

# Discipleship Content: Intentional Life

## Section 1: PARTICIPANT PREP

### COMPETENCY

“Intentional Life” – Triangle

A disciple imitates the master. The pattern we observe for making disciples in the New Testament is rooted in imitation. Dallas Willard defined discipleship this way: “Discipleship is learning from Jesus how to live like Jesus.”

The triangle is a tool that helps us imitate Jesus.

Jesus approached relationships with intentionality, and we see this by how He spent His time on earth. He lived out His life in three relationships: Up – with his Father; In – with his chosen followers; Out – with the hurting world around him. As disciples of Jesus, we pattern our lives in the same way Jesus did.

### ASSIGNMENTS

1. Read the Scriptures below and answer the questions.
2. Read the article and answer the questions.
3. Assess the 3 areas of your life on a scale of 1-5 (one being weak, 5 being strong) after you have read the article.

**Scripture** - Read the following passages and answer the questions provided.

**Luke 6:12-19** – *“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: 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 coastal region around Tyre and Sidon, who had come to hear him and to be healed of their diseases. Those troubled by impure spirits were cured, and the people all tried to touch him, because power was coming from him and healing them all.”*

**1 Corinthians 4:16-17** – *(Paul speaking) “Therefore I exhort you, be imitators of me. For this reason I have sent to you Timothy, who is my beloved and faithful child in the Lord, and he will remind you of my ways which are in Christ, just as I teach everywhere in every church.”*

**Micah 6:8** – *“And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.”*

**1 Thessalonians 2:8** – *“so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well.”*

### **Scripture Questions:**

1. What do you notice about Jesus’ relational intentionality?
2. What relationships did Jesus prioritize?

3. Identify “Up, In, and Out” in the rhythm of Jesus’ day. What do you observe about the way Jesus does Up-In-Out?
4. What do various writers in the Bible emphasize when it comes to intentional relationships?
5. Who is someone in your life who made an intentional relational investment in you? How did it impact your faith journey?
6. Who is someone in your life whose intentionality in these areas is exemplary to you? Why?

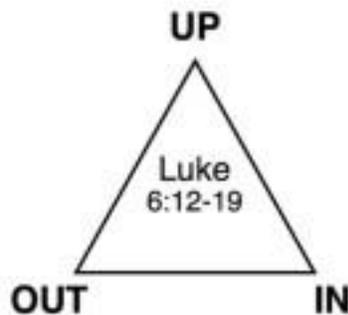
**Article - Read the following article and answer the questions provided.**

### **The Intentional Life – Up-In-Out**

**“The Triangle.” Adapted from 3DM and “Building a Discipling Culture” by Mike Breen and Steve Cockram**

Excerpts from <https://firstcoastmissional.org/discipling-lifestyle-up-in-out/>

We believe that Jesus’ plan for discipleship is the single best way to change the world in the right direction. Let’s look at one of the tools that can be useful in understanding discipleship.



A disciple imitates the master. The pattern we observe for making disciples in the New Testament is rooted in imitation. Dallas Willard defined discipleship this way: “Discipleship is learning from Jesus how to live like Jesus.” This is exactly what we see the twelve disciples doing in the gospels. By being with Jesus, they learned from Jesus how to think, act, and live like he did. The twelve disciples watched Jesus, imitated Jesus, and invited others to imitate Jesus by imitating them. That started a movement that spread around the world.

The triangle is a tool that helps us imitate Jesus. It helps us recognize and remember three key dimensions of Jesus’ lifestyle. We call these dimensions “Up-In-Out.” To help us remember, we use a triangle.

Dimension 1: Up – Jesus spent time with the Father. Many times, we read about Jesus praying. He spoke with the Father. He listened to the Father. And Jesus engaged regularly in worship and praise on his own and in formal gatherings at the synagogue and temple. In Acts, we see the apostles and the early church doing the same things wherever they went.

Dimension 2: In— Jesus spent time very intentionally with a small group. He invested in a limited number of people in order that they would have a greater impact and at the same time,

showed them a model for impacting others. He gave them life access and took them with him. They knew one another, served one another, and loved one another. They did life together like family. We see this implied in the life of the Jerusalem church and very clearly in the Apostle Paul's journeys and letters.

