



06 MAR 2022 | JOSH YEOH | FOMO: HOW DOES CONTENTMENT LOOK WHEN THE WEALTH GAP WIDENS? (PART 2 OF 3) | PHILIPPIANS 4:11-13

SPIRITUAL OBJECTIVES

At the end of the sermon discussion, cell members will:

1. Be reminded that we cannot let the world/culture define what is “good.”
2. Understand that the antidote to FOMO is JOMO – the joy of missing out, by embracing a lifestyle of simplicity, generosity and contentment.

SERMON SUMMARY

If a fear of missing out (FOMO) to the believer says, “If I obey God, I fear that I will miss out on something good”, then it points to foundational problems:

- 1) A wrong understanding of who God is, and
- 2) A wrong understanding of what “good” is.

We have to realign with a right knowledge of God, and what He calls good. The antidote to FOMO, is JOMO- a joy of missing out. A believer can intentionally embrace a life of simplicity, generosity and contentment.


SERMON RECAP

FOMO reflects two fundamental misunderstandings:

- A wrong definition of who “God” is.

“What comes into our minds, when we think about God, is the most important thing about us.”
- **AW Tozer**

- A wrong definition of what “good” is
 - What we may call good, may not be what God calls good.
 - What is the “Singaporean dream”?
 - When we pursue what we think is good (but what God does not think is good), we are setting ourselves up for eventual disappointment.
 - The story of Joseph in Genesis
 - “As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.” - **Genesis 50:20**
 - Whatever that we may be going through today, our trials may be intended as part of God’s good plan for our lives.



Josh Yeoh shared from his life experiences, and his personal struggles in coming to a decision years ago to give up the things he desired in the flesh, to serve God in full-time ministry. The following Bible verses guided him through his journey of faith.

- “We are treated as imposters, and yet are true; as unknown, and yet well-known; as dying, and behold, we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having (or owning) nothing, yet possessing everything.” - **2 Corinthians 6:8-10**
- “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” - **Matthew 5:3**
- “Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!” - **Matthew 7:9**

The antidote to FOMO is JOMO – the joy of missing out

- “Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.” – **Philippians 4:11-13**
- “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” - **Matthew 6:19-21**
- To a believer, it looks like embracing a lifestyle of simplicity (where we intentionally deny ourselves legitimate pleasures for the sake of pursuing Christ and serving others), generosity (where we reflect the heart of God that gives freely and sacrificially), and contentment (where we learn to be content whether in plenty or in want).
- Give God the best years of your youth. God is able to provide for all of our needs.

DISCUSSION QUESTIONS

1. **Josh Yeoh shared about the pressures and envy he felt in forsaking a high-paying career and choosing instead to serve in full-time ministry. Matthew 6:19-21 speaks of laying up treasures in heaven and putting our hearts in the right place. Reflect and share with the Cell on what your calling from God is. [10 Mins]**

Leader's Notes

This is a recap and relate question for members. As believers, it is critical that we constantly reflect on what God’s calling on our lives are. It is God’s desire that we then move to a posture of obedience to that calling, honouring God. For some people, it would be in full-time ministry. For others, God may place a specific burden for us in the schools, workplaces and circles of friends and family. It is meaningful for cell members to be open on what they can discern from God for our lives, or at least for this current season.

(Resource: [How Do I Know God’s Calling For My Life](#) by Desiring God)



Transition

While we may be able to discern from God on what He is calling us to decide or do, we may often be held back by a wrong understanding of who God is, and an understanding not clouded by the prevailing cultural views.

- 2. Let us evaluate our understanding of who God is, and the extent to which we have bought into our culture's definition of what is "good". Are you pursuing His kingdom first today, or "all these things"? [15 Mins]**

Leader's Notes

This is a reflect question for members to ponder on whether they are in their daily lives, pursuing after Christ and things of Christ, or pursuing after things exalted by the world. Due to our inherent sinful nature, we all struggle with a tempting belief that a person or possession or achievement or status or experience will satisfy our deepest longings, rather than God or His promises. This is further exacerbated by the consumer economy we live in, which is engineered to discover and capitalise on our fears of missing out, with lies being pushed out via social media or various marketing platforms that our best life consists in possessing some material, status, or experiential thing that we currently don't have.

Transition

Temptations will always be part of our earthly life, but we can train our hearts to draw our value and security from God. The antidote to FOMO is JOMO- the joy of missing out.

