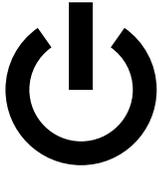


**Speaker:** Cody Ray

**Title:** No Mo' FOMO

**Key Verses:** Genesis 3:1–7; Acts 3:1–10; Philippians 4:19; Matthew 6:8

**Summary:** Distractions keep us from the powerful life God intends for us.



**Power Up:** Take a moment to prepare

Social media doesn't create FOMO but exposes it. Describe something you've seen posted recently and thought, "Why wasn't I invited?"



**Replay:** Take some time to watch

Note the flow of Cody's talk: **1)** understanding FOMO; **2)** changing our thinking; **3)** surrendering to God's powerful plan for our lives.



**Comment:** Take some time to talk

**What are some evidences in your life of FOMO?**

Cody says the enemy often uses good things to distract us. **What "good things" are distracting you? How are distractions hurting you?**

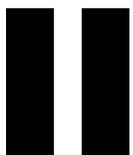
**Read Colossians 3:1–3.** According to this passage, what should be the focus of our thoughts? How can you make this a regular practice?

Cody describes the masks we "wear" and "act" we put on for peers.

**What motivates this? How does this affect us by the end of the day?**

**What do your schedule and social media say about your priorities? What priorities are healthy? Which ones need adjusted?**

**How would you articulate your "used to" story? How is God working in your life today? Where is He asking you to surrender?** Be specific.



**Pause:** Take a moment to pray

Thank God for His generosity. Thank Him that He neither withholds good from us nor keeps distance from us. Ask Him for greater awareness of our misplaced priorities. Ask Him for greater dependence on His power.



**Take Action:** Take a step forward

Cody described *quiet* as necessary but awkward. God speaks to us in quiet. Take an hour-long retreat this week. Find a quiet place. Leave the phone behind. Bring a Bible and journal. Ask God to speak to you. Then listen.

## Bonus Features | Additional Notes and Quotes from Cody Ray

**Power Track Summary:** “If you commit to those plans, you’ll miss out on what’s happening with your other friends.” “There’s something better happening over there.” “God’s afraid you’ll become like Him if you eat that fruit.” The enemy whispers these lies to distract you from what God has in store for your life. This Power Track teaches how to live a life of power focused on God’s will.

**About the Speaker:** Cody Ray is a husband, father, youth pastor, Operation Barnabas leader, and resident of York, PA.

**FOMO:** Fear of missing out. The desire to do everything, be everywhere, be part of everything.

“FOMO has been around since the creation of the world. [See Genesis 3]... The serpent says, ‘God is trying to keep things from you. He’s holding out on you.’”

“[Adam and Eve] gained regret, guilt, and shame because of their FOMO.”

“The lie of the Enemy is this: ‘God isn’t going to fulfill what he promised he was going to do in our lives. The enemy knows that distraction leads to destruction.’”

“Sometimes the devil doesn’t need to put bad things in front of us. A lot of times the devil puts a lot of good things in our schedules, so we don’t see what God wants for us.”

**FOCUS:** “Your race is only six inches.” “If you don’t mind, it don’t matter.” “Think about what you’re thinking about.” [These are coaching mantras to instill mental toughness in athletes.]

“If we can conquer our thoughts and our thinking, then we’re not going to be so concerned about the things we’re missing out on, we’re going to be concerned about the things that God has us doing...”

“The lame beggar gave them his *attention*. He got his eyes off what he wanted to listen to what God could give” (Acts 3:5).

“You can’t help but tell others about it when God moves in your life.”

“Sometimes we just need to sit and be quiet... But quiet makes us feel awkward. But it’s in those times that God can speak the loudest.”

“Your attention is your most valuable commodity.”

“Be present with what God’s doing with you right where you are.”

**FOCUS Verses:** Psalm 1; 2 Corinthians 10:5; Philippians 4:9; Colossians 3:1–5

“I was starting to see that the Holy Spirit has so much for us, wants so much for us. We just have to be willing to surrender.”

“You have the power to do what God is calling you to do. God is calling you to change the world. God is calling you to heal the sick. God is calling you to bring heaven to earth.”