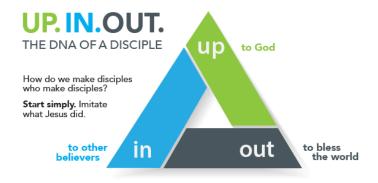
## Up. In. Out.

## 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:
  - O Which of these (up, in, out) is easiest for you?
  - O Which of these do you think your church does best?
  - What might God be saying to you about one of these areas?

