

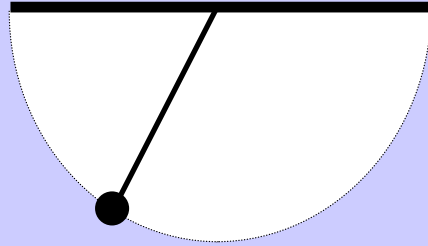
Session 3

The Triangle – Up, In and Out Teaching Outline

Review the Semi-Circle

🕒 5 mins

Without checking back, what are the main issues you remember from the Rhythm of Life? Discuss with three others how you put into effect the changes to your rhythm of life since last week.



You may want to take feedback to the larger group.

INTRODUCTION

WORKBOOK PG. 1

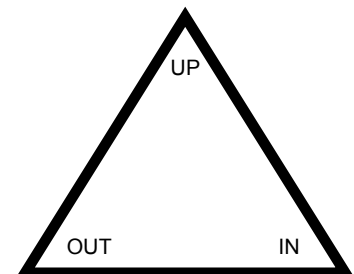
What does it mean to live a balanced lifestyle? Why does life sometimes feel shallow and two (even one) dimensional?

This session is about: *how our lives are defined by relationships: with God, with his people, and with the wider world to which we each connect, and to consider the balance of our own lifestyles.*

- The Triangle represents the three areas that Jesus modelled to maintain a holistic lifestyle. These are the three areas of life that we need to maintain, nurture and develop if we are going to move on in our walk with God.

In this session we will:

1. Study the three-dimensional lifestyle of Jesus.
2. Define each of these areas in relation to our own situations.
3. Examine ourselves for how we are doing in these areas.
4. Do some 'myth-busting' as to what these areas really mean.
5. Consider how to apply these principles more effectively to our own lives.



We can see from looking at Jesus' lifestyle that we are primarily called to relationships, and our lives need to have a balance of focus between these relationships...

- UP with God

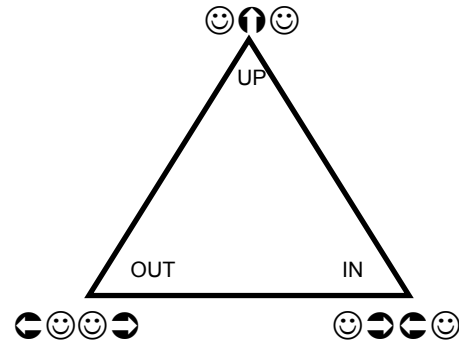
where we develop in intimacy with him

- IN with other believers

where we look to be community

- OUT with non-believers

where we seek to make an impact for the Kingdom of God



SCRIPTURAL BASIS: THREE DIMENSIONS OF JESUS' LIFESTYLE

Key Point

You can see UP, IN, OUT operating on a daily basis in Jesus' life. This lifestyle was thoroughly consistent.

Calling of the Twelve Apostles

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. [UP] When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: [IN] Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, Judas son of James, and Judas Iscariot, who became a traitor. He went down with them and stood on a level place. A large crowd of his disciples was there and a great number of people from all over Judea, from Jerusalem, and from the coast of Tyre and Sidon, who had come to hear him and to be healed of their diseases. Those troubled by evil spirits were cured, and the people all tried to touch him, because power was coming from him and healing them all. Looking at his disciples, he said: 'Blessed are you who are poor, for yours is the kingdom of God' [OUT]

Luke 6: 12-20

UP – Relationship with God, including:

WORKBOOK PG. 2 

- Lifestyle of Jesus marked by an Upward dimension.
- He prayed regularly. In this passage he prayed all night
- He always had sufficient time alone with his Father daily
- Mark tells us Jesus was already at prayer before the disciples woke
- Luke tells us that he could often be found in lonely places praying and that he broke into spontaneous praise to his Father (Luke 10: 21-2)
- John 5:19 Jesus can do nothing by himself, only what he sees the Father doing
- Luke 11: Disciples recognize importance of Upward dimension and ask Jesus to teach them how to pray.

