# Sunday 17th November – Connect Group Notes

## No FoMO (Fear of Missing Out)

**Read Luke 12:22-34**

1. **Understanding FoMO**
   * Are you familiar with the concept of FoMO or "keeping up with the Joneses"? Have you experienced this personally or observed it in others?
   * What role do you think social media plays in fuelling the pressure to "keep up" with others?
2. **Context of Jesus’ Audience**
   * Jesus’ original hearers likely worried about basic necessities like food and clothing. How does understanding their context bring deeper meaning to Jesus’ words, *"do not worry about your life"*?
   * What daily worries or pressures might Jesus address in our context today?
3. **Encouraging Others**
   * What would you say to someone struggling with the need to "keep up" with others, based on Jesus’ words in Luke 12?
   * Jesus uses the imagery of birds and flowers to remind us of God’s care. What other examples could we use to illustrate the same truth?
4. **Setting Our Hearts**
   * In verse 29, Jesus says, *"do not set your heart on what you will eat or drink."* What do you think he means by this?
   * How does this call to trust and simplicity challenge us to be different as followers of Jesus?
5. **FoMO in the Church**
   * How do you think FoMO or "keeping up with the Joneses" infiltrates church life?
   * In what ways might comparison or materialism impact our relationships and mission as a church?
6. **Jesus’ Assurance**
   * In verse 32, Jesus says, *"Do not be afraid, little flock, for your Father has been pleased to give you the kingdom."* How might this promise help us to let go of FoMO as individuals and as a church?
   * How can we, as a community, cultivate contentment and trust in God’s provision?

**Read Mark 1:35-39**  
7. **Learning from Jesus’ Priorities**

* How does Jesus’ example of withdrawing to pray, leaving the crowds and prioritizing his mission help us avoid the dangers of FoMO?
* What might it look like for you, personally, to follow his example this week?
* As a group, can you identify any practical actions to help each other focus on God’s kingdom instead of the distractions around us?

**Optional Closing Reflection or Prayer:**  
Take a moment to reflect silently on verse 32: *"Do not be afraid, little flock, for your Father has been pleased to give you the kingdom."*

* Thank God for His provision and care.
* Ask for His help in living with trust, contentment, and kingdom-focused priorities.

You might like to close with the sabbath prayer from Lectio 365:

*Lord, I come to you for a deep rest today. I spend so much of my life dissatisfied: wanting more stuff, more money, more friends, more applause, more miracles. Today I put away my superhero cape and thank you, very simply, that because I have you, I have everything I will ever truly need.*