



First Mt. Olive Freewill Baptist Church

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Fall Bible Study 2025

Tribal Talk Tuesday and Wholeness Wednesday

October 28-29, 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.

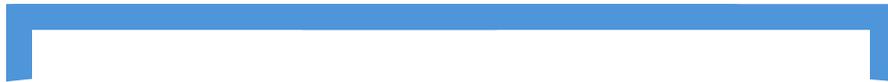
Amen.

Opening Exercise

The Belief of the Two (2) Arrows

Arrow #1 _____

Arrow #2 _____



Spiritual Principle: _____

Chapter 1 Rejoicing In Spite of Sufferings #4

The messages that you send when you are in _____
_____ reflects the state of your mind.

Life circumstances will reveal the _____.

1. _____: how you currently perceive yourself
2. _____: Your aspirations and vision of who you want to be
3. _____: How you believe you should be based on your obligation and societal norms.
4. _____: A self-representation of a fearful future, often involving failure or not meeting expectations

5. _____: a subconscious defense mechanism where an individual attributes their own unacceptable thoughts, feelings or motives to another person.

Paul identified the levels of self in _____.

The struggle of Paul was that of:

- his _____ and his _____;
- the _____ verses the _____;
- warring _____ verses the law of _____.

Paul's conclusion was to:

- _____
- _____
- _____

Identify by:

Calling out his condition- _____ – miserable or weighted

Making his request – _____ – release

Declaring his conviction – _____ - maker

The Paul that wrote Philippians was a more _____
_____.

Why was Paul writing from a Philippian jail?

The preaching of the Gospel caused:

1. _____ – a slave girl was set free

2. _____ – Caesar is not Lord

3. _____ – private worship to personal gods was acceptable.

All of their the accusations were true. Paul declared that his imprisonment and suffering were for the cause of Christ.

The stress and anxiety of Paul's situation should have caused him to operate in overthinking. However, Paul's journey took him to a place of:

- _____,

- _____ and

- _____

Overview of Chapter 1

1. Paul's greeting the saints and gratitude ~ verses 1-3
2. Paul's petition to God on their behalf ~ verses 4-5
3. Paul's conviction ~ verses 6-8
4. Paul's expectations ~ verses 9-12
5. Paul's Fruit ~ verses 13 -14
6. Paul's assessment of preaching ~ verses 15-19

7. Paul's dilemma ~ verses 20-26

8. Paul's directives ~ verses 27-28

9. Paul's stance ~ verses 29 -30

The Fruit of Transformational Thinking:

1. _____
Overthinking becomes impossible when appreciation is shown for the present moment. Bitterness is one of the things that fuels for overthinking Giving thanks unto the Lord should be the lifestyle of all believers. In all things give thanks unto the Lord.

Goal: _____

2. _____
Overthinking becomes less when you are able to assign tough times with a meaning. The work of Christ in our lives is not temporary but permanent and continuous. Purpose can withstand or hold up under pressure.

Goal: _____

3. _____
Overthinking makes you think that you are in charge of life's outcomes. Confidence in Christ must be more than what we say. It must be our guiding compass. For every problem, God has reserved power to address the problem, meet the problem and supersede the problem.

Goal: _____

4. _____
Overthinking is wasted mind power. Jesus said, how many inches can you add to your height by worrying? Our genetic and spiritual make up has been designed to help others. Our pain/pressure is for the betterment of those around us.

Goal: _____