Key Point

Prayer, praise and waiting on his Father was a fundamental element in the lifestyle of Jesus. There was always present the Upward dimension. Jesus was in constant contact with His Father, whom He spoke of in very personal, intimate and familiar terms.

IN – Relationship with the Church (Other Believers), including:



- The lifestyle of Jesus was marked by an Inward dimension.
- After prayer, Jesus called the twelve to become his “small group”.
- Mark 3:13-14 “He called to him - *those he wanted* He appointed twelve – *that they might be with him*”
- Jesus was fully human; a social creature. He needed to be with other people.
- He wanted to spend time and build strong relationships with them, which he did over the three years he lived with them.

Key Point

He came as a human being and showed us the way human beings are to live out their lives in a balanced lifestyle. We are not complete as individuals. We are creatures who need the Inward dimension. We need each other.

OUT – Relationship with Non-believers (Mission), including:



- Jesus prayed to His Father (UP), then called a team of people to work along side him and be company for him (IN).
- Jesus then moved out into the crowd and did the things of the Kingdom, sharing the Good News.

Key Point

There is a pattern revealed in the life of Jesus that shows us that in order to fulfil the great commission, we first need to be in intimate relationship with the Father, then with one another before effectively moving out in the world to share the Good News.

The Up, In, Out dimensions were nearly always hinted at in all of Jesus teachings. Our problem is that we rarely get all three dimensions in balance with each other. Using these can be a great spiritual health assessment tool.

UP - Relationship with God:

Practices of UP

UP is about the environments in which we hear and receive from God.



Key Points

- God’s presence is in your life if you’re a believer, only often it is hidden beneath the surface of our lives and is not obvious.
- Learn how to dig for it through the daily commitment of taking on the spiritual disciplines; we will uncover the hidden presence of God in our lives.
- The disciplines alone become tiring and tiresome, legalism and death.
- Without the disciplines you will have a very uncertain experience of God’s presence
- Intimacy with Jesus grows out of time spent in his presence. Out of this ever increasing intimacy flows the life which enables us to fellowship with one another and takes the light of Christ out into the world.

Practices that develop the Upward dimension

- Bible Study: alone or in a group
- Prayer ➤ Retreat
- Fasting
- Meditation, silence, listening before God
- Worship/Praise: alone at home, in the car or in a congregation
- Work: “Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward.” Col. 3:23
- Holy Spirit ministry – receiving from God through the laying on of hands
- Others you think of

♥ Share your experiences of digging for God’s presence in your life through using the spiritual disciplines.

Exercise

WORKBOOK PG. 3

⌚ 3 mins Take a few minutes and reflect on how you best relate to God? How do you spend time in God’s presence? Discuss with others if you wish.

Note: Take a moment to remind participants that personality does play a part in how we relate to God. Extroverts like to be active and sitting quietly can prove to be a challenge. They may find their most intimate times with Jesus through jogging, hiking or rock climbing, for example. Introverts, on the other hand, can spend hours alone sitting quietly reading or studying. While we all need to practice the disciplines of prayer, stillness and meditation and silence before the Lord, there is grace in who the Lord has made each of us to be and we should walk in that grace.

UP ☺☺ - What really is a relationship with God? (it's not just about quiet times!)

Explain the following three biblical principles which become our core values of how we develop the UP dimension:

- **a spring and not a bucket!** John 4: 13-14

We are constantly open to God's Holy Spirit and can encounter him anywhere, anytime. We practise His presence.

