip?*

*A day or so later as I was going through emails, a video from Bethel Church in CA caught my eye. It was titled, "Shifting Spiritual Atmospheres" with Dawna DeSilva. The moment I saw it I knew the Lord wanted me to watch the video. It was chock full of fantastic information. Then right near the end, the Lord lovingly sucker-punched me. I don't exactly remember what Dawna said, but the message was basically this (in my words): "What are you holding tightly to in your life that could be an obstacle to what the Lord wants for your life?"*

*Man!!!! The Lord knows how to accurately shoot a truth arrow straight into my heart!*

*That moment was probably the first time I knew this trip was going to happen, even though I wasn't ready to accept it just yet. As that question resonated within my heart and soul, my eyes started tearing. I immediately repented at valuing comfort and convenience more than the Lord's will for my life. I quickly asked Him to forgive me, and requested His help to lay those desires down as I considered accepting his Adventure invitation. It took a few days to process through my feelings before peace around the trip showed up more consistently.*

*Fast-forward to now and my attitude is completely different. It's been so much fun sharing my upcoming Adventure with friends and family, and making plans to "couch surf" as I travel throughout the country. One of the best planning conversations I had via text was with Becca, one of my New York Youth For Christ (YFC) kids from back in 1987. I unofficially adopted her and her brother, Ray, at the same time their Mom adopted me as a member of their family when I was running a YFC club at their home.*

*I was 20 at the time, Becca was 13 and I think Ray was 12. The first memory they have of me is setting up a flag football game with all the YFC kids and playfully running Ray over to get to the goal line (or at least that's how I remember it). Ray couldn't believe a girl beat him and I just laughed because most people have always underestimated my determination and inner strength to accomplish whatever I set out to do. Ray, Becca and*

*I became fast friends and “family” that day. We’ve stayed in touch all these years, just like I’ve stayed in touch with my Indiana YFC kids when I worked there in 1990.*

*The reason my conversation with Becca was so amazing was because the Lord used her to remind me, once again, He goes before me to prepare my way. I totally forgot she started a non-profit years ago called “Dirty Kid Couch-surfing Coalition” to assist homeless and transient youth in finding shelter, transportation and friendship as they travel across the U.S. Becca told me she had connections all across the country and said to let her know if I needed a place to stay so she could check her database for a reputable host who would consider taking me in for a night even though I’m not homeless.*

*How cool is that? Thirty-years ago I was taking care of her and now she’s taking care of me! I love how the Lord arranges things like that to bless me. As I’ve contacted all my YFC “kids” about my Adventure travel plans, they can’t wait to see me and have all offered their homes to hang out for a few days as I pass through their areas.*

*I have a few other planned stops with people I know, but most of my trip is uncertain. I have no idea where I’ll be staying or what situations I may run into. Yet, I trust the Lord will provide a safe place every night regardless of whether it’s on a couch, in a spare room, or even in my car. Not to mention, as I find Celebrate Recovery meetings along my route who have openings for testimony speakers, my hope is that they will consider hosting me for a night along my travels.*

*One thing I am certain of is the Lord would never have invited me on this “crazy” Adventure if He wasn’t setting me up for something amazing in the next season of my life. When the Lord calls someone into a higher position of authority and responsibility in His kingdom, the preparation challenges are generally more difficult than normal to ensure they learn what they need to learn in order to succeed.*

*I know my Adventure journey is an equipping and sanctification period for the spiritual mantles He’s going to give me and the new anointing that’s coming. This entire trip seems to be designed to deepen my faith and develop a deeper intimacy with Him.*

*I anticipate the trip won’t always be smooth and am guessing the Lord is going to allow the enemy to set up some difficult challenges for me along the way to refine my character and give me opportunities to use the spiritual gifts and natural skills I’ve developed throughout my life for His glory and my growth. Though I’m not really looking forward to those moments, I know the Lord will always provide a way through it (Philippians 4:19 / Psalm 115:11-12), and I’ll be better for it when I get to the other side.*



## Chapter 15 - Radical Obedience

When I left Indiana and began heading West towards Washington, it was at that moment I truly began the “radical obedience” part of my Adventure. Up until that point I had been on familiar ground because no matter where I had traveled previously, Atlanta could be reached within 1000 miles from any direction. I also had family and friends scattered throughout the area. Essentially, I was in a “safe” zone which was why I knew I was struggling with the decision to go West or South after I finished my Indiana visit.

