

October 20, 2019
Series: Good For The Soul
Part 3: No Mo FOMO

[Invite everyone to briefly share a time when they experienced FOMO (fear of missing out).]

In what ways could the fear of missing out be detrimental to your soul?

What stood out to you most in last Sunday's message?

What were some things that resonated with you?

Was there anything you wrestled with?

Jim used the phrase "unfulfilled longings" frequently in his message. What are some examples of common "unfulfilled longings" of the soul?

Do you agree that unfulfilled longings are an important part of every Jesus-followers faith journey? Why or why not?

READ: Matthew 6:19-21

"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be." Matthew 6:19–21 (NLT)

Is it possible that this verse could apply not only to money and material possessions, but also to anything and everything our souls treasure and value?

In a practical sense how do you "store up these treasures in heaven?"

READ:

"If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?" Matthew 16:25–26 (NLT)

Invite one or two people to paraphrase the above verse.

Do you agree with C.S. Lewis when he said, “*Nothing you have not given away will ultimately be yours. Nothing in you that has not died will ever be raised from the dead.*”

Did Jim make a reference to sex in his message, or was it just my imagination?
What did he say about it?

READ:

Young lions may go hungry or even starve, but if you trust the Lord, you will never miss out on anything good. Psalm 34:10 (CEV)

How might your life be different if you truly believed that verse with your whole heart? What might your life look like if you didn't believe it at all?

What hope might you hold onto if you feel like you've already missed out on a lot of what life has to offer?

What role might counting your blessings and being grateful play when dealing with feelings of FOMO?

READ: Isaiah 55:1-2

The Lord says, "All you who are thirsty, come and drink. Those of you who do not have money, come, buy and eat! Come buy wine and milk without money and without cost. Why spend your money on something that is not real food? Why work for something that doesn't really satisfy you? Listen closely to me, and you will eat what is good; your soul will enjoy the rich food that satisfies. Isaiah 55:1-2 (NCV)