



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
November 11-12, 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.

Bible Study Philippians Chapter 3

Transformational Thinking

The Book of Philippians is about Christ Jesus bringing:

- Our _____

Overview Chapter 3: **Rejoicing in Space**

Life is experienced in Space:

- _____ space
- _____ space
- _____ space

- _____space

Overthinking causes you to _____ control over all of the spaces that you occupy.

Which Space is out of your control?_____

Spaces are occupied by:

- _____ – your choice
- _____ – others' desires for you
- _____ – poor decisions
- _____ – God's Plan

Overview Chapter 3: Rejoicing in Space

1. Put no confidence in the flesh, verses 1-6
 - Safety in repetition, verse 1

- Seeing the negative influencers, verse 2

 - Spirit-filled worshipers, verse 3

 - Standards of the flesh, verses 4-6
2. Focus on Christ, verses 7-16
- Personal realignment, verses 7-9

 - Power from Christ, verses 10-12

 - Pressing towards the goal, verses 13-16
3. Following Paul's example, verses 17-21
- Partnership in Christ, verses 17-19

 - Purposeful conversations, verses 20-21