

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

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