Dimension 3: Out – Jesus also met the needs he saw in the world around him with God's love, grace, and power, often taking his disciples with him as he did. He healed the sick, touched the lepers, fed the hungry, and opened blind eyes and deaf ears. And, he proclaimed the Kingdom of God, inviting people to turn from their old ways toward new life. In the book of Acts, the followers of Jesus did the very same things Jesus had been doing. They had learned from Jesus how to live, minister, and serve like Jesus. And they passed it on.

Up-In-Out was the way Jesus lived with his disciples and as followers of Jesus, we are called to have those same dimensions in our lives. This is not just an individual discipline. While we are called to follow Jesus individually, we are also called to follow him in community. We are called to sustain an Up-In-Out lifestyle in fellowship with others. This requires some intentionality. It is easy for a group to do one or two of the dimensions together and neglect the others. We need all three.

The Up-In-Out triangle helps us be intentional—as Jesus was—to live a full and purposeful life. We can use it to evaluate our own walks with Jesus. How is each dimension in your own life? Are all three dimensions evident? What is going well? What needs attention? It is also a helpful tool for developing a rhythm for your family, your small groups, your workplace, and your volunteer role.

When we embrace an up-in-out lifestyle, we naturally help one another follow Jesus. Thus, we have a bigger impact in the world, and we naturally disciple those we bring into our communities as they do life with us.

### Reflection and Discussion Questions:

1. Think about someone who you would say is living an intentional life. How would you describe what a typical week looks like for them?
2. Most people are better at one or two of the dimensions. Where are your strengths? What about areas for growth? Why do you think that is?
3. If one dimension of the triangle is less intentional, how does that affect the other two?
4. Assess the 3 areas of your life on a scale of 1-5 (one being weak, 5 being strong).
  - a. "Up":
    - 1      2      3      4      5
    - What makes me answer this way?
  - b. "In":
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    - What makes me answer this way?
  - c. "Out":
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    - What makes me answer this way?
5. Would you say these three dimensions are evident in your family rhythm? What about your workplace environment? How about if you are part of a small group?
6. Do you feel a tension? What makes it difficult to be intentional in some areas?

7. What is one step you will take in each relational dimension to become more intentional?

# Discipleship Content: Intentional Life

## Section 2: LEADER GUIDE

### SESSION CONTEXT

A disciple imitates the master. The pattern we observe for making disciples in the New Testament is rooted in imitation. Dallas Willard defined discipleship this way: “Discipleship is learning from Jesus how to live like Jesus.” This is exactly what we see the twelve disciples doing in the gospels. By being with Jesus, they learned from Jesus how to think, act, and live like he did. The twelve disciples watched Jesus, imitated Jesus, and invited others to imitate Jesus by imitating them. That started a movement that spread around the world.

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### SESSION OUTLINE

#### CONNECT [5 mins]

Spend time allowing your group to connect with one another relationally.

#### CELEBRATE [5 mins]

What have you seen God do in your life since we met last time that we can celebrate together?

#### CHECK-UP [5 mins]

How have you put the competency we learned last time into practice since we last met?

#### COACH [30 mins]

**Coaching Focus Reminder:** *Overall reminder about this section. Below is the participant guide with added “COACHING BOXES” with questions, thoughts or conversation starters for your discussion. Any of the highlighted questions are “highly suggested” while everything else is at your discretion.*

*Remember, we have all faced this struggle at some point or another. What or who helped you learn this specific competency? How significant has it been for you to lead your family and others? How thankful are you for the reminder of overflow is the path towards fruitfulness?*

#### COMMUNICATE [2 mins]

Share important information with your group.

What to know before we meet again? Reiterate some of the next steps.

What do I need to know before the next meeting?

#### CARE [5 mins]

Spend time praying with your group (take specific prayer requests).

## PARTICIPANT GUIDE WITH “COACHING BOXES”

### COMPETENCY

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### ASSIGNMENTS

1. Read the Scriptures below and answer the questions.
2. Read the article and answer the questions.
3. Assess the 3 areas of your life on a scale of 1-5 (one being weak, 5 being strong) after you have read the article.

**Scripture** - Read the following passages and answer the questions provided.

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### **Coaching Opportunity**

1. Take a moment to discuss a couple of the scripture reflection questions below.
2. Reminder – we want to build on the questions for engaging in a listening and hearing from God relationship – What is God saying? What do I do?