Celebration Worship 5 times of daily prayer and and

- **intimately in touch with God so that he directs all of life** John 5: 19-30

We only do and say what we see and hear from the Father

- **abiding in Christ without whom we can do nothing** John 15: 5

How Up can have 3 Dimensions

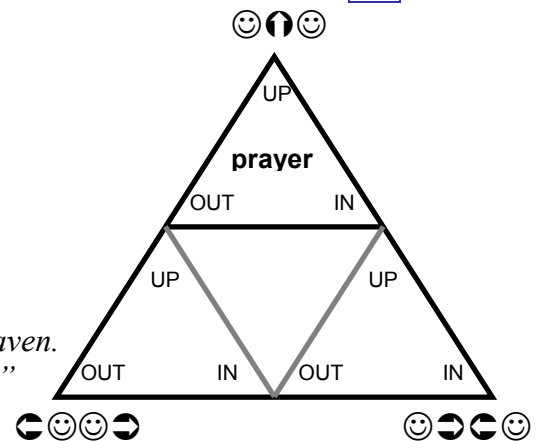
WORKBOOK PG. 4 

Up-In-Out in Lord's Prayer: Matthew 6:9-13

Within this prayer, Jesus refers to bringing glory to God, the importance of transparent and forgiving relationships with each other, and an outward focus towards the world.

UP Dimension: *"This, then, is how you should pray:*

'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, ..."



- In first three verses we find the upward dimension. Everything begins from here.
- The other two dimensions flow from the UP.
- God as our Father is the One to whom we go to receive everything we need.

IN Dimension: *"...as we also have forgiven our debtors."*

- Having confessed our own sin, we deal with the sin that is in our relationships.
- Being in right relationship with others is as important as being in right relationship with God. (Also refer to John 17:6-19)

OUT Dimension: *"And lead us not into temptation"*

- We have dealt with God, with others and now we prepare to move out into the world
- We ask the Lord to lead, guide and protect us from falling into the traps and pitfalls that await us in the world.

IN - Relationship with Other Believers:

Practices of IN

IN is about the community of faith that we are all called to be with.



Key Points

- We are coming out of the most individualistic society known to man.
- The nuclear family is a thing of the past, yet our greatest hearts’ desire is to belong.
- The key element of growth in the church is small groups, the place of belonging.
- Do you belong to a community, where people get real and intimate with one another?
- In authentic community people are interdependent in order to meet relational and emotional needs and where there are in mutually accountable relationships.

Ephesians 2:21-22 says, *“In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.”*

- The connected community is a holy temple, a place where God is present. We can only truly experience the fullness of Christ by participating in community. Christ-followers cannot exist in isolation; to do so impairs spiritual growth, and results in lack of commitment to the Body of Christ.

Practices that develop the Inward dimension

- | | |
|--|---|
| <ul style="list-style-type: none"> ➤ Fellowship ➤ Encouragement and exhortation ➤ Teaching and Bible application together ➤ Strong, open relationships ➤ Mutual support, nurture, ➤ Accountability ➤ Giving and receiving | <ul style="list-style-type: none"> ➤ Others you think of |
|--|---|




Share how your life has been enriched and your spiritual growth helped as a result of experiencing community.

Exercise
WORKBOOK PG. 5

Reflect on the following silently for a few moments.

- Where is your place of belonging within your church?
- Do you have accountable relationships with other believers?
- How do you experience fellowship in Cell, Cluster and Celebration?
- In what ways have you experienced authentic community?
- In what ways is your life lacking in authentic community?
- Where do you give most in relationships with other believers?

 **5 mins** Discuss in groups of three or four.

Biblical Principles of IN

WORKBOOK PG. 5

IN ☺☞☻☺ - What really is it to be the church? (it's not just about Sunday services!)

