

**Hungering for God**  
**The Fear of Missing Out**  
**Matthew 16:13-28**  
**Sermon Outline**

**Introduction:** Many in our day are troubled by FOMO (the Fear of Missing Out). We will consider what Jesus thinks of it and how we can break its power.

**I) FOMO illustrated**

*...the blend of anxiety, inadequacy and irritation that can flare up while skimming social media (Jenny Wortham—NYT, April 2011)*

Micro level

Macro level: *...she found herself wondering if she was missing something else somewhere else (Lizzie Crocker, The Daily Beast, 11/9/12)*

**II) What does Jesus think of FOMO?**

**A) Immune to it**

*Mt. 16.21, 23: From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things... 'Get behind me, Satan!*

*Incarnation: 'Riches to Rags Story'*

**B) Teaches us to follow him**

*Mt. 16.24: If anyone would come after me, let him deny himself, take up his cross, and follow me....*

- This is not the only life
- Even here, giving in to FOMO will hurt us and refusing FOMO will give life.

To 'deny ourselves' is not to be super-human

**III) How to break FOMO's power.**

We say, 'No,' to ourselves in order to say, 'Yes,' to Jesus

*v. 25: ...for my sake*

**A) What drives FOMO most deeply**

**B) What Jesus came to do**

### Questions for Reflection this Week

- 1) Jenny Wortham describes FOMO as “...*the blend of anxiety, inadequacy and irritation that can flare up while skimming social media.*” FOMO can assert itself at a ‘micro’ level, as when a peaceful night at home is disrupted by the news that some friends are having a great time somewhere else. It can also assert itself at a ‘macro’ level, threatening our ability to make big decisions relationally and career-wise. How has FOMO affected you?
- 2) Describe the impact of FOMO in Jesus, noting not only his determination to go to Jerusalem in Matthew 16 but also the larger story of his incarnation (see Philippians 2:5-11). Itemize what Jesus chose to miss out on. Why did Jesus enjoy such freedom from FOMO?
- 3) Read Matthew 16:24-26. Paraphrase what Jesus is saying. Illustrate from your own life the wisdom of Jesus’ words. Why are Jesus’ paradoxical words true?
- 4) Reflect on the following: “What drives FOMO most deeply is an unsatisfied longing for something we cannot name but what the Bible calls ‘life.’ We experience it in different ways—the longing to be found inside and not outside, loved and not lonely, wise and not foolish, significant and not trash, in-the-know and not ignorant, belonging and not excluded. This multi-faceted longing has been planted in us by God and it is, at root, the longing for him. Sadly, we tend to yearn for these good things while, at the same time, not really wanting the God who gives them.” Is this true? Can you identify it in your experience?
- 5) The only way that we would not ultimately miss out on all the good things we were made for was for God’s Son to miss out instead. Spend some time thanking God for his self-denying love.