Leaving for the Adventure in July was a step into radical obedience, but for some reason it felt even more radical to drive out of my safety zone and head 2000 more miles across the country without knowing a soul in between Indiana and the coast of Washington.

Before I committed to heading West, I spent a lot of time reflecting on everything that had happened during the Adventure and all the moments where the Lord had showed up and showed off. My mind was still astonished at all the divine moments of provision and connections which had occurred in the last 30 days. The Adventure had been a series of blind faith decisions along with annoying challenges, and yet I didn’t regret any of it. It was as if my life had become a movie in motion and I was in the audience with everyone else wondering what would happen next.

I processed through all my concerns about the next 2000 miles, followed by the 5000 miles that would follow to return to Atlanta. In my mind I had two scales: the “what if” scale of all the things that could go wrong and the “regret” scale of what I would miss if I didn’t take the leap of faith and just go forward. Regret always weighs heavier on my mind than any potential problems that could occur, which ultimately made it easier to make a decision.

As I continue to write this book, I am so thankful I did say YES to the Lord, and you’ll see why as you read through the rest of the blog entries which are full of incredible G-d stories and lots of lessons I learned along the way.

There is no such thing as a boring life when you choose radical obedience. The experience of living that type of life is abundantly more valuable than you can imagine. All that’s required is a “yes” and “amen” (2 Corinthians 1:20) to receive the promises that come from choosing to be radically obedient to the Lord’s will for your life.

Earlier in the chapter titled “Acts Is A Lifestyle & Mindset,” I stated that we were never meant to live normal lives. Normal is a world standard. G-d’s standard is very different. The Lord is in the business of Kingdom impact to bring as many people into the family of Believers before Jesus returns to the Earth to bring us all home (Revelation 19).

Kingdom impact doesn’t just happen. The Lord wants us to partner with Him in His work on Earth. The Bible is full of stories where the Lord asks a variety of men and women to partner with Him to achieve His desired outcome. Each one of those men and women

opted for radical obedience to the Lord regardless of the pain and suffering they could experience along the way.

Examples include:

1. *Mary, the mother of Jesus*: She could've chosen to say "no" when the angel asked her to allow the Holy Spirit to impregnate her outside of marriage; especially because she knew she could be rightfully kicked out of her family or killed because of it. Mary must've sensed a profound destiny in the request. Luke's gospel portrays her feelings in Luke 1:46-55 when Mary erupted into praise after arriving at Elizabeth's home (her cousin) who was also pregnant with John the Baptist.
2. *Abraham*: When the Lord asked Abraham to leave everything he knew behind to head towards an uncertain land, he could have stayed where he was and lived in wealth until he died. He chose to walk forward in faith, and now he is recognized by every Jew and Christian as the standard for faithfulness.
3. *Joshua*: The first mention of Joshua is in Exodus 17:9 when Moses tells him to lead the Israelites into battle with Amalek army. After that, every decision Joshua made was based upon the Lord's vow to deliver the promised land to his people. Also, when Moses asked Joshua to be his assistant, Joshua could've avoided that responsibility and simply maintained the same type of life everyone else had while traveling the desert. His obedience was absolute both to Moses and the Lord, until finally he was named as Moses' successor upon his death.
4. *Esther*: After she became Queen to a Persian King and settled into her role, her Uncle asked her to use her influence to save the Jewish people from a plot to destroy their race. In the Persian culture the King could execute anyone who approached him without permission, and Esther knew that. She had a choice to make: ignore the plight of her people or consider that the Lord put her in that position "for such a time as this" (Esther 4:14). Because of her radical obedience, not only were the Jews saved, but her Uncle was elevated into a higher position of authority within the Persian Kingdom.
5. *David*: It took almost 15 years from the time he was anointed as King while Saul still reigned to the time he took the throne himself. During most of it, he was on the run for his life, had to live in caves, and experienced many other difficulties. At any point he could've walked away from his destiny, but he didn't which is why David is listed in the faith hall of fame (Hebrews 11:32) and considered a man after God's own heart (1 Samuel 13:14).
6. *The Disciples* - Before Jesus approached each of the disciples to follow him, most of them had typical family responsibilities and some sort of vocation to make a living. Each one chose Jesus over their cultural expectations based on many generations before. By all appearances, it was crazy to give up everything and follow a man they hardly knew. And yet all of them, except Judas, went to their death praising the Messiah rather than denying who He was to save their lives.

