

Up. In. Out.

Lesson Plan—Adults/Youth

(Credit to Mike Breen, author of *Building a Discipling Culture*)

Supplies:

- Handout: Up, In, Out: The DNA of a Disciple



Procedure:

- **Talk about this:** To have a balanced life, followers of Jesus look up to God, support other believers in the church, and go out to bless the world. Luke (6:12-19) tells the story of a day in the life of Jesus. In this story Jesus demonstrates **up** (prays to God), **in** (calls and teaches his disciples), and **out** (touches the troubled).
- **Invite participants to reflect** on one or two of the following questions:
 - Which of these (up, in, out) is easiest for you?
 - Which of these do you think your church does best?
 - What might God be saying to you about one of these areas?