Explain the following three biblical principles which become our core values of how we develop the IN dimension:

- **confrontation and forgiveness**

Matthew 18: 15-35

We should not bury significant issues we have with others in the Body

We must promptly and humbly talk with them to seek understanding and reconciliation

We must not talk to others about the issue, that's gossip

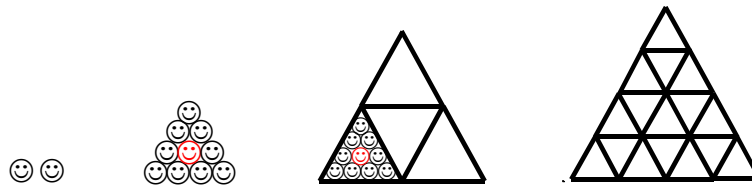
Forgiveness preserves the basis of our relationships in the Body

- **community**

Mark 3: 31-5

Community marks the bond of our belonging as family

We belong in expanding circles: accountability, cell, cluster & celebration



- **covenant**

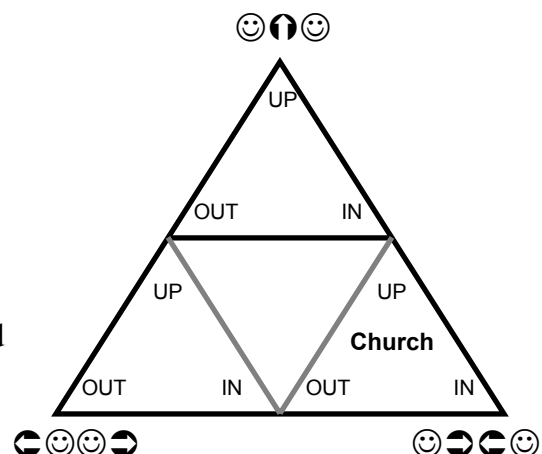
John 13: 34; 15: 12-15

Covenant defines our commitment to sacrificial love and sharing in friendship together

How IN can have 3 Dimensions

Up-In-Out in Church: Ephesians 1-6

A circular letter *to the church, about the church*; foundational model for how we are to 'do' church. How does the church function? What is it supposed to look like? UP, IN, OUT!



UP Dimension: Ephesians 1-2 *“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,”* **Eph. 2:6**

- Chapters 1-2 focus on our relationship with God through Jesus Christ
- Our salvation has been worked out. We have peace with God and access to him

IN Dimension: *“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.”* **Eph. 4:1**

- ‘Live a life’ is actually a translation of “walk”.
- Having been seated with Christ, we are to walk out our faith in relationship with one another, in community, through the unity of the Spirit (4: 3)
- Chapters 4 - 6 explore our relationships as spouses, parents and children

OUT Dimension: Ephesians 6 *Put on the full armour of God.* **Eph. 6:11**

- Paul describes what it is like to be a Christian out in the world, including relationships of masters and workers
- Live as children of the light and put on the full armour of God for protection as we drive back the darkness.

Ephesians 4:16 summarises the 3 different dimensions in a nutshell

Up: *“From him*

In: *the whole body, joined and held together by every supporting ligament,*

Out: *grows and builds itself up in love, as each part does its work.”*

UNPACKING THE CHARACTERISTICS OF OUT

WORKBOOK PG. 6

OUT - Relationship to the World:

Practices of OUT

OUT is about how we relate to the world.



Key Points

- We are to be the hands and feet of Jesus to the hungry, homeless, lonely, afflicted, abused.
- The Great Commission says to GO out into all the world and make disciples, not wait for non-believers to show up in our church services.
- Take the initiative to make friends with non-Christians in your workplace, schools, clubs, sports teams neighbourhood. Look to the people of peace who welcome you, listen to you and serve you. Under the grace of Jesus, look for the people who you naturally connect with, who you like and who like you.

Practices that develop the Outward dimension


- Praying for and expecting opportunities at your work
- Looking for and taking openings in your relationships in the “real” world
- Prayer walking
- Researching your target community
- Being aware of not-yet-Christians who are open to you
- Connecting with the poor and marginalized, lonely, aged or those in prison or hospital
- Standing up for social justice or environmental issues in your community and the world
- Events and groups that foster Friendship Evangelism: reaching the lost
- Going in pairs to seek to bless strangers and form new relationships
- Others you think of



Share how you intentionally seek new relationships with non-believers and how using the person of peace concept has helped with the Outward dimension of your life.