7. *Saul/Paul*: He was an extremely respected Pharisee and Jewish leader who rigidly upheld the law. The first mention of him in the Bible is Acts 7:58 during the stoning of Stephen: "Then they cast him out of the city and stoned him. And the witnesses laid down their garments at the feet of a young man named Saul." After a transformational encounter with Jesus in Acts 9, the Lord commissioned Saul to bring the Gospel message to the Gentiles. Saul then adopts the Greek name Paul and becomes the largest contributor of authorized scripture in the New Testament. Paul's life was not easy in the least, and he could've walked away in frustration and exhaustion many times. Yet throughout his Epistles he describes over and over how proud he is to have sacrificed the life he could have had for a life sold out to the Lord.

It's hard to imagine walking in the shoes of the people I just mentioned because it's basic human nature to avoid pain and suffering under any circumstance. We also love to cling to as much control of our world as possible. Choosing radical obedience means we must give up all control to the Lord and be willing to suffer - even unjustly - should the Lord allow it to happen. No one willingly does that unless they have a deep level of trust in the person asking them to make that choice.

You cannot develop that level of faith in someone unless you've been through enough "foxhole" circumstances to have it tested and consistently proven true. That's what happened to me over the last 10 years. I had numerous "foxhole" circumstances in my life where I was forced to depend only upon the Lord to get me through them.

Even though a long season of brokenness caused me to lose faith in the Lord for a short while, the "comeback" foxhole circumstance was the turning point to increase my faith to a level I had never experienced before...despite the Lord not fixing my situation. That new level of trust that appeared became a stepping stone towards the radical obedience I needed to say yes to the Lord's invitation to go on this crazy Adventure.

Looking back, I can't imagine what my life would be like today if I had not experienced every moment of that "crazy" journey. My life is enriched because of it and it has laid a solid foundation for whatever the Lord has for me next.

A "normal" life is not even remotely acceptable for me anymore. I've seen too much, and my expectations of the Lord are much higher than ever because I know that freedom in Christ means living my life full-out for the Lord however He asks, and whatever that means - even when it makes no sense to the people who love me most. It's much more important for me to be obedient to the Lord than to receive approval from anyone around me.

You have the same Holy Spirit inside you that Jesus had access to. This passage originally recorded in Isaiah 61 was used by Jesus in Luke 4:18-19 as a proclamation of His position as Messiah; and I believe it can also become a proclamation for us today to fully embrace His Spirit as His Disciples on the Earth: *"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to*

*proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor" (ESV).*

Take a moment and think about what your life could look like if you spent time in prayer seeking the Lord's will for your life in this season, and then committed to being radically obedient to whatever He asks of you.

For some of you, it's no mystery what the Lord wants. You have just been too afraid or selfish to say yes. For others, your heart is in the right place, but you have no clue what that could look like for you and your family.

Here's what I know: the Lord will never invite you into something He isn't willing to prepare you to do through Him; and if you are married or have a family, He will always provide a way for all of you to walk out His assignment together, individually and as a family. All it requires is a leap of faith, yes and amen!

If you are ready to take a leap of faith and step into radical obedience with the Lord, take a moment and say the prayer below. If you are not yet ready, but want to be, say the 2<sup>nd</sup> prayer. And if you are not even near wanting to be ready, skip the rest of this chapter and move onto the next chapter.

No judgement! I promise! It's a process to desire that level of radical obedience, never mind choose it! Take a deep breath and just flip to the next chapter. The Lord sees your heart and I promise He has more than enough grace and mercy to wait until you are ready for that depth of relationship with Him.

#### Radical Obedience Readiness Prayer:

*Lord Jesus, I am ready to be radically obedient to your will for my life. I know the plans you have for me are good and you always honor those who honor you. If you have already shown me what you want from me and I missed it, please send me another message and help me to clearly recognize it. If I recognized the message when you sent it, but avoided taking the next step, I repent and will bravely move forward in some way as evidence of my commitment to be radically obedient to you.*

*Thank you in advance, Lord, for the provision you are setting up to support the path you have asked me to travel. Thank you also for the people you will put in my way to guide me as I move forward.*

