



Flip The Fomo | Doug Wekenman | 08.23.2026

Weekly Study

SHARE

As group members settle in, take a few minutes to check in with everyone and see how their lives are going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

☐ **Share a praise from last week and a prayer for this week.**

GROW

"Carefully consider the path for your feet, and all your ways will be established. Don't turn to the right or to the left..." — Proverbs 4:26–27

We live in a world of endless options. Where to live. What career to pursue. Who to marry. What church to attend. What opportunity to chase next. And while options can be a gift, they can also leave us constantly wondering, **"What if there's something better?"**

But nothing will make us dissatisfied with the path we're walking like constantly staring at all the paths we're not on.

Read James 1:5–8, Psalm 92:12–13

These passages give us two very different pictures of how we can live: **Tossed or planted.**

Sometimes God calls us to go. Sometimes He calls us to stay. Difficulty doesn't necessarily mean we're on the wrong path, just as smooth sailing doesn't always mean we're on the right one. Jesus told us we would have trouble in this world, but He also told us to take heart because He has overcome it (John 16:33).

So our circumstances cannot be the measure of God's presence or faithfulness in our lives. In every high and low, we can choose to seek Him, plant ourselves in His truth, and abide in His love.

If we're not careful, we can spend our lives searching for the next thing we hope will finally satisfy us – the next job, city, church, relationship, or opportunity. We can meet countless people without ever allowing ourselves to be truly known. We can leave relationships when love becomes difficult instead of learning to love with the patience and grace Christ has shown us. We can keep changing our circumstances without ever allowing God to change us.

Because wherever we go next, **we're still bringing ourselves with us.** Doug captured it this way: **"If you can't ABIDE where you are now, you'll never ARRIVE at what's next."**

So before we ask God, **"Where should I go next?"** perhaps we should first ask, **"What are You trying to do in me right here?"**

Whether God leads us somewhere new or asks us to remain where we are, our response is the same: trust His direction, stay faithful, and keep walking with Him.

As you discuss together, consider where you might be tempted to keep searching, where God may be asking you to stay planted, and what it could look like to faithfully follow Him right where you are.

☐ **How did this week's message speak to you? Explain.**

- ☐ What could happen in your life, and how could you flourish if you had the faith to stay and plant yourself in the plans of God?
- ☐ What path am I currently walking while constantly looking at another?
- ☐ Where am I allowing the fear of making the wrong choice to keep me from making any choice at all?

MOVE

FOMO has a way of convincing us that something better must be waiting somewhere else. And when we're constantly looking toward another path, it's easy to miss the beauty and purpose of the one we're already walking. But what if we flipped the question? Instead of asking, "What if I'm missing out?" ask, "What might I be missing right here?" God may be growing something in you, revealing something to you, or inviting you into something that requires your presence and faithfulness in this season. Sometimes the life we're searching for isn't somewhere else—it's found by becoming fully present with God right where we are.

Read Exodus 3:5, Jeremiah 29:4-9, Philippians 4:11-13

- ☐ Which verse above caught your attention? How is it encouraging you or challenging you?
- ☐ God didn't tell Moses, **"Take off your sandals because you're going to be here for a while."** He said, **"Take off your sandals, for the place where you are standing is holy ground."** What if God is inviting you to see your current season the same way—not simply as a place to get through, but as a place where He wants to meet you? **Are you so focused on where God might take you next that you're missing where He's meeting you right now?**
- ☐ What could happen in your life and how could you flourish if you had the faith to stay and plant yourself in the plans of God?

☐ **Are you being called toward something, or are you running away from something?**

☐ **Years from now, what story do you want to tell about the kind of faith you had when the winds were against you?**

P R A Y

Close your time together by praying as a group for the faith to stay — in the hard seasons, in the imperfect places, and in the plans God has planted for each of you. Ask God to replace a double-minded spirit with a rooted, flourishing faith, and to make you a group of people who can one day tell the story of why you stayed.