### **Scripture Questions:**

1. What do you notice about Jesus’ relational intentionality?
2. What relationships did Jesus prioritize?

3. Identify “Up, In, and Out” in the rhythm of Jesus’ day. What do you observe about the way Jesus does Up-In-Out?
4. What do various writers in the Bible emphasize when it comes to intentional relationships?
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### **Coaching Opportunity**

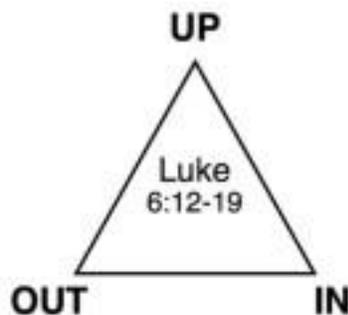
Jesus modeled for his disciples how to live a full, intentional life. He called them to imitate him, and teach others to do the same. Who is someone in your life modeling an intentional life? In addition, who is watching you as you follow Jesus? And how does that affect you?

## **The Intentional Life – Up-In-Out**

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### **Coaching Opportunity**

1. Most people are better at one or two of the dimensions. Where are your strengths? What about weaknesses? Why do you think that is?
2. What is God saying to you about the relational dimensions in your life?
3. Discuss any of the other questions listed below.

### **Reflection and Discussion Questions:**

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### **Coaching Opportunity**

1. Key Learnings Question – What is one of the key learning you are walking away with?
2. Key Learnings Question – How will we use this principle in our homes, workplaces, and volunteer roles?
3. What are some practical ways I can apply this today?
  - a. What is God saying to you about this principle?
  - b. What are you going to do about it?
  - c. How can I encourage you as you take this next step?

**Additional Resources – Use during session or for participant development.**

1. Watch this 4-minute overview of the Up-In-Out triangle.  
<https://www.youtube.com/watch?v=CnNJku3FUw>
2. In-Depth Assessment. Use these questions at any point in your personal reflection or quiet time to assess the three relational dimensions in your life.
  - a. For example, choose the list that reflects the weakest side of your triangle. What is the question you least desire to answer?

**UP Questions //**

Do I make enough space for prayer?

What situation or what person is weighing on my heart?

Am I noticing God's strength and power more and more in my life?

Do I still feel pleasure?

Am I living in a state of peace?

Am I afraid or nervous?

Am I obedient to God's prompting?

**IN Questions //**

Do I love the people in my community?

Am I resting enough?

How are my relationships with my friends?

Am I experiencing intimacy in relationships?

Do I keep my promises?

How easy is it for me to trust people?

Am I discipling others?

Is my family happy?

Am I sleeping/eating well?

Am I making myself vulnerable to others?

**OUT Questions //**

Do I have a heart for people not living in the story of Jesus?

How often do I share my faith?

Do I leave time for relationships with non-christians?

Do I have a vision?

Am I dying to success?

Am I proud of the gospel or ashamed?

Am I a servant?

Do I intentionally spend time with the poor?

Do I find it easy to recognized people of peace?

Can I take risk?

Am I generous with my finances to those who don't have enough?

3. Read the book "Building a Discipling Culture" by Mike Breen and Steve Cockram
4. Read the following blog.

**“The Triangle.” Adapted from 3DM and “Building a Discipling Culture” by Mike Breen and Steve Cockram, as well as Resonate Church’s Huddle Material.**

[https://static1.squarespace.com/static/551447e1e4b0ff90915347fc/t/555d13dbe4b09797273d2b1f/1432163291140/Huddle++week+3++The\\_Triangle\\_pdf.pdf](https://static1.squarespace.com/static/551447e1e4b0ff90915347fc/t/555d13dbe4b09797273d2b1f/1432163291140/Huddle++week+3++The_Triangle_pdf.pdf)

TERMS TO BE UNDERSTOOD:

**UP** – Intentionality with God

**IN** – Intentionality with Christian Community

**OUT** – Intentionality with Non Christians and the Mission of God

TRUTH TO BE LEARNED:

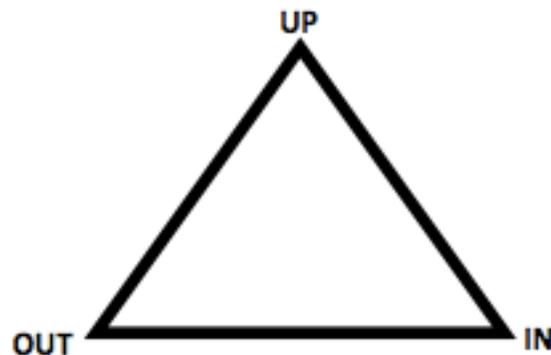
Following Jesus entails three areas of activity, three groups of relationships, and to leave even one of them out leads to an unbalanced life.