Exercise**WORKBOOK PG. 6**

Reflect for a moment on how you currently relate to not-yet-Christians. How much time in a week are you in that environment? Do you see yourself more as light (an example) or salt (closely engaged) in the world? Do you actively look to build relationships with non-believers?

 **5 mins** **Discuss in groups of 3 or 4.**

Biblical Principles of OUT

WORKBOOK PG. 7

OUT ☺☺☺☺ What really is mission & evangelism?

(it's not just about foreign lands, Billy Graham & altar calls!)

Explain the following four biblical principles which become our core values of how we develop the OUT dimension:

- **time** Matthew 9: 37-8; Luke 10: 2

In prayer, discerning when and where the harvest is ripe

- **team** Mark 6: 7; Luke 10:1

Two is the minimum Jesus ever sent out

- **target** Matthew 10: 5-6 & 11-14; Luke 10:6

Know your mission field and look for people of peace

- **task** Matthew 10: 7-8; Luke 10:9

We minister in compassion and power, knowing the Kingdom is near



recognising a 'person of peace'

Welcomes you

Listens to you

Serves you

Explain that in all four episodes of Jesus sending out his followers, he refers to those he expects to be open to them with a welcome, ready listening and hospitality. They are people with whom you naturally have something in common. This frees us up for witness, we don't have to force ourselves on those where there is not connection or chemistry.

Exercise

🕒 **5 mins** Who are your 'people of peace'? Discuss in groups of 3-4. Then pray for them and your relationship with them.

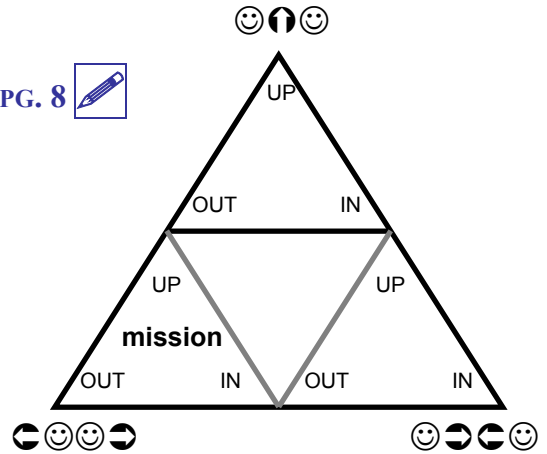
🕒 **3 mins** When have you gone out with others, taking nothing except the gospel and prayer, seeking to **ble**ss people and **bu**ild relationships with new 'people of peace'?

How Out can have 3 dimensions

WORKBOOK PG. 8 

Up-In-Out in Mission: Read Luke 10:1-16
Jesus Sends out the Seventy-Two

The same basic principles of outreach that Jesus taught the twelve and the seventy two were the same basic principles used by the early church in their evangelism recorded in Acts, and serve as the model for us today.



UP Dimension:


- The disciples were to first of all, pray for the Lord of the harvest to send out workers.
- They were to take nothing with them; instead, they were to trust God for their provision. They were to be completely dependent on God for their needs.

IN Dimension:

- They were sent out in teams of two. There were no lone rangers.

OUT Dimension:


- They were to go to the lost and preach “the kingdom of heaven is near.”
- How? By looking for people of peace.
- A person of peace will: – Welcome you; – Listen to you; – Serve or support you


