



## First Mt. Olive Freewill Baptist Church

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

### FALL BIBLE STUDY 2025

TRIBAL TALK TUESDAY AND WHOLENESS WEDNESDAY  
OCTOBER 7-8, 2025

**Subject:** *Transformational Thinking*

**Text:** The Book of Philippians

**Objectives:** The goal of this 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.

#### Subjects:

1. Class #1 - Introduction: The Mixed Messages of the Climate
2. Class #2 - Subject: The Mind and How It Was Set
3. Class# 3 - Subject: The Model of Transformational Thinking:  
Intro to Philippians
4. Class #4 - Subject: Chapter 1 Rejoicing In Spite of Sufferings
5. Class #5 - Subject: Chapter 2 Rejoicing While Serving
6. Class #6 - Subject: Chapter 3 Rejoicing in the Space
7. Class #7 - Subject: Chapter 4 Rejoicing Through Sensitive Times

## 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.

## Class #1

### Introduction: The Mixed Messages of the Climate

What is the most powerful of the two, \_\_\_\_\_ or \_\_\_\_\_?

\_\_\_\_\_ is defined as

(A) The ability to see, hear, or become aware of something through the senses.

(B) A way of regarding, understanding, or interpreting something; a mental impression.

\_\_\_\_\_ is defined as

(A) the world or state of things as they actually exist.

(B) Material existence

\_\_\_\_\_ Information vs. \_\_\_\_\_ Manifestation

The problems with Reality:

1. \_\_\_\_\_ can lock you into time, space, and limitations.
  
2. \_\_\_\_\_ can kill perception, the ability to dream or desire for better.
  
3. \_\_\_\_\_ can be shaped or altered by others.
  
4. \_\_\_\_\_ is making you sick and bringing you to a slow death by the way of suffocation.

What are the mixed messages of our climate?

(A) \_\_\_\_\_ will get you to where you want to be in life.

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(B) \_\_\_\_\_ are holding you back.

Our approach to weakness:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The key is to embrace weakness/vulnerability, such as:

- A grounding factor - \_\_\_\_\_
- A growth incentive - \_\_\_\_\_
- A grace opportunity- \_\_\_\_\_

(C) \_\_\_\_\_:

1. is worth it.
2. is a \_\_\_\_\_
3. \_\_\_\_\_

### James 1:4

“But let patience have *her* perfect work, that ye may be perfect and entire, wanting nothing.”

\_\_\_\_\_ waiting:

- is not to be interrupted
  
- must be appreciated
  
- must be understood as a completion process
  
- must be employed to make you (Hebrews 13:21, “Make you perfect...”)

### Hebrews 13:21

“Make you perfect in every good work to do his will, working in you that which is wellpleasing in his sight, through Jesus Christ; to whom *be* glory for ever and ever. Amen.”