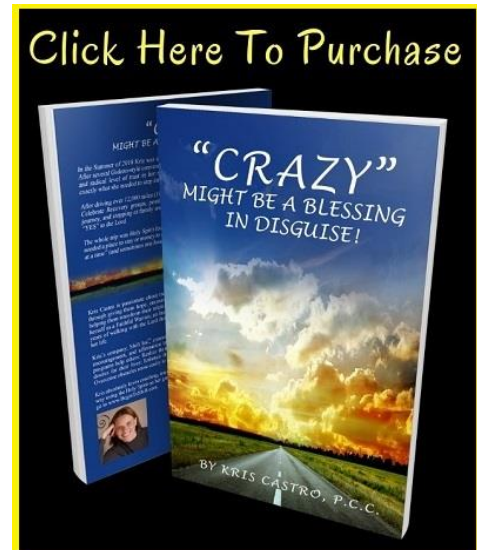
*I am ready to live an extraordinary life through radical obedience and trust any suffering I may experience (through another person's free will or divinely allowed in order to prune my character) will not be wasted. I trust it will serve to make me stronger over time. I love you, Lord, and fully surrender my will to you however that looks.*

## Desire for Radical Obedience Prayer

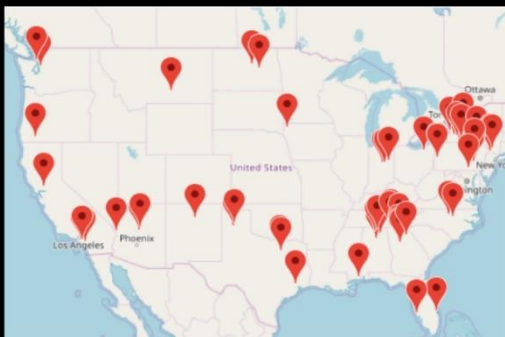
*Lord, my heart wants to say “yes and amen” to a life of radical obedience, but I don’t yet have the courage to do so. I know with you all things are possible. Therefore, I ask for an increase of courage to take the next step towards living a radically obedient life with you. I give you permission to develop that courage in me through whatever circumstances you see fit. Thank you, Lord, for honoring my prayer.*

\*\*\*\*\*

I’d love to hear what happened if you said either of those prayers. If you are comfortable sharing, email your story to me at [Kris@BeginToShift.com](mailto:Kris@BeginToShift.com).



## **Stops on my "CRAZY" Adventure!!**



*Thanks for checking out the sample of this book. If you'd like to read the whole story and all the divinely "crazy" things that happened along the way, click on the book picture above or copy/paste the link below into your internet browser.*

*I look forward to sharing my "Crazy" Adventure with you!*

*:) ~Kris Castro*

### **Purchase Link:**

**<http://BeginToShift.com/Crazy-Book-Purchase>**

**\$14.00 (+ tax and shipping)**



## Adventure Testimonies

***“Kris Cavanaugh Castro stopped by Life Church in late October 2018. She was traveling through our area and asked if she could give her testimony at our Celebrate Recovery. At first I was a bit leery, but after reading her story and getting a chance to meet her, I knew God had led her to our group. Her testimony was exactly what several of our attendees needed to hear that night. She spoke with great clarity and you could feel the passion in her words. Her life-story is a true testimony of God’s faithfulness. If you are in need of a speaker for an event, or a testimony at your local recovery meeting, I would highly recommend Kris.”***

– Cindy M., Life Church (Houston, TX)

***“I had the pleasure of meeting and housing Kris Cavanaugh Castro for a day over the Summer of 2018 when she spoke at our Celebrate Recovery meeting. Kris was very comfortable talking to our group, interacted well with everyone, and was a positive encouragement to those who spoke with her after the meeting. I have confidence she will do well in whatever she feels God is leading her to do.”***

– Dana P., Female CR at Leader at Lebanon Evangelical Free Church (Jonestown, PA)

***“Kris gave a professional presentation at a Recovery group I work with. She was punctual, positive, and encouraging. She connected well with many of our attendees.”***

- Seth T., Trained Recovery Coach (Amarillo, TX)

## Work With Kris During Your Adventure

*As you embark on your Adventure, are you interested in having Kris coach and mentor you through each stage of it?*

Kris also loves to work with groups (either on site or virtually through video conferencing) to facilitate an environment for everyone to support and encourage each other during their individual Adventures with the Lord.

Prayerfully consider meeting with Kris to chat in more detail about how to make that happen by calling 404-551-3601 or emailing her at [Kris@BeginToShift.com](mailto:Kris@BeginToShift.com).

*Check out Kris’ client testimonies at the end of this book.*

## Why Invite Kris To Speak To Your Group?

Kris Castro is passionate about making a difference in the lives of those around her through giving them hope, encouraging them in their challenging circumstances, and helping them transform their relationship with the Lord in a deeper way. She describes herself as a Faithful Warrior, an Inspiring Visionary, and a Bold Change-Agent after 50 years of walking with the Lord through both joyful and extremely difficult seasons of her life.