- 3. In what ways can we embrace "JOMO", and willingly deny ourselves so that we can embrace a lifestyle of simplicity, generosity and contentment? (How can we embrace JOMO in our finances and lifestyles?) [15 Min]**

Leader's Notes

This is a reflect and response question for members to share about what they have learnt from the sermon and apply to their lives. Members can share about the current lessons they are learning. Leaders can also choose to ask them to think of an action step they wish to take in adopting a JOMO mindset to life.

Closing

The pressure to live life to the fullest and experience everything can cause anxiety, but a Christian does not have to worry - we are called to follow God and trust Him to provide exactly what is needed each day, knowing that God's sovereignty guides every part of our life.



PRAYER

Consider dividing the group into micro-groups for a deeper time of sharing as well as praying for the following items:

1. Sermon Application

- For Christians to allow the Holy Spirit to teach them contentment and simplicity, and not to be driven by FOMO.

2. COVID-19 in Singapore

- Pray for God's protection on our nation from the virus.
- Pray for God's strength on our nurses and healthcare workers as they manage the influx of cases.

3. War in Ukraine

- Pray for Russia and Ukraine to enter into peace negotiations.
- Pray for the safety of all Ukrainians especially the churches there.
- Pray for a swift end to the invasion.

4. Opportunities for Outreach

- Ask the Lord to grant you opportunities to reach out to a non-believing loved one, friend, or colleague this week as we seek to mature in Christlikeness.


ANNOUNCEMENTS

1. **RiverLife Podcast.** We are excited to launch a new resource – The RiverLife Podcast on Spotify. The RiverLife Podcast allows you to listen to RiverLife content anytime, anywhere! For a start, you will be able to catch up on all six sermons from our *Let The River Flow* sermon series. The link to go to is rlc.sg/podcast or simply search '**The RiverLife Podcast**' on Spotify.

2. **SuperLife Interns.** Our Children's Ministry is looking for Interns to join their team. The role entails supporting the day-to-day operations of SuperLife (Primary Level) and ensuring the smooth running of services on Sundays. We're looking for RiverLifers who are passionate and have a keen interest to work with children, or those who are considering a career working closely with children. The internship period is between March 2022 to Jan 2023 – but those who are available for a shorter period may apply as well. If you wish to apply, please write in to Pastor Suzanna Chia via suzannachia@riverlife.org.sg.

3. **Current Pulpit Series: FOMO.** Our culture defines success in life – students are to excel academically; working adults should attain financial wealth and social status; and grown-ups ought to get married and have children. FOMO or Fear of Missing Out is an urban slang that refers to a feeling of anxiety over the possibility of missing out on something. This sense of fear grips us when we fail to meet culture's expectations. This sermon series addresses the big cultural priorities and points us to live a Christ-centred life. Join us as we clear the clog in our hearts so that rivers of living water can freely flow in our lives!

- 27 FEB - How does honouring God look in a me-first world?
- 06 MAR - How does contentment look when the wealth gap widens?
- 13 MAR - How does wholeness look as a single?

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4. **Spiritual Growth Resources.** We have put together a curated list of recommended resources for the RiverLife family. These resources (books, articles, podcasts and videos) are recommendations for the various spiritual growth stages as you seek to grow deeper in the River of God this year. You can access them at rlc.sg/resource. This list will be continually populated throughout the year.
 5. **Cradle Roll.** Our Cradle Roll is now open for kids aged two and below from 9am to 10.30am every Sunday. **NO booking of tickets is required.** In order to protect the health of our little ones, parents, do refer to the updated guidelines in our [e-bulletin](#).
 6. **Service Ticket Returns.** Due to the capacity constraint, if you have booked tickets but are unable to attend – we ask that you kindly return the tickets (as early as possible) so that more RiverLifers have the opportunity to worship in-person. To return your tickets, go to the EventBrite confirmation email and click “View and Manage” or write in to inform us via “Contact Organiser”.
 7. **Prayer Ministry.** If you require prayer ministry for any issues you face (eg. unforgiveness, demonic oppression, etc), you can sign up for RLC’s RTF ministry: <https://bit.ly/rlcrtf>
 8. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting: <https://rlc.sg/brp2021>.
 9. **Testimony.** If you have a testimony to share, you can write to us at stories@riverlife.org.sg to share with us your testimony as an encouragement to others.

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