 Share personal stories of people of peace in your life

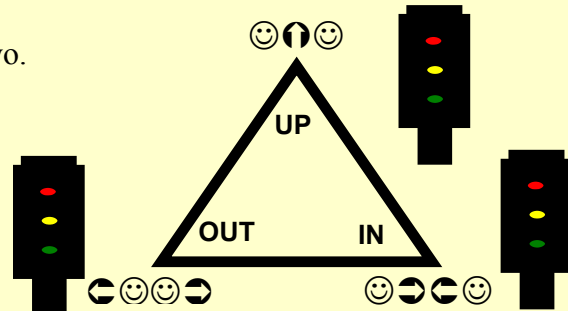
PERSONAL APPLICATION – WHERE I’M WEAKEST

WORKBOOK PG. 8

Exercise
WORKBOOK PG. 8

 **2 mins** In order to help the participants see where they are with God, and which areas of their life need to be addressed, have them identify themselves on the traffic lights red, yellow or green, or give themselves a score of 1-10, (ten being the highest) on each dimension.

 **5 mins** Have them share in groups of two.




Sharing with others on the course will mean that if certain areas of their life are not in order, they can discuss why and have the support and advice of others readily available.

Some consequences of an unbalanced life, when we are likely to lose our sense of inner peace:

1. Burnout: When the majority of one's time is spent in fellowship and in ministry, or on the mission field, not spending enough time in prayer, then you will wear yourself out and dry up.
2. Isolation and Loneliness: When all of one's time is committed to prayer and ministry, but secure relationships are not sustained, conflict and breakdown of relationships with family and friends can result. You may face loneliness and having little support from others for the work that you do.
3. Ineffectiveness for the Kingdom: When, as believers, we commit all our time to prayer and being in fellowship, then we will be 'drop-outs' from the world, not engaging with the world and therefore we will not be 'salt and light' within it.

 **Key Point**

The reason why Jesus was so effective and so empowered in every situation was because He did all three things all the time.

 Share any experiences you've had as a result of being unbalanced in relationships

Two-Axis Churches?

If there is time, you may want to explain some trends in churches nationally, which sometimes can have a link with a broad tradition:

Strong: on UP and IN These churches are often charismatic churches which are enthusiastic about worship and the gifts they receive from God, and also emphasise developing close community

Strong: on UP and OUT... These churches can tend to be evangelical churches which stress a relationship with God and his word, and encourage personal evangelism to bring others to faith.

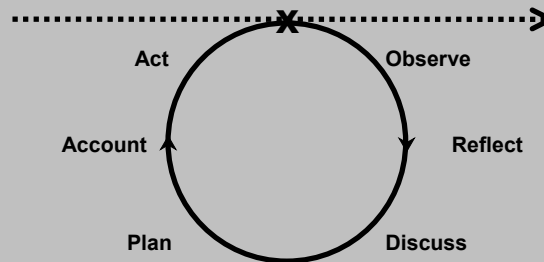
Strong: on IN and OUT ... Some liberal churches value relationship in community and are strong on social action and justice issues.

Close the evening with prayer

Taking this further... (otherwise known as Homework!)

Application to Life

☉ Put your weakest area of the Triangle (probably the area you most sense God raising with you -as a *kairos*) through the Learning Circle, considering what God might be calling you to do...



☉ Make yourself accountable for your plan ... setting achievable and measurable goals

☉ Pray throughout this week for the person God highlighted as a 'person of peace'. Look to spend time with them whenever you can.

Further Reflection

☉ Reflect on the Lord's Prayer as a way to focus on Up, In and Out. Use it in your time with God as a structure to pray through the Up, In and Out dimensions of your life.

☉ Look back on your life as a Christian so far. Identify the seasons where your life was strongly on one axis or another of the triangle (neglecting one area). Draw a timeline depicting this.

Further Bible Study



☉ Spend some time this week reading through the book of Ephesians. Can you see a flow of Up, In, Out through the six chapters? Where? (cf Watchman Nee's book on Ephesians 'Sit, Walk, Stand')

☉ Scripture Search! Your challenge, should you choose to accept it, is to find examples where you think you can see the Up, In and Out process at work in:-

- a psalm
- Jesus in the gospels
- the disciples' lives in Acts
- the New Testament letters
- an Old Testament narrative