



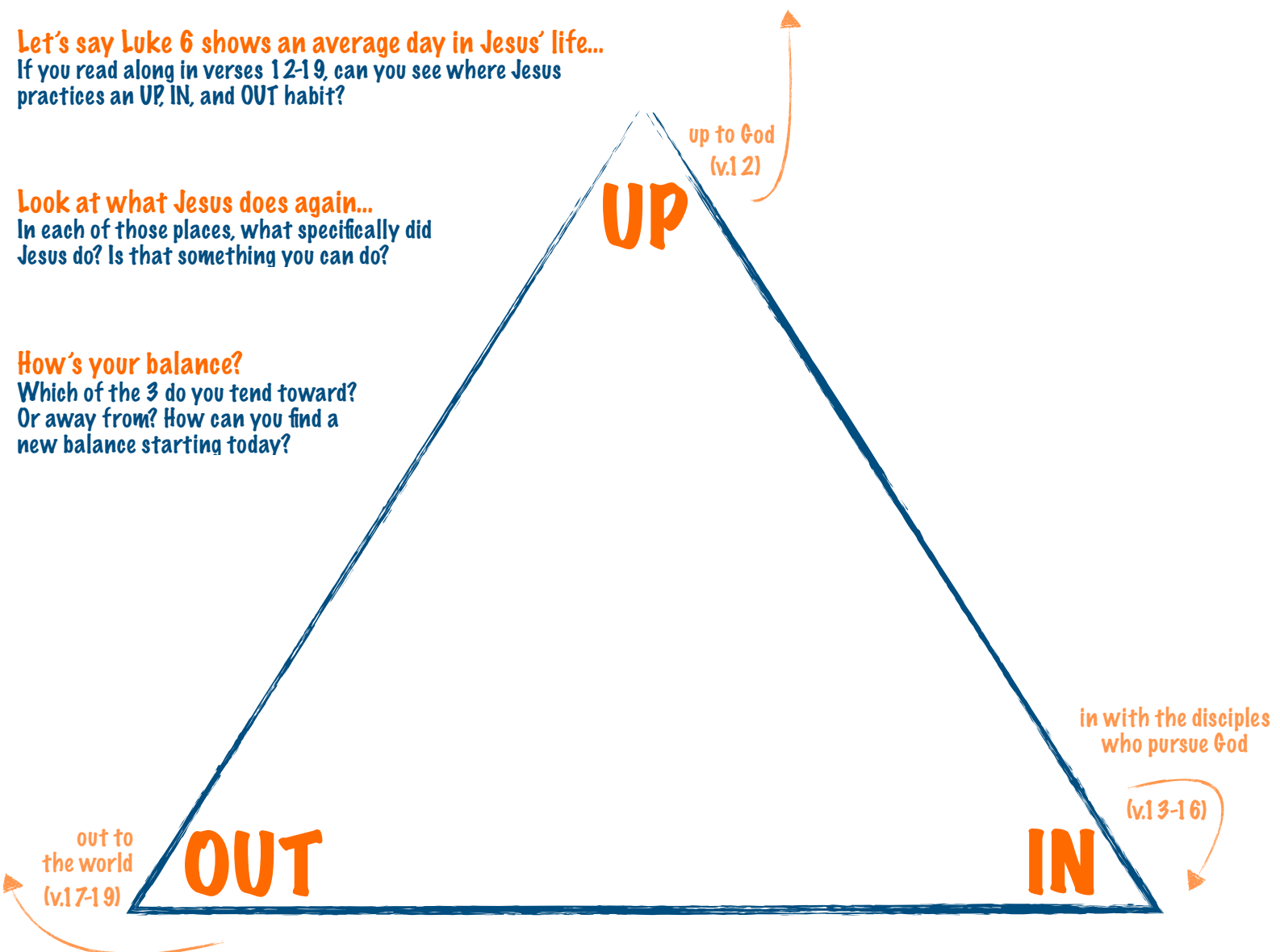
LIVE A **BALANCED LIFE** LIKE JESUS

If you look at a day in the life of Jesus, you see a rhythm of “UP, IN, and OUT.” UP with the Father, IN with His disciples, and OUT with the world. How do we compare to His balance? How can we imitate Him? Just draw a TRIANGLE with the words UP, IN, OUT and consider the 3 points...

Let's say Luke 6 shows an average day in Jesus' life...
If you read along in verses 12-19, can you see where Jesus practices an UP, IN, and OUT habit?

Look at what Jesus does again...
In each of those places, what specifically did Jesus do? Is that something you can do?

How's your balance?
Which of the 3 do you tend toward?
Or away from? How can you find a new balance starting today?



Want to dig in more?

Find more questions for your discipleship and your discipling conversations on the back!



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**MOST OF US TEND TOWARD 2 OF THE POINTS AND NEGLECT 1.
WHICH DO YOU TEND TOWARD AND WHICH DO YOU NEGLECT?**

**LET'S CREATE A STRATEGY RIGHT NOW TO RESTORE BALANCE.
WHAT INTENTIONAL HABIT WILL YOU ADOPT IN YOUR AREA OF NEGLECT?**

**LET'S GET SPECIFIC ABOUT WHEN YOU'LL DO THAT.
HOW WILL WE KNOW WHEN YOU'VE DONE IT? HOW CAN I KEEP YOU ACCOUNTABLE?**

**THINK ABOUT WHAT LIFE WILL BE LIKE WHEN YOU DO THIS WELL.
WHAT WILL BE DIFFERENT? WHAT DO YOU HOPE WILL CHANGE ABOUT YOU?**

- NEED HELP THINKING OF UP, IN, OUT PRACTICES? -

UP practices: Reading the Word & praying to activate its transformative effect; fasting; solitude with God

IN practices: Accountable & authentic relationships with Christian friends; Small Groups; serving others

OUT practices: Developing trust & mutual friendship with non-believers; serving in community; witness

- NEED HELP STARTING THE CONVERSATION? -

If you've asked "How are you?" and hear anything about "balance" try: "Balancing relationships along with everything else is hard. There's a simple way to get back in balance though. Can I show you?"

If you've been talking and hear that they feel "off" or "out of touch" try: "Sometimes we feel 'off' because we've gotten out of balance. Can I show you a really simple way of balancing our needs and relationships?"