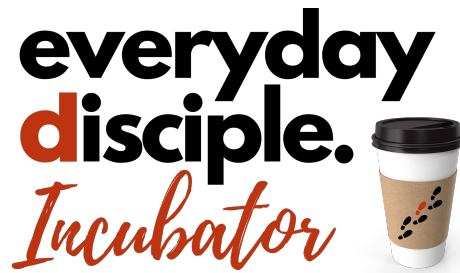


# Module 6

## Missional Balance

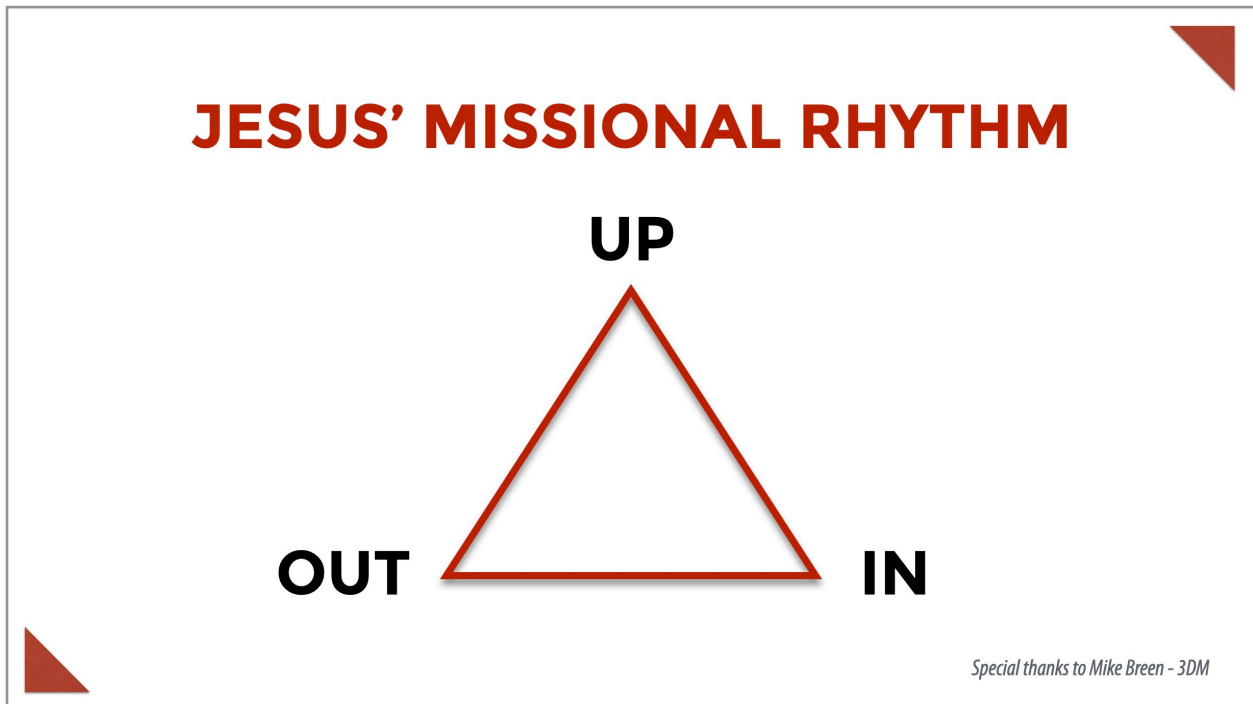




## Module 6 | Missional Balance

*The way that Jesus spent his time, and with who, has great implications for us today.*

