

Up- Jesus spent time with his Father. Jesus engaged regularly in worship and praise on his own

IN- Jesus spent time very intentionally with his followers (other Christians)

OUT- Jesus also spent time meeting the needs in the world around him with God's love, grace and power, often taking disciples with him as he did.

When we embrace and UP-IN-OUT lifestyle, we naturally help one another follow Jesus, thus, having a bigger impact in the world and we naturally disciple those we bring into our communities as they do life with us.

Assess the three areas of your life on a scale of 1-5 (one being weak, 5 being strong).

UP

1 2 3 4 5

What makes me answer this way?

IN

1 2 3 4 5

What makes me answer this way?

OUT

1 2 3 4 5

What makes me answer this way?

Use these questions at any point in your personal reflection to assess these relational dimensions in your life.

Up Questions

Do I make enough space for prayer?

Am I noticing God's strength and power more and more in my life?

Am I living in a state of peace?

Am I obedient to God's prompting?

In Questions

Do I love the people in my community?

How are my relationships with my friends?

Am I discipling others?

Am I making myself vulnerable to others?

Out Questions

Do I have a heart for people not living in the story of Jesus?

How often do I share my faith?

Do I leave time for relationships with non-Christians?

Am I a servant?

Can I take a risk?

Am I generous with my finances to those who do not have enough?