

Sunday Sermon Recap

October 4, 2026 | Elder Matt Downs | Laveen Baptist Church

Title: FOMOS: The Fear of Missing Out on Sin

Theme: *Consequences of Sin and Righteousness (Proverbs)*

Full Service Link: <https://www.youtube.com/live/4zQQbwbE9hY?si=tGYdbqx9xqslzP9I>

Sermon Only Link: <https://youtu.be/gmO3BbnmiqQ>

Date of Sermon: 10/4/2026

Main Passages: Proverbs 1:10-19; 4:14-19; 23:17; 24:1-2; James 1:14

Summary and Highlights

Opening Illustration

Elder Matt described a family outing where football and the MTV awards played side-by-side. That contrast, plus his reading in Proverbs, highlighted a common feeling: FOMO (Fear of Missing Out). He illustrated it with his sister's inability to miss any family gathering, then coined a new term—the fear of missing out on sin.

The point: We should not fear missing the temporary thrills, wealth, popularity, or community that sin offers. Those things are lies that end in destruction.

The Temptation to Join in Sin • Proverbs 1:10-19

“My son, if sinners entice you, do not consent... Do not walk in the way with them; hold back your foot from their paths.”

Sinners entice with false promises of excitement, wealth (“precious goods... plunder”), and community (“we will all have one purse”). The idea of “entice” carries the sense of lies and illusion. Modern parallels include workplace gossip chats, social-media pressure, and after-work parties that pull believers away. The path ends in self-destruction: “These men lie in wait for their own blood... it takes away the life of its possessors.”

Do Not Even Enter the Path • Proverbs 4:14-19

“Do not enter the path of the wicked... Avoid it; do not go on it; turn away from it and pass on.”

The wicked cannot sleep unless they have done wrong; they are sustained by “the bread of wickedness and the wine of violence.” (Contrasted that morning with the Lord's Supper.) “The path of the righteous is like the light of dawn, which shines brighter and brighter until full day.” The way of the wicked is deep darkness—they do not even know over what they stumble.

The Deeper Danger: Heart-Level Envy • Proverbs 24:1-2 & 23:17

“Do not be envious of evil men... Let not your heart envy sinners, but continue in the fear of the Lord all the day. Surely there is a future, and your hope will not be cut off.”

Even when we refuse to participate, envying the lifestyle or “fun” of the wicked turns our hearts toward trouble. Illustrations included celebrities, the “Be Like Mike” campaign, and young people who feel they are missing out because they follow Jesus. The antidote is zeal for the fear of the Lord. James 1:14 shows the process: desire → sin → death. Guard your heart by taking every envious thought captive to Christ.

Closing Challenge

Do not fear missing out on sin's empty promises. Be zealous for the fear of the Lord. The path of the righteous grows brighter and brighter, and those who walk with Christ have a future and a hope that will never be cut off.

Heavenly Father, thank You for showing us the true nature of sin's empty promises. Keep us from envying the wicked. Fill us with zeal for the fear of the Lord so that our lives shine brighter and brighter. Amen.

Key Takeaway

Do not fear missing out on the temporary thrills, wealth, popularity, or community that sin offers. Those things are lies that end in destruction. Instead, zealously pursue the fear of the Lord. Guard your heart from envy of evil—the path of the righteous grows brighter and brighter, and those who walk with Christ have a future and a hope that will never be cut off.

Plan of Salvation

God is holy; every person is a sinner deserving judgment (Romans 3:10, 23; 6:23). In love God sent His Son, Jesus Christ, who lived sinlessly, died for our sins, and rose again (Isaiah 53:5–6; 1 Cor. 15:3–4; 2 Cor. 5:21). Salvation is by grace alone through faith alone in Christ alone, not by works (Eph. 2:8–9; Titus 3:5). God calls us to repent and believe in the Lord Jesus as Savior and Lord (Mark 1:15; Romans 10:9–10, 13). All who trust Christ are forgiven, declared righteous, born again, adopted, and given eternal life (John 1:12–13; 3:16; Romans 5:1; 8:1).

A Prayer of Salvation

Heavenly Father, I know I am a sinner and cannot save myself. I believe Jesus Christ is Your Son, that He lived a sinless life, died for my sins, and rose again. Today I turn from my sin and trust Jesus alone as my Savior and Lord. Forgive my sins, give me a new heart, and help me follow You. Thank You for Your grace and the gift of eternal life. I confess Jesus as Lord and receive Him by faith. In Jesus' name, Amen.

If you prayed this prayer, please contact us: Laveen Baptist Church • 5036 W. Dobbins Rd, Laveen, AZ 85339 • 602-237-4885 • lbc@laveenbaptistchurch.org • laveenbaptistchurch.org