

THE CONNECTION

SPRING 2016

THE CURE FOR
FOMO





FLY BEYOND 2016

JULY 18—22, 2016 | OSCEOLA, WI



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THE CURE FOR FOMO

[FEAR OF MISSING OUT]

If I recall correctly, the first time I heard FOMO was in a conversation with friends a few years ago. Each one of us was mentioning activities for the upcoming weekend and we were all adults. One friend commented that he was considering a certain event, but he did not want to do it simply from FOMO.

"FOMO?" I asked. "You know...Fear-Of-Missing-Out," the man replied.

Since then, I have been watching this phenomenon in my own life and in my sphere of influence with family, ministry, and congregations. As someone that has reacted before because of FOMO, I write not from an expert chair, but from a learner's lab seeking to grow in a healthy response.

In my role as National Youth Director, I have the fantastic opportunity to connect with teens, parents of teens, youth leaders, and pastors from across the country. It seems that FOMO is steadily moving from a problem to a default reaction in our culture. This shift from awareness of it to driven by FOMO is what leads me to address it.

WHERE DO YOU SEE FOMO?

You may be asking the question, "Where do you see it show up, Jason?" It's a fair question. In walking alongside teens, FOMO is clearly intensified through social media. Getting a Snapchat about a gathering that is finishing up or seeing pictures on Facebook of an event that already happened can increase this sense of anxiety. It brings to our doorstep that we have not been included and that we could experience strong negative results among friends.

Are you wondering if it has happened to you? Here are some potential situations that could reflect if FOMO has a strong influence on you:

- Do you check social media right before going to bed or right after waking up?
- Do you ever jar awake in the middle of the night to check for texts or updates?
- Have you had a strain in a friendship primarily over an event/gathering communicated via social media?
- Have you wanted to quit a social media tool (Instagram, Pinterest, Facebook, etc.) with frustration about how your friends are interacting with you?

These examples are just a few of the many ways that a Fear-Of-Missing-Out feeling, and a resulting reaction, could be experienced.

WHY DO WE STRUGGLE WITH FOMO?

Peer pressure not only exists, but it is powerful.

I know that is not new news for you, but we need to remind one another of it. Because of our sinful nature, we crave our way. We want to matter. We want to belong and be involved in things. In our own strength, we are incapable of being content. No matter our age, we seek to be accepted.

During Lent and Easter, we have a pretty strong negative example of this within Jesus' trial. Scripture reminds us that the crowd's pressure led the Roman leader in the Apostles' Creed to give Jesus the cross. Mark 15:15 states, **"So Pilate, wishing to satisfy the crowd, released for them Barabbas, and having scourged Jesus, he delivered Him to be crucified."**

HOW TO DEAL WITH IT?

The Bible indicates to us that the cure for FOMO is found in Christ. When I remember that I am loved by the Lord (John 15:9), when I am reminded that my joy is found in Him (John 15:11), when I recall that Jesus calls me "friend" (John 15:14-15), when I see that by God's grace Christ laid down His life for me (John 15:13), then FOMO's influence is reduced.

Since I am loved, valued, and purchased at the cross of Christ, then even when I find FOMO creeping in, His truth changes my heart and my mind.

There is nothing "too wonderful" in this world for me to miss out on, because I have the absolute best in my relationship with Jesus.

Pastor Jason Holt

Looking For More?

Rate My FOMO

[Australia Study on FOMO in Teens](#)

[BibleGateway.com on John 15:9-17](#)



FLY Convention Spotlight

By Heidi Nelson

Between all the drama we see on social media, the catastrophes we watch on the news, and the evil we witness in our personal lives, it is difficult to forget that we live in a world of darkness. The more we observe and the longer we live, we become more overwhelmed and discouraged by the darkness. Laws change for the worst, terrorist groups grow, strange diseases spread, loved ones pass away, and families fall apart. BUT don't quit reading now! We have hope! His name is Jesus, and He says, ***"I am the light of the world. Whoever follows Me will never walk in darkness, but will have the light of life."*** —John 8:12

Light has come into the darkness. The Light has made a way out of the darkness. The Light has brought forgiveness, freedom, healing, and hope. Because of the Light, we can have a relationship with the Creator of the universe. Because of the Light we can approach His throne with freedom and confidence. The Light has brought a promise of a forever with Him. We have hope because of the

Light, and the Light shines through us to bring that same hope to the dark world around us.

Though the darkness is real and evil and intimidating, the Light always out shines the darkness. How do we live in this dark world? How can we have a relationship with the Light? How do we keep our focus on the Light? How do we let His light shine through us to the world?

Please join us in praying, even now, for all those who will attend FLY, that Jesus would illuminate each heart and help each one fall more in love with Him.



Heidi is from Golden Valley, MN and is the Devotional Life Secretary for the 2017 FLY Committee

Mark your calendars for July 3-8, 2017

FLY 2017: Illuminate



MOVIE: RISEN: A Youth Pastor's Review by Todd Pearage

As a Christian, I loved how this film was an exciting new look at the crucifixion and the events following the resurrection.

Roman military tribune Clavius (Joseph Fiennes) remains set in his ways after serving 25 years in the army. He arrives at a cross-road when he's tasked to investigate the mystery of what happened to Jesus (Cliff Curtis) following the Crucifixion. Accompanied by trusted aide Lucius (Tom Felton), his quest to disprove rumors of a risen Messiah makes him question his own beliefs and spirituality. As his journey takes him to places never dreamed of, Clavius discovers the truth that he's been seeking. ... Continued at <http://interlinc-online.com/blog/?p=2904>

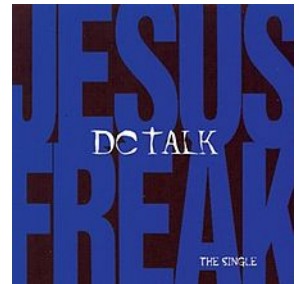


MUSIC: Jesus Freak by DC Talk

On August 1st, 1995, the song "Jesus Freak" was released by DC Talk. This song is about a person wondering what people will think when they find out he is a Christian and then realizing that he doesn't care what people think of him because with God on his side, whatever judgement may come, it won't bother him.

"What will people think when they see that I'm a Jesus Freak?" Here he is asking himself what might be thought of him if people find out he is a Christian. *"I don't really care if they label me a Jesus Freak."* In this moment, he realizes that it doesn't matter what people think because only God can judge us.

Just like in the song, we should also reside in God and know that even if people think we are weird or wrong, we should still study the Bible and be "Jesus Freaks". Isaiah 41:10 "Do not fear, for I am with you; do not anxiously look about you, for I am your God I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand."



Ben Witikko, Teen from Ellendale MN



Put These Dates in Your Phone

- June 16 = Youth Vespers @ Annual Conference, Osceola WI
- July 5-8 = AFLC Youth Ministries' Youth Works Trip, Kansas City MO
- July 18-22 = FLY Beyond, Osceola WI
- September 28 = "See You At The Pole", Your School's Flagpole
- October 14-16 = AFLBS Fall Campus Days, Plymouth MN