

# First Mt. Olive Freewill Baptist Church

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**Bishop Oscar E. Brown, M.Div., D.D., Senior Pastor**

## FALL BIBLE STUDY 2025

**Subject:** Transformational Thinking      **Text :** The Book of Philippians

**Objectives:** The goal of this Bible Study is to:

- learn how the Bible leader, Paul, handled pressure
- identify the root causes for anxiety and overthinking
- create healthy methods to prevent carrying out unhealthy practices
- be a support for others who are struggling with and/or dealing with overthinking.

### Dates

### Subjects

October 7 & 8	1. Introduction: The Mixed Messages of the Climate
October 14 & 15	2. The Mind and How It Was Set
October 21 & 22	3. The Model of Transformational Thinking: Intro to Philippians
October 28 & 29	4. Chapter 1 Rejoicing in Spite of Sufferings
November 4 & 5	5. Chapter 2 Rejoicing While Serving
November 11 & 12	6. Chapter 3 Rejoicing in the Space
November 18 & 19	7. Chapter 4 Rejoicing through Sensitive Times

**Scripture:**

**Philippians 4:6**

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

**Prayer**

Lord Jesus Christ, I humbly ask you to help me  
to free myself from the attacks, the torture,  
and bondage of my mind.

You have called me out of darkness  
to live an empowered life.

Therefore, by Your Grace, I am making a conscious decision  
to live in the state of a renewed mindset.

I will no longer allow people or circumstances  
to control my attitude or actions.

My goal and desire is to live a life that demonstrates  
my appreciation to You, Lord, for saving  
my soul and my mind.

In addition, Lord Jesus, please help others  
to defeat unhealthy thinking also.

In Jesus' Name. Amen.