

## #FOMO – Part 1: Clear the Mind Sunday, April 11, 2021

*The solution to FOMO is sometimes determined by the difference between an closed mindset and an open mindset. A closed mindset keeps us from moving forward because things are what they are and we're better to just stay where we are. An open mindset leads us to walk through open doors with a belief that we can accomplish something – and learn and grow in the process.*

### Read 1 Samuel 17:1-51

- Have you ever felt like you were missing out on something? If so, what? If so, how did it feel to miss out?
- How would you describe the difference between a closed mindset and an open mindset?
- In what ways can a closed mindset hold us back from experiencing what God desires for us?
- In what ways does an open mindset require faith?
- What are some examples of a closed mindset you see in the David & Goliath story?
- What are some examples of an open mindset you see in the David & Goliath story?
- If you were to place yourself in the story, do you think you would be a closed or open mindset part of the story? Why?
- Who do you most identify with in the story? Why?
- How did David's open mindset turn the tables in the story?
- What next step will you take to develop and maintain an open mindset in relationship to/with God?

### FOMO is Sometimes a Mindset We Choose