



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL



Highlight REAL PART 2: FIGHTING FOMO

FOMO (Fear of Missing Out): “anxiety that an exciting or interesting event may currently be happening elsewhere, often aroused by posts seen on social media.”

THE FASTEST WAY TO _____ SOMETHING SPECIAL
IS TO _____ IT TO SOMETHING ELSE.

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

“But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to [e]abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.” Philippians 4:10–13

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” Hebrews 12:1–2

Learning to be Content:

1. CHOOSE TO BE _____

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5:16–18

2. CUT (BACK) ON _____

“All of humanity's problems stem from man's inability to sit quietly in a room alone.” Blaise Pascal

3. CENTER YOUR LIFE AROUND _____

See Essena O'Neill

“If Jesus is not your center, I’m not afraid of what will happen if you don’t reach your goal; I’m afraid of what will happen if you do.”



WHO or WHAT
AM I GOING TO USE AS
MY REFERENCE POINT
TO TELL ME I’M OK?

Welcome

*Whether
you're just
visiting or
looking to
stay, it's
great to
have you
with us!*

Calendar

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other.

FILL YOUR BUCKET

The Well starts with a time of praise followed by an inspiring message.

9 / 26 "WHAT NEXT" YOUNG ADULT DISCUSSION

9 / 30 MEMBERSHIP GROUP DEADLINE

10 / 7 VOLUNTEER ORIENTATION

10 / 19 YOUNG ADULT RETREAT

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