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FALL BIBLE STUDY 2025

TRIBAL TALK TUESDAY AND WHOLENESS WEDNESDAY

OCTOBER 21-22, 2025

Scripture

Philippians 4:6

“Be careful (anxious) 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.

**Title: The Model of Transformation Thinking:
Introduction to the Book of Philippians**

Subject: *Transformational Thinking*

Text: The Book of Philippians

The mind is the center of where we

● _____

● _____

● _____

The author of the Book of Philippians is the Apostle Paul.

Twelve (12) important facts about Paul:

1. His birthname was Saul

2. A Pharisaic Jew

3. Roman citizenship
4. Studied under Gamaliel
5. Persecutor of Christians
6. Conversion to Paul on the Damascus Road)
7. Chief missionary for Jesus Christ
8. Chief writer of many New Testament books
9. Paul's personal life - marriage/ single
10. Paul's health - a thorn in his side
11. Often arrested for the Gospel's sake
12. Martyred in Rome around 62-64 AD

The city, culture and church of Philippi

- The city was founded or restructured by _____

- The city had _____, _____ and _____

- A _____

- The birthplace of _____

History is the foundation of everyone’s story, and it’s the leading reason why we embrace...

1. _____

2. _____

3. _____

The six (6) influences/influencers of life:

1. _____ - parents, family, friends, community

2. _____ - education,
workplace, group membership

3. _____ - bible, church culture

4. _____ - lifestyle standards, public figures, TV, cable, livestream

5. _____ - hurts, major health challenges, death of loved ones

6. _____ -

Overthinking produces:

- Unhealthy decisions

- Self-sabotaging behaviors

- An unrealistic world that you will never live in physically but emotionally

The background of the book of Philippians:

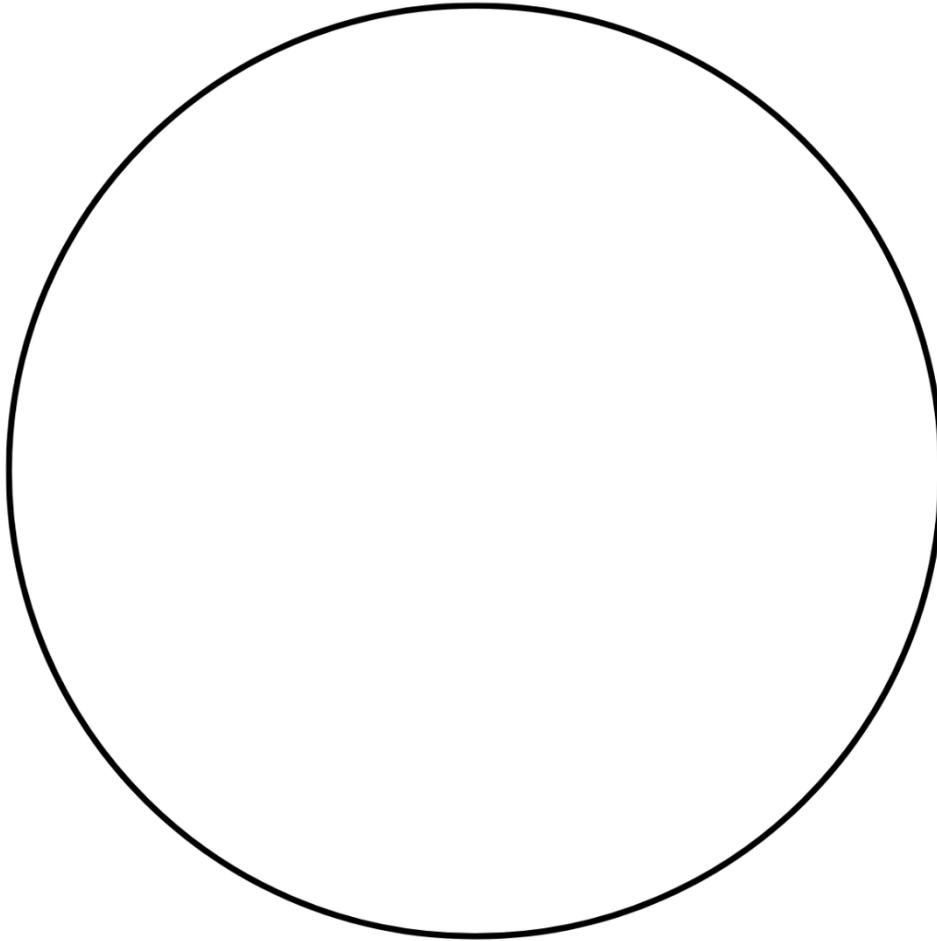
- _____

- _____

- _____

A model is a good example; someone who provides inspiration to provoke someone to do better.

The Influences / Influencers of Life



Key:

- Personal and Social
- Spiritual
- Tragic Events
- Societal and Environmental
- Media and Digital
- Unknown

Transformational thinking only happens by having a model to follow. The focus of Paul's letter:

1. _____

2. _____

3. _____

Being able to identify how we arrived at our present thought pattern is not a matter of blaming but it's about:

- Identifying

- Ownership

- Correcting

The process comes with a partnership:

1. Prayer with _____

2. Counseling with _____
3. Scripture reading with _____
4. Forgiveness with _____
5. An accountability partner that _____
6. Self-care that _____
7. Conversation with _____
8. Re-assessment of _____
9. Re-working your schedule and _____