

#FOMO



Fear Of Missing Out



FOMO – English Oxford Dictionary

Anxiety that an exciting or interesting event may currently be happening elsewhere, often aroused by posts seen on social media

FOMO Examples

Original Sin – Satan convincing Eve that they were missing something (Genesis 3:1-6)

Sarai telling Abram to sleep with her servant Hagar because God was taking too long (Genesis 16:1-4)

Joseph's brothers jealous of his coat and favor from their Father, so they sell him (Genesis 37)

FOMO Examples

David not wanting to miss the chance with Bathsheba
(2 Samuel 11)

Prodigal Son – The World must have provided
something he longed for (Luke 15:11-32)

FOMO Statistics

Suicide rates for teenage girls have doubled and gone up 30% for boys since 2007 – CDC

11.5% of teens have suffered depression in the past year – Pediatrics Journal

More than 3 million teens reported at least one major depression episode in the past year – Department of Health and Human Services

Matthew 4:8-11

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 “All this I will give you,” he said, “if you will bow down and worship me.”

Matthew 4:8-11

10 Jesus said to him, “Away from men, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’

11 Then the devil left him, and angels came and attended him.

Fighting FOMO

1. Read the Bible – *For it is written*
2. Instruct your heart – *Worship the Lord your God*
3. Serve – *Serve him only*
4. Renew and feed your spirit – *Angels came and attended him*