

**UP + IN + OUT**

# Practical Ways for Your Group Lifestyle to Grow

**UP/IN/OUT** is a simple way to remember the three key ways that Jesus spent his time. In Luke 6:12–19, we can see the three rhythms Jesus often modeled: time with God (UP), time with other believers (IN), and time with people who don't know him yet (OUT). The deeper our groups grow in these three areas, the Kingdom potential is incredible.

Note: No one is going to be doing this whole list. This is simply meant to give ideas for how to practically keep growing in each— one step at a time—from wherever your starting point is to somewhere new (and great.) Check out the list and see which ones your group is doing or could be doing. Use it to spark ideas, listen to God and grow into a deeper lifestyle of UP/IN/OUT.

# UP LOVE GOD

<p>Pray together. Simply start or end with a short and sweet prayer. In fact, the one Jesus modeled was only a few lines! <i>MATTHEW 6:9-13</i></p>	<p>Start resting. It's one of the 10 Commandments (aka Sabbath) that we too often skip. Get your group to prioritize hitting pause on life one day a week. If you don't know how, try the Rest SHOT in the Crossroads app. <i>EXODUS 20:8</i></p>
<p><b>Read the Bible</b> and talk about it with the goal of internalizing it into your life. <i>JOSHUA 1:8</i></p>	<p>Listen to God for each other. Use the Listening for God study on the app to help. <i>1 CORINTHIANS 14:31</i></p>
<p><b>Go to a weekend service</b> at Crossroads or via Anywhere. <i>COLOSSIANS 3:16</i></p>	<p>Start a group text that encourages everyone being present with God throughout the day—whether in the quiet or chaos. <i>1 THESSALONIANS 5:17</i></p>
<p>Try out a <b>study, book or other input</b> to help you practice what you learn. Or go to an <b>Onsite Group</b> together for a season of extra equipping. <i>JAMES 1:22</i></p>	<p>Repent together. Say out loud where you're struggling with sin (internal or external) and commit to walking away from it. <i>JAMES 5:16</i></p>
<p>You don't have to be in silent meditation to hear from God. Run, go for a hike or get outside for something active that gives your brain a fresh new place to listen. Talk about what you heard or felt after. <i>PSALM 19:1-4</i></p>	<p>Try out extended times of prayer. Commit a whole night to praying together and expect God to be present and active. <i>EPHESIANS 6:18</i></p>
<p>Sing together. You don't need a guy with a guitar to worship. Go to Spotify or YouTube, blare it, and sing along. <i>PSALM 96</i></p>	<p>Give a tenth of your income to God—recognizing it's all his, anyway, and believing he will take care of all your needs. <i>MALACHI 3:10</i></p>
<p>Memorize pieces of the Bible. <b>Search for a verse</b> that relates to something your group's focusing on and choose to memorize it as a group. <i>DEUTERONOMY 11:18</i></p>	<p>Fast together. <i>EZRA 8:23</i></p>
<p>Ask each other, "What's God saying to you, and what will you do about it?" Then follow up the next gathering and see how it's going. <i>JOHN 10:27</i></p>	<p>Ask the Holy Spirit to be alive in your group, to lead all of your choices, personalities, beliefs and actions, and use you for big Kingdom movement. <i>ACTS 4:31</i></p>
<p>Encourage each other to have daily individual times with God. Text each other for reminders, accountability and momentum. <i>MARK 1:35</i></p>	<p>Pray for <i>big</i> things together. <i>MARK 11:24</i></p>

