Up, In & Out
Triangle

UP

Balanced

OUT   IN

Out of Balance

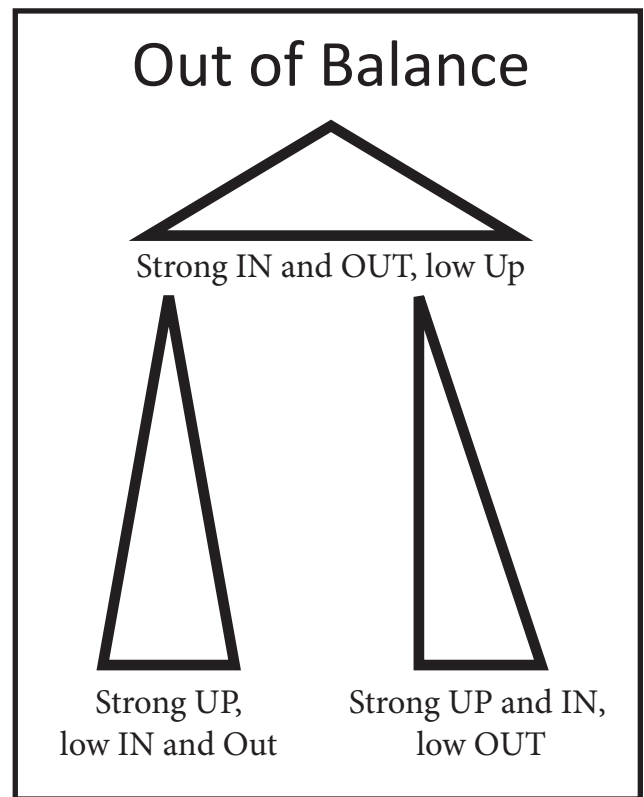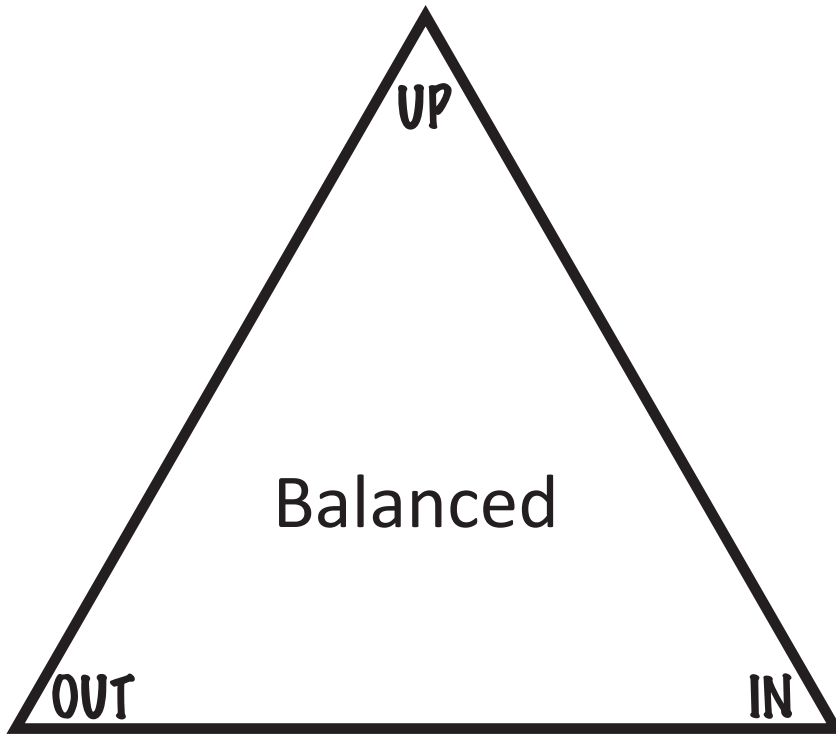Strong IN and OUT, low Up

Strong UP,
low IN and Out

Strong UP and IN,
low OUT

Main Scripture: Luke 6:12-19

Shape Teaching:

1. This shape helps us bring balance to our lives. It can be used as a check-in for how we are balancing our relationships.
   Up=connecting with God
   In=connecting with fellow-believers
   Out=connecting with unbelievers/community members

2. Read Luke 6:12-19. Jesus clearly demonstrated the balance one needs in life.
   Up=Jesus prayed. He spent all night in communication with His Father, giving Him time and space.
   In=Disciples. Once He came down the mountain from talking with God and spending time with Him, He chose His twelve disciples. Those were who He was going to do life with.
   Out=Crowds. Then He spent time and ministered to the crowds, teaching them and healing them.

3. How are we doing? Connecting with all three?
   An easy way to check balance in your life is to rate yourself on each from 1-10. Come back to it constantly as a check in. Also, use the Up, In and Out questions provided in the Huddle Leader Manuel.

4. When life is out of balance, the Up, In and Out triangle is out of balance. For instance when you are strong in the IN and OUT areas but low in the UP area, you have a squat triangle. This is because you are highly invested in your fellow-believers and in those who don't know Christ but your relationship with God is lacking. Or if you are strong in the IN and UP areas but low in the OUT area, your triangle will lean heavily to the right and not be balanced. This is because you are highly immersed in your relationship with God and with other believers but you have little or no relationship with those that don't know Christ. Finally, if your UP area is very strong but your IN and OUT areas are not you will have a very tall and skinny triangle because all of your energy is focused on your relationship with God but you are neglecting your relationship with other believers and those who don't know Christ.

5. Therefore it is extremely important to have a balanced approach to all three areas of relationship as Jesus showed in Luke 6:12-19.