Kris's company, Shift Inc.™, creates possibility-rich environments filled with laughter, encouragement, and affirmation leading others to endless growth opportunities. Her programs help others: Realize their identity in Messiah; Achieve the destiny the Lord desires for their lives; Enhance their potential; Increase their confidence levels; and Overcome obstacles more easily to attain their heart's desire in every life area.

Kris absolutely loves coaching, training and mentoring others in a deeply transformative way using the Holy Spirit as her guide.

### During Her Presentation Attendees Will:

- Learn the biblical concept of trusting the Lord and surrendering to His will in a deeper way
- Shift from merely experiencing life challenges towards having “adventure opportunities” with the Lord
- Understand the benefits of fully stepping into a Matthew 6:25 lifestyle
- Discover tangible faith growth opportunities both personally and professionally
- (For Sessions Over A Few Days): Experience a deeper dive into all Kris' adventure lessons, and have focused time to determine what their own Adventure with the Lord might be in this season of life

### This Presentation Is Great For:

- Retreats / Conferences
- Women's or Couples Groups
- Sunday School / Wed Night Services
- Christian Professional Groups / Organizations
- Faith Organizations of any size

### How To Book Kris For Your Next Event:

Call Kris at 404-551-3601 or email the answers to the questions below to Kris@BeginToShift.com (after receiving your email, Kris will call you within 24 - 48 hours to discuss your event in more detail).

1. How many people will be attending this presentation?
2. Where will the presentation be held? (Event Location Name & City/State)
3. Is this a 60-min presentation or Several Sessions Over A Few Days?

***For organizations that do not have a budget for speakers, ask Kris about her “love” offering opportunity :)***

***Testimonies from groups who have invited Kris to speak previously are included in the next section.***

## Speaker Testimonies

***“One of our IT Managers referred Kris to us as a speaker for our Women of AT&T luncheon. Her interactive presentation proved to be very insightful and valuable to everyone in the room. Several employees thanked me afterwards for inviting Kris to speak and suggested we have her come back for another event. I would highly recommend Kris to any company seeking to motivate their employees to be their best because she has a natural way of helping them “connect the dots” and providing strategic tools to make it happen.”***

- Theresa Spralling, Senior Associate Director of Training, AT&T

***"On behalf of the U. S. Small Business Administration, I would like to thank you for agreeing to participate as one of the instructors for the "WNET Roundtable." The vast majority of attendees gave the workshop an "Excellent" rating which is the highest rating possible. You presented the topic, "SHIFT-ing from Stuck in Neutral to C.E.O. of Your Life" in a very profound manner. The information imparted to the participants was well received. They are more knowledgeable about cultivating a CEO mindset in every area of their businesses, careers, and personal lives. You played a major role in making the workshop a successful event."***

- Charlotte Johnson, Business Development Specialist, U.S. Small Business Association of Georgia.

***“Kris provided an insightful and helpful coaching workshop for my team members. Her ability to immediately connect to everyone made the presentation very easy to follow and interact. She elicited feedback and dialogue which made the time go almost too fast! My team members have all given me feedback that she gave them new tips on***

***managing stress and time. It was said that they would immediately implement the tools provided during Kris’s talk with us. Many have asked to have Kris speak to their direct reports. I would recommend Kris Cavanaugh to any group looking to grow and improve immediately. She will help anyone achieve the business and personal goals they have set for themselves.”***

- Dr. Pam Hale, Former Regional Manager, Banfield Pet Hospital (a Pet Smart Partner)

***“Kris recently spoke at our monthly luncheon, educating our members about how to SHIFT their lives from the norm of feeling powerless, imprisoned, or disillusioned by the many complexities and stresses of life, into becoming the CEO of our own lives and destinies. Her delivery was excellent, engaging, and insightful. I would highly recommend that the next occasion you have to allow Kris to speak to your association or group. Definitely do so, being prepared to look inwardly during and after. Kris poses hard questions that caused us all to examine where we have been, where we are, and where we WANT to go. She rounds that out with HOW to get there... Excellent!”***

