

For Participants

Thank you for joining us on this series we are calling **UP – IN – OUT**. We are focusing on 3 dimensions or aspects of our walk with Christ. We recognize that these dimensions or direction are simply handles to help us see and grasp what God is doing and wants to do in us.

- **UP** – worship
- **IN** – spiritual formation and growth
- **OUT** – reaching out

We are beginning with **Luke 6:12-19**. There are several parts to this study.

- Scripture reading
 - We want to encourage you to be in the Word and to let the Word shape us.
 - There is something powerful about reading and soaking in and reflecting on the Scriptures individually and together.
- Sunday messages
 - They are available here in case you can't be present for a Sunday service, or you want to watch the message again. <https://occweb.org/sermons/series/up-in-out/>
 - We will also show a short video summary of the message in each small group gathering.
- Questions for personal and group reflection
 - Again these will be posted here: <https://occweb.org/sermons/series/up-in-out/>
- Zoom conversation – link is here
- There will also be additional resources posted

Week 1 | UP – IN – OUT

Read **Luke 6:12-19**

Watch the short video summary of the message

This first session is an overview of the interaction and connection of these 3 directions / dimensions: **UP – IN – OUT**

- **UP** – worship
- **IN** – spiritual formation and growth
- **OUT** – reaching out

Most of us are better at one or two of the directions / dimensions rather than all three.

- What about you?
- Where to you see your strengths?
- What about the dimension where you are weaker?
- Why do you think that is?
- What ways do you need to be intentional in order to have a more balance in your lifestyle of discipleship? Or to put it another way”
What steps can you take to be more intentional about incorporating each dimension into your life?

Jesus lived out his life in these three relationships:

- **UP**—with his Father;
- **IN**—with his chosen followers;
- **OUT**—with the hurting world around him”

Let’s look at these in **Luke 6**.

- **UP**: Our relationship with God. In **Luke 6:12**, we see Jesus spending time in prayer. In the midst of so much he could be doing, Jesus takes time to pray to His Father. This shows how strong and how important Jesus considered his relationship to God.
- **IN**: Our relationship with other Christians, especially those we are discipling. In **Luke 6:13-16**, we see Jesus calling the apostles into a discipling relationship with him. They are going to spend a lot of time with him and be trained by him.
- **OUT**: Our relationship with the world, that is, with those outside the Kingdom of God. Jesus obviously did not live blocked off from people who weren’t good, synagogue-attending Jews. He went

out into the world and worked to touch people’s lives with the Kingdom of God. We see this in **Luke 6:17-19**.

Luke 6:12-19 shows us part of a day in the life of Jesus. This short passage contains all three directions / dimensions. As you read through it and identify the **UP**, **IN**, and **OUT** in Jesus’ day.

- What do you observe from the way Jesus does **UP – IN – OUT**?
- Is God calling you to do anything about it?
- Is God saying anything to you in this teaching?
- What will you do about it?
- How do you see the interplay between the **UP – IN – OUT**?

This week:

Read **Luke 6:12-19** this week – several times – each time using a different translation

As you read it, immerse yourself in the text. Imagine yourself being there.

Ask yourself:

- Who do I identify with?
- What do I see Jesus doing?
- What do I hear Jesus saying?

Next week we will focus on the **UP** direction /dimension of life in and with Jesus.

Luke 6:12-19

V	NIV	NLT	MSG	Good News
12	One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.	One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night.	At about that same time he climbed a mountain to pray. He was there all night in prayer before God. The next day he summoned his disciples; from them he selected twelve he designated as apostles:	At that time Jesus went up a hill to pray and spent the whole night there praying to God.
13	When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles:	At daybreak he called together all of his disciples and chose twelve of them to be apostles. Here are their names:		When day came, he called his disciples to him and chose twelve of them, whom he named apostles:
14	Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew,	Simon (whom he named Peter), Andrew (Peter's brother), James, John, Philip, Bartholomew,		Simon (whom he named Peter) and his brother Andrew; James and John, Philip and Bartholomew,
15	Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot,	Matthew, Thomas, James (son of Alphaeus), Simon (who was called the zealot),		Matthew and Thomas, James son of Alphaeus, and Simon (who was called the Patriot),
16	Judas son of James, and Judas Iscariot, who became a traitor.	Judas (son of James), Judas Iscariot (who later betrayed him).	him.	Judas son of James, and Judas Iscariot, who became the traitor.
17	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 coastal region around Tyre and Sidon,	When they came down from the mountain, the disciples stood with Jesus on a large, level area, surrounded by many of his followers and by the crowds. There were people from all over Judea and from Jerusalem and from as far north as the seacoasts of Tyre and Sidon.	Coming down off the mountain with them, he stood on a plain surrounded by disciples, and was soon joined by a huge congregation from all over Judea and Jerusalem, even from the seaside towns of Tyre and Sidon.	When Jesus had come down from the hill with the apostles, he stood on a level place with a large number of his disciples. A large crowd of people was there from all over Judea and from Jerusalem and from the coast cities of Tyre and Sidon;
18	who had come to hear him and to be healed of their diseases. Those troubled by impure spirits were cured,	They had come to hear him and to be healed of their diseases; and those troubled by evil [unclean] spirits were healed.	They had come both to hear him and to be cured of their ailments. Those disturbed by evil spirits were healed.	they had come to hear him and to be healed of their diseases. Those who were troubled by evil spirits also came and were healed.
19	and the people all tried to touch him, because power was coming from him and healing them all.	Everyone tried to touch him, because healing power went out from him, and he healed everyone.	Everyone was trying to touch him—so much energy surging from him, so many people healed!	All the people tried to touch him, for power was going out from him and healing them all.