

Up, In & Out

Throughout the Bible we find three elements to be the fundamental aspects of Christian living: **Worship** of God, **Community** with disciples, **Mission** to the world, (c.f. Micah 6:8, Luke 6:12-19) These three areas can also be referred to as 'UP', 'IN' and 'OUT'. We are likely to be inclined to two of the three, but balance in these three areas helps growth as disciples.

Up: Up is the first and fundamental relationship we have. Without a relationship with God, we lack meaning and perspective. But we make a mistake if we limit that relationship to what we do in Church, or even to the bit where we worship by singing songs. Our relationship with God is expressed in many and surprising ways.

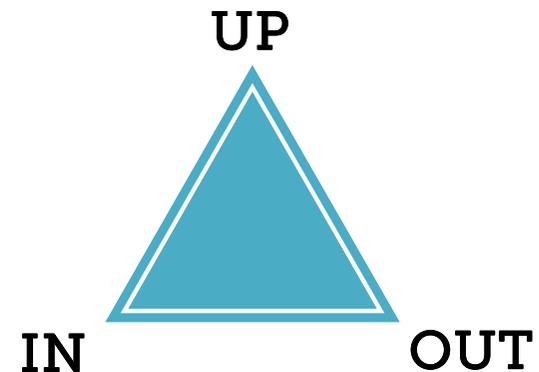
In: If it was 'not good for Adam to be alone' and Jesus gathered twelve around himself, (let alone the seventy two he also sent out and many others), we can see that community is essential to healthy Christian living. By the time of Jesus, covenant friendships meant passing gifts to each other, reciprocating hospitality. Jesus speaks often and powerfully about how disciples must live in relationship with others. This means more than doing the 'official' Sunday and mid-week stuff, it is about sharing more of your life, perhaps your whole life – in a giving and receiving in relationship.

Out: Jesus came for a reason. 'Preaching to all the villages', he said, is why he came (Mark 1:38&39). And he commissioned his disciples to go and do the same. Balanced alongside our Up and In life, is the life which engages with the world in loving our neighbour and making disciples.

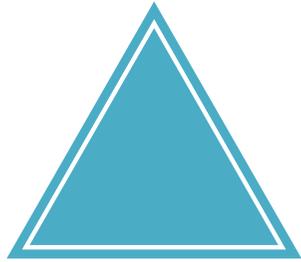


Small Groups at ABC

Discipleship Basics 3:



UP

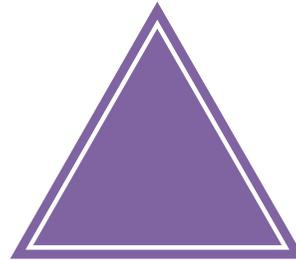


IN

OUT

- Do I make enough space for prayer?
- Do I pursue intimacy with Jesus?
- What issues do I intercede for?
- Am I living in the power of the Spirit?
- Am I seeing personal revival and growth?
- Do I still feel pleasure?
- Am I living in a state of peace?
- Am I afraid or nervous?
- Am I obedient to God's prompting?

UP

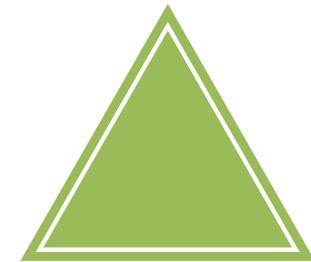


IN

OUT

- Do I love the church family?
- Is time a blessing or a curse?
- Am I resting enough?
- Am I experiencing intimacy in relationships?
- Do I keep my promises?
- How easy is it for people to trust me?
- Am I disciplining others?
- Is my family happy?
- Am I sleeping/eating well?
- Am I making myself vulnerable to others?

UP



IN

OUT

- Do I have a heart for the lost?
- How often do I share my faith?
- Do I have time for relationships with non-Christians?
- Am I 'running the race' with perseverance?
- Do I have a vision for my life?
- Am I 'dying' to success?
- Am I proud of the Gospel, or ashamed?
- Am I a servant?
- Do I find it easy to identify those who are open to the Gospel?