- Scott Brown, President, Atlanta Chapter of the National Funding Association

***"Kris recently conducted a program as part of an Executive Skills Boot Camp for the Kettering Executive Network (KEN). KEN is an executive group dedicated to "Pay it Forward" and Personal Development. During the program Kris shared her SHIFT philosophy and grabbed the attention of all of the 40 participants. Each one walked away with a better understanding of how to develop their own plan to become the CEO of their life. Many of the participants have since commented that Kris' approach is an easy to talk about, but hard to do topic. The "Taking Control of Your Life" presentation has helped them make tremendous progress. If you are looking for a speaker that is not only inspirational but also give practical, actionable advice, I would highly recommend that you talk to Kris. She did a great job for us and was fun and easy to work with."***

~ Michael Robertson, Kettering Executive Network Program Manager

***"We invited Kris to participate in our Annual Staff Meeting to present on the topic of Stress and Time Management. Leading up to the presentation and during the planning process she communicated well. Her delivery was excellent, and she communicated well with our team. After Kris' presentation many of our team members came to me affirming the value they found in the training. She was well prepared for her presentation, yet exhibited flexibility to meet the needs of the audience. Her presentation was interactive. She asked great questions, listened well, and provided insightful practices for dealing with stress and improving time management."***

- Jack Bruce, C.O.O., BIS Benefits

## About Shift Inc.™

Kris' company, Shift Inc.™, provides coaching and training services to individuals, leadership executives, and teams.

Coaching and Training are often used interchangeably, but they are different styles of development. In a nutshell, training is more about transferring knowledge while coaching is about enhancing knowledge.

Training is driven by the trainer who generally controls the process and is satisfied with providing knowledge and building skills. **Coaching, on the other hand, is a facilitated conversation where the coach and client partner to create an environment and a flexible structure to achieve desired professional or personal results.**

Coaching does this through helping a person focus their energies effectively; encourages the full utilization of strengths; identifies weaknesses and transforms them into strengths; applies feedback and review of key challenges; and reinforces the behaviors that serve you well to continue progress toward your short and long-term goals.

Both training and coaching do an effective job developing people. However, coaching tends to have longer term results. The ICF (International Coaching Federation) defines coaching as partnering with clients in a thought provoking and creative process which inspires them to maximize their personal and professional potential.

Most clients invest in a coaching program because the journey to achieve their goal or overcome their challenge is often complex and they know **they'll fast-track their progress with the support of a certified Coach.**

Coaching programs are structured so the Client steers the journey, and the Coach acts as a trusted advisor along the way. It's similar to fictional stories where the main character feels compelled to do something and begins his journey with that goal in mind, but has absolutely no idea of how to make it happen. Because of that, the main character typically asks the person he trusts the most to accompany him on the journey as a second set of eyes, an objective observer, and a companion to brainstorm with.

**During Shift Coaching programs, I become that trusted advisor, but I am never in charge of the journey. YOU are.** You take the lead and I guide you towards the knowledge and resources you need during your journey, using standard ICF coaching competencies and consulting, training or mentoring as needed.

The best fictional analogy I can think of for a coach/client relationship is Frodo Baggins and Samwise Gamgee from *The Lord of the Rings*. Frodo felt compelled to destroy the One Ring in the fires of Mount Doom in Mordor, but had no idea how to go about it because it was a mammoth task with no clear plan of action. Frodo knew he couldn't do it alone, so he asked Sam to join him.



Sam didn't tell Frodo how to begin his journey or what steps he needed to take. He simply waited for Frodo to make up his mind and followed him onward. During the journey Sam helped Frodo determine the results he wanted, provided insight, asked him questions when he was curious or felt something wasn't quite right, assisted in creating action plans, encouraged him, and held him accountable for his goal, no matter how agitated Frodo got with him along the way.

Sam also helped Frodo see alternatives he hadn't considered, and his mere presence became Frodo's strength when Frodo became too weary and wanted to give up. Overall Sam was the rock (and catalyst) that Frodo needed to achieve his goal. Without Sam, Frodo may never have reached Mount Doom.

One of my main responsibilities as your Coach is to hold you accountable to your goals and "hold your hand" through the change process when forward movement becomes very difficult. I always tell my clients before they start their coaching program: *"The change process will often be difficult and may bring periods of intense joy or intense discomfort. As you are experiencing the forward movement of change, celebrate whichever period you are in because it means you are getting much closer to where you desire to be in your personal or professional life."*

Through my programs:

- **I will ensure your success** by committing to providing a safe environment in which you can be yourself, and experiment, fantasize, and strategize about your choices without limitation.
- **I will challenge you** to step outside your comfort zones to tap into your potential.
- **I will speak the truth as I see it**, even if you do not like what you hear because my job is to ensure that you stay on track with the vision you set at the beginning of our program.
- **I will also keep our conversations confidential** so that you are free to express yourself however you are feeling in the moment.
- My most successful clients never give up. They push through their fears and difficult circumstances to find alternatives to get what they want no matter how hard their journey.

