

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...

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

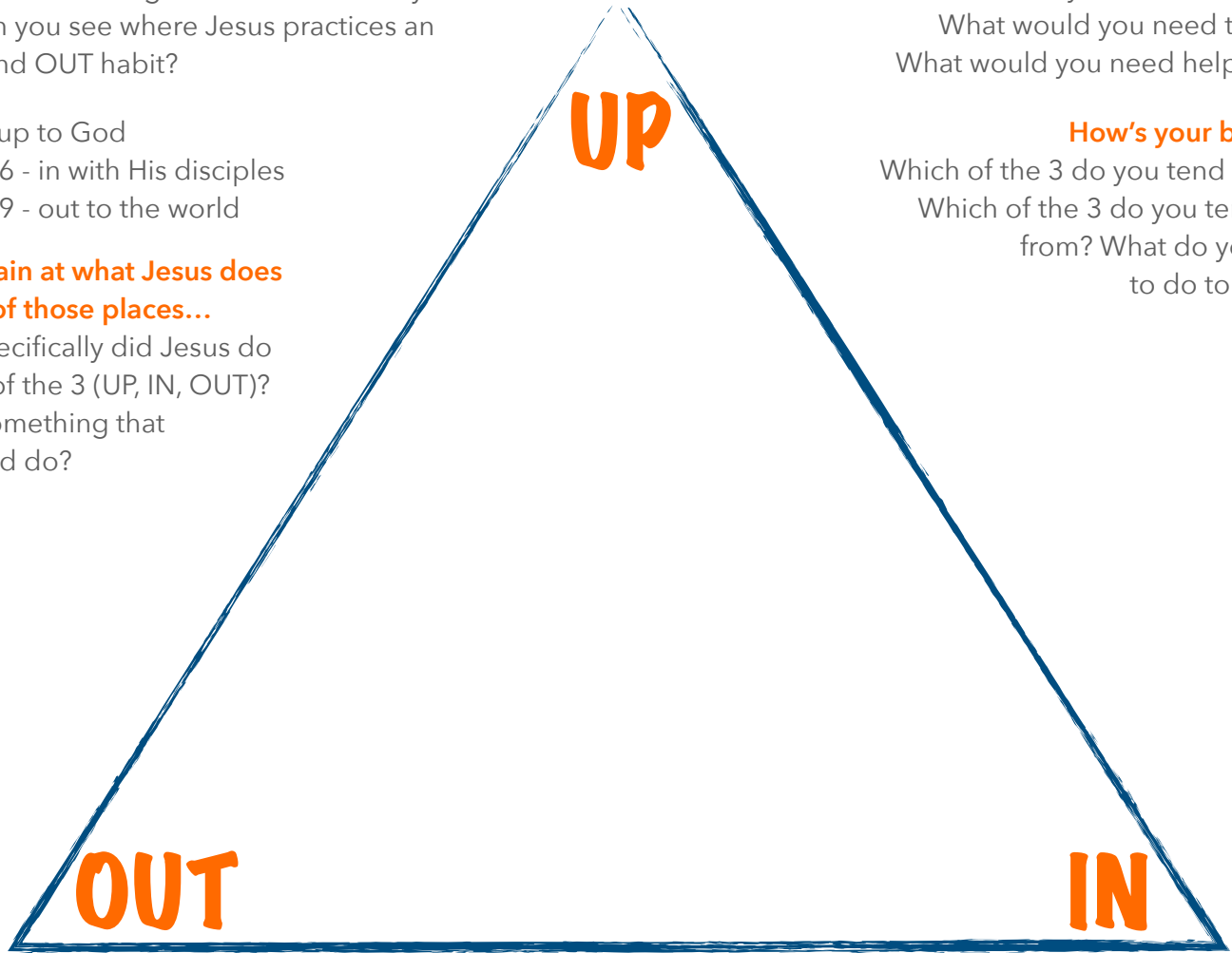
- v.12 - up to God
- v.13-16 - in with His disciples
- v.17-19 - out to the world

Look again at what Jesus does in each of those places...

What specifically did Jesus do in each of the 3 (UP, IN, OUT)?
Is that something that you could do?

If you were going to do what Jesus did:
What would you need to change?
What would you need to learn?
What would you need help doing?

How's your balance?
Which of the 3 do you tend toward?
Which of the 3 do you tend away from? What do you need to do to fix that?



Challenging Questions for UP with the Father

Do you question God's acceptance of you? Are you able to approach Him?
What is your time in the Word like?
Do you use "God-talk"/spiritual language to deflect from your flaws/ fears?
Are you engaging in "God-activities" to avoiding engaging with God Himself?
What do you need to repent of?
How is your prayer conversation with God? How connected do you feel to Him? How effective are your prayers?

Challenging Questions for IN with Other Disciples

Are you ignoring any feelings of anger, sadness, fear, or shame with others?
Can you share freely about your emotions, failures, joys, and pains?
Do you speak up and challenge others?
What do you do when faced with tension and disagreement with other believers?
Who are you discipling right now?
Who do you need to forgive?
Are you a vital participant in Christian community or a consumer at church?

Challenging Questions for OUT with the World

Do you know how to integrate your faith in your marketplace assignment?
How would your co-workers describe your faith? Your influence on them?
Is it clear that your money, gifts, times, and abilities are completely at God's disposal?
Jesus was the Word made flesh and dwelling among us – could you say the same of you among your neighbors?
Who did you last share the gospel with?
Whose life is different because of you?

QUESTIONS FOR REFLECTION AND INTENTIONAL ACTION

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

Empty rounded rectangular box for reflection.

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

Empty rounded rectangular box for reflection.

LET'S GET SPECIFIC ABOUT WHEN YOU'LL DO THAT. WOULD IT BE HELPFUL IF I {CALL, TEXT, FOLLOW-UP AFTER...}?

Empty rounded rectangular box for reflection.

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

Empty rounded rectangular box for reflection.

ADDITIONAL HELP AND RESOURCES

- 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?"