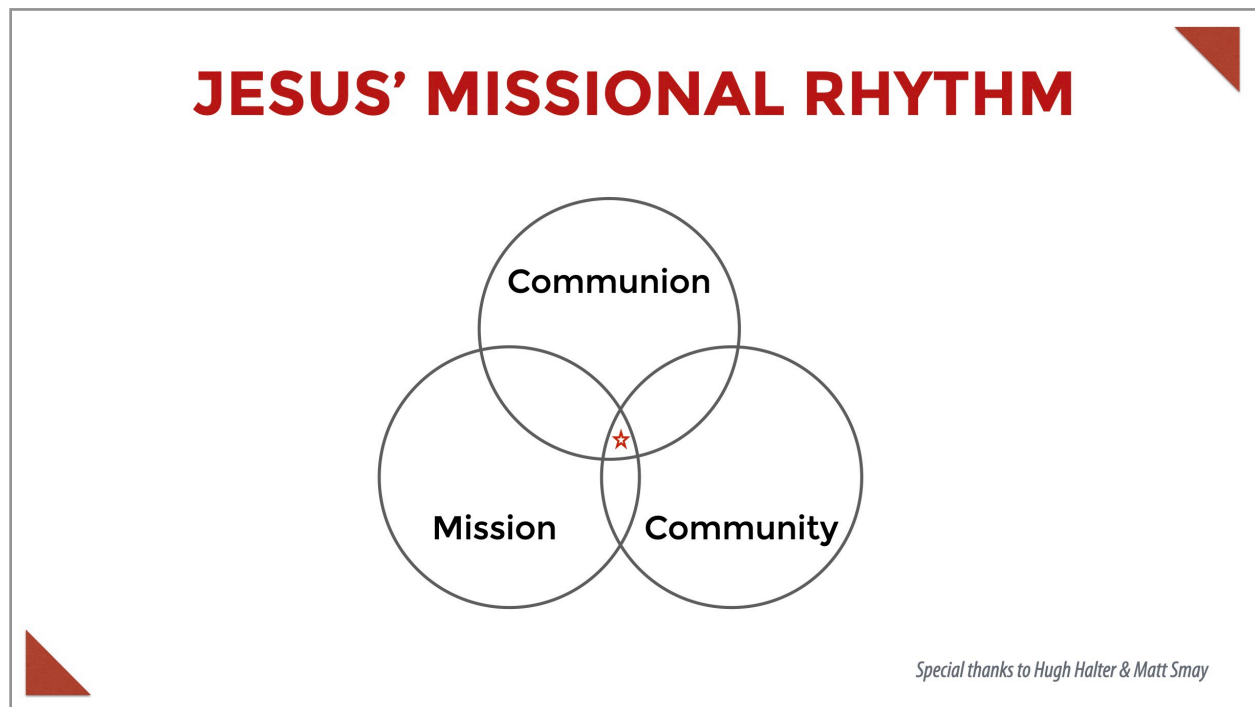
👁️ Jesus was careful to balance his life between his relationship with his Father (UP), his relationship with his spiritual family, his disciples (IN), and his relationship and time spent with broken people who did not yet know the love of his Father or the encouragement of his family (OUT). As disciples of Jesus, we must regularly calibrate these UP/IN/OUT expressions in our own lives and communities.



Your thoughts... \_\_\_\_\_

\_\_\_\_\_

Another way of seeing this missional balance...



**Communion**... that's worship and our connection to God.

**Community**... our time spent in community, discipling one another, doing life on life.

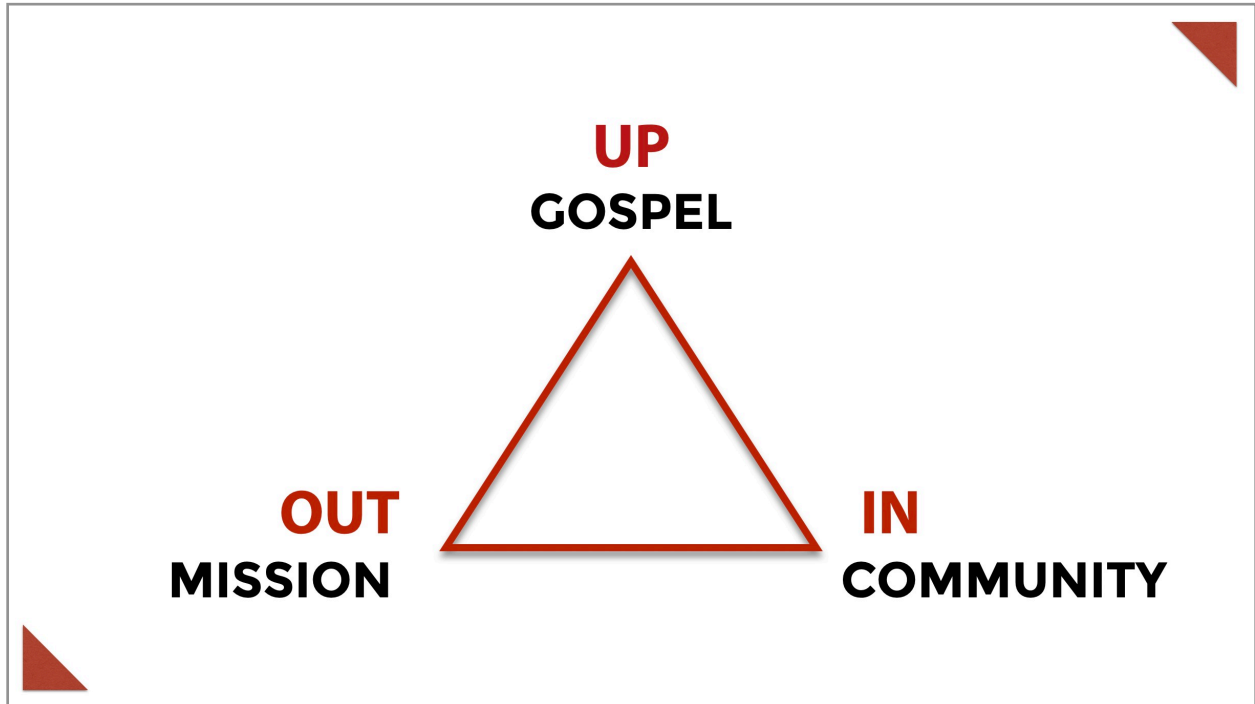
**Mission**... our outward expression of service and time building relationship with new friends and others that God want's to bring into our community or family circle.

The overlap of these 3 circles– Communion, Community and Mission is where we find the 'sweet spot'. Balance. Focus. Peace. As you can imagine, it can be pretty easy to over-focus on one or two of these elements and neglect another.

