

$$\begin{array}{ccccc}
 I & \xrightarrow{F} & \mathcal{C} & & \\
 & \searrow \varphi & \nearrow \varphi_* F = \varinjlim F & & \\
 & & \uparrow & & \\
 & & \{*\} & & 
 \end{array}$$

$$\begin{array}{ccccc}
 I & \xrightarrow{F} & \mathcal{C} & & \\
 & \searrow \varphi & \nearrow \varphi_! F = \varprojlim F & & \\
 & & \downarrow & & \\
 & & \{*\} & & 
 \end{array}$$