**If you are ready to invest in yourself or your team through a Coaching Program,  
contact me at  
404-551-3601 or go to this link to set up a complimentary coffee and  
conversation:**

**[www.BeginToShift.com/Make-The-Shift](http://www.BeginToShift.com/Make-The-Shift)**

## Client Testimonies

***“Before starting Kris’ program everything looked like it was going well, but internally I felt stuck. Somehow, I couldn’t take the steps needed to realize the business dream (which required a change in business model) I have had for over ten years. I wanted to feel passionate about my work, knew I needed help and started working with Kris.***

***My only expectation from the program was that I would see enough improvement by the end of six months so that I felt like I got a good return on this investment. Today was my last call of the six-month program and I would not have guessed that such incredible improvement could be made in such a short period of time.***

***I got unstuck!!! I got my passion back!!! I got the spark again that was suppressed for a long time!! Working with Kris provided me with an unbiased and trained professional who created the space to focus on my goals.***

***It really helped that she never told me what I should do and allowed me to find the conclusions myself within a professional framework. I always felt in control and that I had the ability to find the answers within myself. This was very empowering. I’ve begun working on my goals for next year. The best thing is that I’m very excited to get started on this next phase and achieve even more in the next six months. Thank you, Kris!!”***

- Christi Cano, Consultant

***“Kris is amazingly organized and thorough. She accomplishes objectives with compassion and sensitivity. She is amazing in her ability to connect closely with people from all walks of life. I recommend Kris highly...she has the gift of encouragement and being able to help people find and reach their calling.”***

- Adel Thalos, Associate Pastor, Presbyterian Church of the Redeemer

***“Kris’ coaching program has helped me examine the things in my life that are important in order to realign my actions to be more consistent with conscientiously maintaining a values-centered life. This program has provided me with a framework to hold myself accountable for living my best life possible and given me an opportunity to regularly prioritize what is important to me so I can align my actions to achieve my personal and professional goals.”***

- Alicia Segars, Restaurant Owner

***“I was not getting anywhere with my writing and struggling to finish my first novel. After investing in Kris’ program, I joined three writing critique groups to better my manuscript. I am also attending conferences and learning how to hone my craft. I am no longer afraid to ask for guidance. I learned that I am worth having the confidence and esteem necessary, and that with a little hard work and soul searching, I can do what I set my mind to do.”***

- Cindy Pope, Author

***"I am a true believer that people come into our lives for a reason. Kris has allowed me to look at my life personally and professionally and prioritize what is important to me. Her expertise, kindness and compassion are a recipe for success, and I would like to officially recommend Kris if you are interested in becoming CEO of your own life!"***

**- Amy Conmy, Sales Manager**

***"For a long time I put off the notion of hiring an Executive Coach, even though there are many books and professionals that swear by it. When I decided to hire Kris, it was an easy decision. She is one of the most positive people I know and from initial strategy discussions to coaching calls; she had questions and solutions that were completely out-of-the-box. I admire how she can take a problem and break it down to a process. Process is something I am excellent at in business, but she has helped me see how I can apply it to my personal life as well."***

**- Todd Nielsen, CEO, Decision Systems Plus, Inc.**

***"I worked with Kris for only 2 sessions. She was able to quickly sort through my muddled thought process and pin point the main issue I had difficulty identifying, she then helped me to set a schedule that was practical and would help me to achieve my goals. I also read her book "Stuck to CEO" and did the exercises. They were extremely helpful in gaining insight and overcoming the negative thoughts that get in the way of success. I highly recommend Kris if you are seeking a coach to help get you from where you are to where you want to be!"***

**- Audrey Filardi, Owner, Full Circle Wellness LLC**

***"I hired Kris for a Strategy Meeting to help me transition more effectively from an employee role into a business owner role. During that meeting Kris helped me gain more clarity around the challenges I was facing and guided me in creating tangible solutions to step out more powerfully in my work and life. By the time the meeting was done I felt more confident about how to proceed and much more certain that I could create the long-term success I desired."***

