

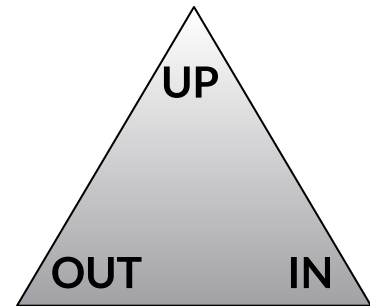
UP/IN/OUT-Scripture set (12 weeks)

FIRST MEETING:

As you begin with your group, **draw this triangle** somewhere everyone can see it, like on a whiteboard.

Share: This Triangle reminds us to live in three relational directions, just like Jesus did:

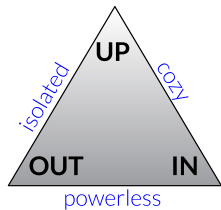
1. UP—Toward God.
2. IN—Toward those who are already-followers of Jesus.
3. OUT—Toward the world, those who do not yet follow Jesus.



Jesus said in *Matthew 22:37-38*, *“Love the Lord your God with all your heart and with all your soul and with all your mind! This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”*

UP, IN and OUT is a way to think about living these Greatest two Commandments. We love God, love our brothers and sisters in Christ, and love the world, offering Jesus’s love and message.

We will go through seasons where we lean more into one or two of these directions than the others, but overall, in order to live a life fully obeying Jesus, we must learn to live intentionally in all three directions.



- An UP & IN life that lacks OUT is a COZY life, insulated from bad influences, but also from the world that needs the light of Jesus.
- An IN & OUT life that lacks UP is a POWERLESS life, disconnected from the One who is the source of true, abundant life and who empowers our witness.
- An UP & OUT life with no IN is an ISOLATED life, vulnerable to temptation, loneliness and spiritual arrogance.

Have each person draw the triangle in their journal or on paper, then answer the following questions:

1. How would you score yourself on each corner of the triangle on a scale from 1-10, based on how you feel about the strength and priority of each of those relationships?
2. How about our group as a whole?

After giving a minute or two, ask each person to share responses and observations. Then share, “These passages we will look at over the next few weeks will help us focus on living UP, IN and OUT, along with the Discovery questions themselves, which are designed to help us grow in these three directions.”

Ask these three last questions. If you have more than 6 people in your group or are short on time, you may want to split into pairs or 3’s.

1. What has most grabbed your attention from this conversation?
2. How will you live differently this week? Phrase your plan as a concrete “I WILL” statement. (“I WILL...”)
3. With whom will you share something you learned from our time today?

The following page contains the list of Scriptures and questions you can use for the next several weeks.

MEETINGS 2-11: When you meet, walk through the following questions as a group using the Scripture passages following, a new one each week.

1. What can we praise and thank God for together today?
2. What stressors or challenges can we ask God to help with this week?
3. Who needs help? How can we help them?
4. What was the Scripture we looked at last time? Did you follow through on your "I WILL," and SHARING what you learned with someone?

*Has anyone found a possible "person of peace" (a person not following Jesus, but is open)? Pray together for any people of peace found.

5. Scripture passage for today: Read the passage together at least twice (more if needed), then retell it together as a group without looking. Afterwards, check how you did.

Then, ask and answer these questions together as a group:

- a. What does this passage teach us about God?
- b. What does this passage teach us about people? Are there any examples to follow or commands to honor here, individually or as a group?
- c. Since I believe this is from God, what will I DO in response this week? What about as a group? "I/WE WILL...".
- d. With whom will I share what I learned?

Scripture passages:

Luke 6:12-18	Jesus lives UP/IN/OUT
John 15:1-11	UP–Abide in Him
John 13:1-17, 34-35	IN–Washing feet. Love one another
Acts 8:26-40	OUT–Philip and Eunuch
Romans 11:33-12:8	UP–True Worship
Ephesians 4:25-32	IN–Wholesome talk, be kind, etc.
1 Thessalonians 2:1-9	OUT–Paul in Thessalonica
John 17:1-26	UP–Jesus prays to the Father
Romans 12:9-21	IN– hospitality, outdo one another, bless
1 Peter 3:15-16, Acts 26:2-29	OUT–Paul testifies

FINAL MEETING

Read **Acts 11:19-30** twice, then retell it together. **Ask:** How did these believers live UP? IN? OUT?

Draw the UP/IN/OUT triangle where everyone can see it. As you did the first week, ask people to draw their own triangle and score themselves and your group on each corner of it. Then talk through these questions as a group:

1. What is most grabbing your attention tonight, from the Scripture passage or exercise?
2. Individually, what do you want or need to start doing? Continue doing? Leave behind?
3. As a group, what do we want to start doing? Continue doing? Leave behind?

As in previous weeks, make I WILL statements as individuals.

Then, make a GROUP "WE WILL" statement. What WILL WE stop, continue, or start doing as a group?

Decide with whom you will share something you learned from tonight.