

Ecclesiastes and the “Fear Of Missing Out”

Fear of missing out is a feeling of anxiety caused by a sense that one is losing or has lost an opportunity for some social interaction, new experience, popular event, profitable investment, etc.

This may be accompanied by the feeling that life is passing you by or you are not living “your best life now.”



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FOMO can also involve envy over the perception that others are having better experiences, better lives, or more fun than you are.



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Solomon's repeated refrain that all things are *hebel*—*meaningless, fleeting, futile, frustrating, pointless, absurd*—encourages believers not to set their hearts on what cannot last and must be lost (Mt. 6:19-21; Col. 3:1-4) and reinforces the assurance that everything we might have considered gain in this life is “rubbish” in comparison to “what God has prepared for those who love him” (Phil. 3:7-10; 1 Cor. 2:9-10).

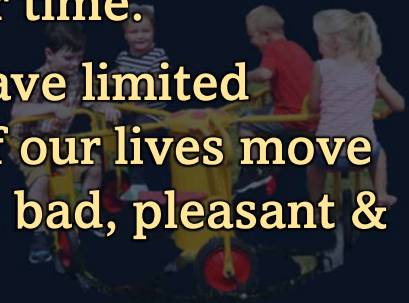


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The World is Never Enough

II. *We are captives on the carousel of life & time.*
(3:1-9; 7:13-14; 9:11-12)

- *Time* is a both our task master and our dance master. In all that we do and in all that happens to us, we cannot escape or alter time.
- In the movement of time, we have limited control in the way the events of our lives move back and forth between good & bad, pleasant & unpleasant, joyful & tragic.



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- Time is a “zero-sum game.” While only God knows the “quantity” of time in each life, we know we cannot add to our time (see Mt. 6:27)* and time “lost” can never be regained.
- We cannot see the future or plan for every contingency. Time, chance, and circumstance often catch us unaware and unprepared, for good and bad.

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- Our lives cycle through repetitive rounds of personal experience and social routine. No level of achievement or pleasure can lift us from the plane of temporal existence that begins with birth and ends with death.



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