**- Larry Megugorac, Owner, Source Point Associates**

***"I have had the opportunity to work with Kris over the past few months and I am thrilled to note the progress I have made both professionally and personally. I am part owner in a family business and I have had many challenges to work through (as any business owner). Kris has helped me become more proactive in all my challenges and has taught me tools to become a more effective and productive business person! I highly recommend Kris and look forward to continued relationship with her."***

**- Jill DelValle, Vice President, Lincoln Family Group**

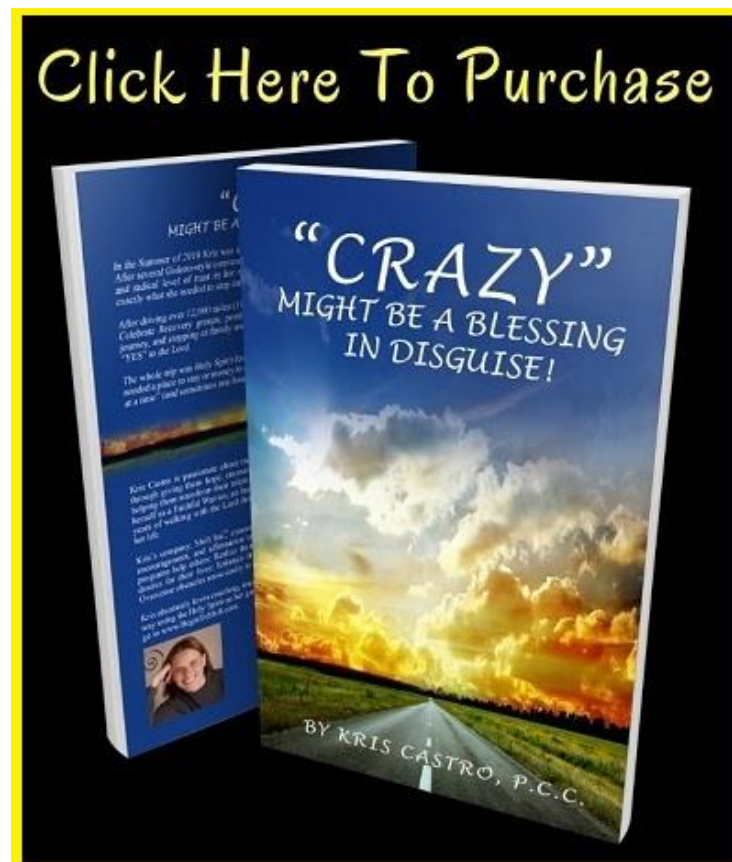
***"Kris is an amazing wonder. She has really transformed my life, allowing me to shift what was a high revving engine stuck at 75 in 3rd gear, to a much more manageable 80 in 6th. Much like this example, Kris brings efficiency to each***

**aspect of inner engines. She balances all pieces and allows things to move with greater fluidity – adding lubrication to stuck areas and fuel to already firing synapses. She does it all with an aplomb and professional, yet friendly and fun-loving demeanor. Her work in helping me align my goals, needs, wants and more has been monumental already – and I expect will continue to grow, expand and evolve. Thank you, Kris! I encourage anyone reading this recommendation to act now – not wait 2 years like I did – and hire Kris.”**

- Andy Greider, Owner of Marketing Pedagogy

**“I would recommend that all people speak with Kris for advice on how to juggle their personal lives with their business’s needs. It is hard to strike a balance between the two and Kris can show you how to do that as well as many other things to help you realize that life is for living, not existing!”**

- Melissa Jennings, Commercial Lines Producer, Stevenson, Shockley, Stevenson, Inc.



**Purchase Link:**

**<http://BeginToShift.com/Crazy-Book-Purchase>**

**\$14.00 (+ tax and shipping)**

## Legal Disclaimer

The author and publisher of this book and the accompanying materials have used their best efforts in preparing this book. The information contained in this book is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this book, you are taking full responsibility for your actions.

Your level of success in attaining the results claimed in our materials depends upon the time you devote to the program, ideas and techniques mentioned, your finances, knowledge and various skills. Since these factors differ according to individuals, we cannot guarantee your success. Nor are we responsible for any of your actions. Many factors will be important in determining your actual results and no guarantees are made that you will achieve results similar to ours or anybody else's. In fact, no guarantees are made that you will achieve any results from our ideas and techniques in our material.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for informational purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

This book is © (copyrighted) by Shift Inc. No part of this may be copied, or changed in any format, sold, or used in any way without permission.