

A person is holding a black smartphone in front of a blurred background. The background features a pattern of purple and white floral or abstract shapes. The text 'F.O.M.I.O.' is overlaid in a white, distressed, stencil-like font across the bottom of the image.

F.O.M.I.O.

FOMO & FOIKU

HOW TO OVERCOME FOMO

LIMIT SOCIAL
MEDIA TIME

FOCUS ON
PRIVATE
APPRECIATION

FOCUS ON
GRATITUDE

TAKE TIME
TO ENJOY
EXPERIENCES

ELIMINATE
UNHELPFUL
THINGS

FOCUS ON
EXPERIENCE
OVER SYMBOL
OR STATUS

BE WILLING TO
NOT HAVE IT
ALL

FOCUS ON
ONE THING
AT A TIME

AND WE KNOW THAT
GOD
CAUSES **ALL** THINGS
To Work
TOGETHER FOR GOOD
To Those
WHO **LOVE** GOD
TO THOSE WHO ARE
CALLED
ACCORDING To His PURPOSE
ROMANS 8:28

REST & PEACE

YOU WILL KEEP IN PERFECT PEACE
ALL WHO TRUST IN YOU,
ALL WHOSE THOUGHTS ARE

fixed on you!

ISAIAH 26:3

DO NOT BE ANXIOUS ABOUT ANYTHING,
BUT IN EVERY SITUATION, BY *prayer*
& PETITION, WITH *thanksgiving*,
PRESENT YOUR REQUESTS TO GOD.

AND THE
peace of God
WHICH TRANSCENDS

ALL UNDERSTANDING, WILL
guard your hearts
AND YOUR MINDS IN CHRIST JESUS.

- Philippians 4:6-7

NO REST



Isaiah 30:15

IN REPENTANCE
AND REST

**YOU WILL
BE SAVED,**

IN QUIETNESS
AND TRUST IS
YOUR STRENGTH.

**BUT YOU WOULD
HAVE NONE OF IT!**

DECLARATION

I WAIT QUIETLY
BEFORE GOD,
FOR MY VICTORY COMES
FROM HIM
PSALM 62:1



DIRECTION

FIND REST,
O my soul,
IN GOD ALONE;
My hope comes from him.

Psalm 62:5



GOD'S WAYS...

ISAIAH 55:8

MY THOUGHTS ARE
NOTHING
LIKE YOUR
THOUGHTS
SAYS THE LORD.

AND MY WAYS ARE
FAR BEYOND
ANYTHING
YOU COULD
IMAGINE.

“

GENUINE FAITH
MEANS YOU
TRUST GOD
DESPITE
UNCERTAINTY.

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