# IN LOVE EACH OTHER WELL

<p>Eat together. It doesn't have to be fancy or take long. Grab Skyline, have a picnic, try a potluck. <i>JOHN 21:12</i></p>	<p>Challenge each other to be as much like Jesus as possible: from walking out of brokenness to becoming powerful Kingdom leaders. Ask each other: "How will I literally act like Jesus this week?" <i>COLOSSIANS 1:28</i></p>
<p>Have fun together: bowling, karaoke, camping, skydiving, knitting parties. Go nuts. <i>1 CORINTHIANS 10:31</i></p>	<p>Empower each other's strengths by creating roles in your group for those to be used. <i>ROMANS 12:4-8</i></p>
<p>Let someone borrow something of yours that they need (a tool from the garage, share a lawn mower, camping equipment, etc). <i>LUKE 3:10-11</i></p>	<p>Ask each other: "What do you need?" Whether it's practical or spiritual, try to meet those needs as a group. <i>MATTHEW 10:8</i></p>
<p>Take care of one another when they're sick or could use some help. Make someone a meal when they're having a crazy week. <i>JAMES 2:16</i></p>	<p>Be intentional to invite people into your group who don't look like you. If your circles don't naturally present those relationships, care about diversity enough to find a circle that does, so our communities represent the Kingdom the way heaven will. <i>REVELATION 7:9</i></p>
<p>Practice hospitality. Your house doesn't have to be awesome. People actually feel better sometimes if it's not! <i>1 PETER 4:9</i></p>	<p>Forgive each other when (not if, but <i>when</i>) there is conflict. Practice Jesus' grace and compassion often. <i>EPHESIANS 4:32</i></p>
<p>Encourage each other often, lavishly—for their benefit and yours. <i>HEBREWS 3:13</i></p>	<p>Generously take care of one another financially and emotionally. Make group member's problems your problems. <i>GALATIANS 6:2</i></p>
<p>Get to better know each other's families and spouses. Offer to help at home, babysit, share activities and resources. <i>PHILIPPIANS 2:1-4</i></p>	<p>Disciple one another. Be committed to <b>making disciples</b> who make more disciple-makers. (<b>Huddle</b> is a great way to do that!) <i>MATTHEW 28:18-20</i></p>
<p>Dig for the deeper story of how marriage, money, parenting, singleness, infertility, purity, relationships, work, anxiety, health, addiction and recovery are going. Get it all on the table with authentic vulnerability. Take <b>Listening Training</b> to grow your skills, and make it a priority to know what's going on beneath the surface. <i>EPHESIANS 5:8-14</i></p>	<p>Give your group deep access to your life. Be fully known. Share house keys. Raise kids together. Pursue being one. <i>JOHN 17:20-23</i></p>
<p>Grieve and celebrate together. When something good or bad happens, don't miss the chance to rally around each other in big ways. <i>ROMANS 12:15</i></p>	

# OUT BE LOVE IN THE WORLD

Check out how your group presents itself—both on the **Group Tool** and when you invite. Is your group accessible to seekers? Attractive? Could you adjust your approach to make it more inviting?

*1 CORINTHIANS 9:19–23*

Have an open seat at the table in your group. Be open to receiving even just one unbelieving friend at a time into your group. Pray about who's ready, invite them in, and play an active role in helping them meet God. If we devote ourselves to these things, the Lord adds to our number. *ACTS 2:42–47*

Prompt everyone in the group to think of one seeker in their life. Name them at group, and pray for them often. *LUKE 15:1–10*

Engage your neighborhood by frequenting a local spot. Coffee shops, bars, salons, parks, sports leagues, restaurants or any place you can make relationships with staff or other regulars. Pray and ask God to make a connection that leads back to him. *LUKE 10:1–12*

**Learn** together how to share your faith well.

*1 PETER 3:15*

Sounds cheesy, but groups have had great success putting invites in mailboxes. Invite your literal neighbors to your group (or just something fun you're doing.) Make yourselves accessible. *MATTHEW 5:15–16*

Make a “paste list.” Write the names of people you want to see meet God on a Post It on your bathroom mirror, and pray for them daily as you brush your teeth. (PSA: Yep, both prayer and teeth brushing are worth doing daily!)

*MATTHEW 21:22*

Don't only focus on inviting seekers to what you're doing. Go where they are; be a guest on their turf. *LUKE 19:1–9*

Consider the seekers in your life, and try **this exercise** as a group to inspire how to best contextualize the message personally for them. *ACTS 20:24*

Go on a prayer walk or a treasure hunt and see what you're prompted to do and where you're prompted to go. Experiment with God leading you. *ROMANS 10:15*

Do something fun or something service-oriented (even just once a month), and invite your seeking friends to it. *MATTHEW 4:19*

Pray healing for people. Believe God still wants to display his power to people who don't know him, and practice being a conduit for it. *ACTS 3:1–10*

Connect something fun to your group time. Have drinks after, dinner before or any add-on that your seeking friends would want to join.

*ACTS 13:47*

Pursue inviting people who don't know God into your group until several are regular attenders. Prayerfully prioritize those people. Don't jump into trying to convert them or force spiritual conversations. Just be friends. Take care of them. Model Jesus. Expose your brokenness so they see you aren't perfect. Ask questions and start conversations. Pray for them to meet God. See it happen. Repeat.

*LUKE 19:10*