



#NOFOMO

Part 2: "The Truth About FOMO"

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I FIGHT THE LIES OF "FOMO" WITH THESE TRUTHS...

1. ...**TRUTH 1: CHASING EVERY MOMENT KEEPS ME FROM ENJOYING ANY MOMENT**

"Surrender your anxiety [relax]! Be silent and stop your striving and you will see that I am God. I am the God above all the nations, and I will be exalted throughout the whole earth."

Psalm 46:10 (TPT)

"It really is senseless to work so hard from early morning till late at night, toiling to make a living for fear of not having enough. God can provide for his lovers even while they sleep!"

Psalm 127:2 (TPT)

2. ...**TRUTH 2: CHOOSING EVERY MOMENT
KEEPS ME FROM WAITING FOR THE
RIGHT MOMENTS**

"I am convinced that my God will fully satisfy every need you have, for I have seen the abundant riches of glory revealed to me through the Anointed One, Jesus Christ!"

Philippians 4:19 (TPT)

"Some people store up treasures in their homes here on earth. This is a shortsighted practice—don't undertake it. Moths and rust will eat up any treasure you may store here. Thieves may break into your homes and steal your precious trinkets. Instead, put up your treasures in heaven where moths do not attack, where rust does not corrode, and where thieves are barred at the door. For where your treasure is, there your heart will be also. No one can serve two masters. If you try, you will wind up loving the first master and hating the second, or vice versa. People try to serve both God and money—but you can't. You must choose one or the other."

Matthew 6:19-21, 24 (TVB)

3. ...**TRUTH 3: WANTING EVERYONE
ELSE'S MOMENTS KEEPS ME FROM
APPRECIATING MY MOMENTS**

“You jealously want what others have so you begin to see yourself as better than others. You scheme with envy and harm others to selfishly obtain what you crave—that’s why you quarrel and fight. And all the time you don’t obtain what you want because you won’t ask God for it! And if you ask, you won’t receive it for you’re asking with corrupt motives, seeking only to fulfill your own selfish desires. You have become spiritual adulterers who are having an affair, an unholy relationship with the world. Don’t you know that flirting with the world’s values places you at odds with God? Whoever chooses to be the world’s friend makes himself God’s enemy!”

James 4:2-4 (TPT)

“Devotion to God is, in fact, a way for people to be very rich, but only if it makes them satisfied with what they have. When we came into the world, we brought nothing. And when we die, we can take nothing out. So, if we have food and clothes, we will be satisfied with that. People who want to be rich bring temptations to themselves. They are caught in a trap. They begin to want many foolish things that will hurt them. These things ruin and destroy people. The love of money causes all kinds of evil. Some people have turned away from what we believe because they want to get more and more money. But they have caused themselves a lot of pain and sorrow.”

1 Timothy 6:6-10 (ERV)