Just relating to God is not enough to fully experience life as you were intended to experience it. Just having Christian friends is not the only relationships you were made for. It is not normal and it’s not ok to not be on mission and not have relationships with non Christians.

That Resonate Disciples would understand what a balanced Christian life looks like and be able to self diagnose where they have deficiencies, allowing them to take action steps to grow where they are weak.

TRIANGLE:

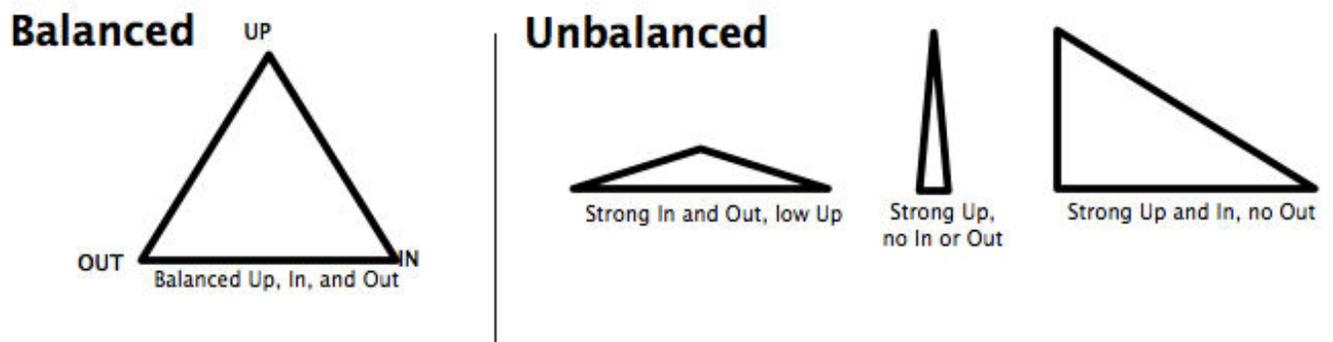
As followers of Jesus we look to his life lived on earth to learn what our lives should look like. The biggest thing we notice from Jesus’ life is his intentionality in relationships that shape so much of his daily life. When we classify his relationships, we see that they fall into three categories: Up, In, and Out.



- **UP** - He prioritized his relationship with God the Father and had intentional time alone with him. He also showed His disciples how to do it by talking to His Father in front of them.
- **IN** - Jesus gave his closest friends extra, inside access to his life so they saw how he lived out every area of his personal life. He also knew them well enough to know how to care for and speak to them in just the way they needed.

- **OUT** - Jesus developed relationships with those who were not yet connected with him and those who were outcasts in their society and the mass population. He did this through his teachings and serving them through his actions. He wasn't afraid to relate to outsiders or concerned with what others thought.

An intentional life has healthy relationships in all three areas: Relationship with God, Relationships in Community, and Relationships with outsiders/non-believers. Most of us can point to one of these three areas that we are better at than the others. We may even be able to point to two areas that we feel strong in. And there is almost always at least one area that we feel weak in. What we want is balance. When we draw it out, a balanced life looks like an equal lateral triangle, and an unbalanced life looks like all those other triangles you learned about in geometry class.



The reality is that we were created to be three dimensional people. When there is not balance in all areas we wobble through life and do not experience life as we were created to experience it. In addition, when one dimension is missing or suppressed the other two do not work as they could.

Moving towards balance means growing in self-awareness of your own strengths and weaknesses. When you recognize your deficiency you then get to choose how you are going to join God in your sanctification.

If you are low in **UP**, we encourage you to experience more connection with God. This may be through reading the Bible, prayer, or journaling. Learning some new ways to engage Bible reading and new ways to pray could be the action steps you need to grow Up. Or perhaps you connect with God through nature or solitude. In any case, set aside intentional time to pursue him that way.

If you have deficient **IN**, you may need to take an inventory of your relationships with fellow believers God has placed in your life. You might plan intentional time to spend with them, serving them in ways that meet their needs, and allowing them to know you (your joys and interests and fears and needs).

If you need to grow in **OUT**, you might benefit from learning some simple tools for understanding how to share your faith and your story. Take note of the people God has placed in your life for you to share the message of the gospel with. Spend some time noting your passions and gifts and how you can serve the world using them. Define the specifics of what it means for you to bring light to dark places.