Some people tend to focus on Community to the exclusion and detriment of Mission. Others may focus their community time primarily around worship or learning more about the Bible, but lose impact in becoming a family with others or consistently heading outward on mission to the not-yet-believers.

🔑 **Think about which you most naturally tend towards. Why do you think this is?**

“Discipleship is not simply an individual practice,  
but also a community reality and necessity.”



Discipleship happens in a gospel-centered community that is living life together on mission. This is because a community that does not have the gospel as its center and purpose is just another social group or club. It’s when we really live out Jesus’ mission (making disciples) that our true need for him and the gospel is revealed in greater ways.

The Spirit uses these experiences and the various parts of the body in our community to help us conform to Christ. This is how true discipleship happens—not in a classroom, but in a family of missionary servants out making disciples of Jesus!

“Our true Gospel identity is best understood  
and expressed in community.”

Key Takeaways From This Lesson

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1. Which are you most inclined toward in your spirituality and relationships with people... UP, IN or OUT?

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2. Who in your life, family or ministry seems to have a different natural focus than you? How can you learn from them?

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3. As you have started to live increasingly out of your Gospel Identity in the normal Rhythms of everyday life, how have you found the way you spend your time, and with who, changing?

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### **Action Steps**

1. Print a copy of the next two pages **Rhythms and UP/IN/OUT Matrix**.
2. Which category (UP - IN - OUT) do you most need to grow in...?

*Individually:* \_\_\_\_\_

*As a family:* \_\_\_\_\_

*As a Small Group or Missional Community :* \_\_\_\_\_

*As a church overall:* \_\_\_\_\_

3. Pick one idea from the list below (UP/IN/OUT Matrix) that you have not tried in the category you most need to grow in and do it today or put it on the calendar now!

4. Pick one idea from the list for yourself, your family, your community... get started!

### **Additional Notes:**

# Rhythms and UP/IN/OUT Matrix

*A few ideas to get you started...*

Each of the 6 Rhythms can have an *UPward*, *INward* and *OUTward* expression.

## **Story-formed**

- UP Spend time getting to know and connect *personally* with the Story of God, finding our identity in the One who's story this is. Get a chronological Bible—you'll love it!
- IN Go through the Story of God or the Story-formed Way\* as a community. Take time to really get to know each other's stories in a deeper way. Look for unbelief in the gospel.
- OUT Ask good questions, get to know the stories of people God has in your life. Connect People of Peace (new disciples and others) with the Story; help them find *their* story within God's Story.

## **Listen**

- UP Transform personal prayer—not only telling God your needs—but listening for his voice and what he is asking/telling you to do next in some area of life.
- IN Pray for each other in your community. Spend time asking "*What next, Lord?*" Write down and share what you hear. Ask others to pray and listen to the Spirit with you.
- OUT Regularly spending time with not-yet-believers and folks in our neighborhood to better understand their *dominant* story, their needs and any common barriers to the gospel.

## **Celebrate**

- UP Read devotionals, listen to music that moves you to worship or rehearse the blessings in your life.
- IN Take time as a community to share evidence of God's grace in your lives. Singing, eating, throwing and attending parties. Sharing the Lord's supper. Church gatherings.
- OUT Get out (often) with those you are building new relationships with—celebrating what *they* are celebrating. Buy a round. Tip well. Speak encouragement wherever you go. Be good news!

## **Eat**

- UP Take communion as a family. Spend family dinners discussing the different meals Jesus had with people in the Bible. Share the things you are grateful to God for over a meal.
- IN Sharing the Lord's Supper as a community. Family dinner night as a community. Regular cook-outs, brunches, "open table" nights where you invite anyone and everyone. Date nights with your spouse.
- OUT Regularly frequent a few restaurants, pubs, cafes or parks so as to build familiarity and new relationships. Buy coffee for the person behind you in line at the cafe. Over tip your server.

## **Bless**

- UP Devotions and quiet times where you focus on who God is, what he has done for you, and what is now true of you. Spend time praising God for his goodness and grace.
- IN Meet needs of those in your extended family or missional community. Truly live as a family that shares all that you have. Practice living out the "one anothers" found in the Bible. (Google it!)
- OUT Seek to regularly serve needs as a community *out* in your neighborhood or city. Babysit for a couple or single mom you know. Clean up messes you find around you. Adopt a park or local school grounds.

## **ReCreate**

- UP Take a walk and just *BE*. Be with God, listen for his voice, enjoy him. Rest in the completed work of the Cross. Enjoy nature as you plant flowers or water your garden. Go for a run or workout and praise God for your health....or practice trusting him for where he has you.
- IN All of the above as a community. Spend time playing games together. Go on a retreat as a community. Take a hike in the woods or on the beach.
- OUT Accept invitations to "play" in ways that your culture does. Learn to enjoy and rest in ways that new friends do. Model an internal trust and deep rest in the gospel by your actions and generosity.

**I am sure that once you get started you will begin to see more and more of your life FULL of opportunities for discipleship and mission!**

**Find the Story-formed Way narratives and dialogues:** <http://everydaydisciple.com/story>