



# First Mt. Olive Freewill Baptist Church

618 N. Hammonds Ferry Road, Linthicum, Maryland 21090-1311  
Phone: 410-728-4383 Fax: 410-383-0676 Website: [www.firstmtolive.com](http://www.firstmtolive.com).

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

## FALL BIBLE STUDY 2025

TRIBAL TALK TUESDAY AND WHOLENESS WEDNESDAY  
NOVEMBER 18-19, 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

## Chapter 4: Rejoicing Through Sensitive Times

Conflict is a part of the \_\_\_\_\_.

Peter said, “Do not respond to life’s challenges as if some strange thing has happened to you”.

### **I Peter 4:12**

“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:”

### **Philippians Chapter 4**

#### **Core Themes:**

- \_\_\_\_\_  
Arguments or disagreements will happen in life, and yet the conflict should not be to the point of causing division in the Body of Christ.
  
- \_\_\_\_\_  
Worrying is a distraction from fellowship with God, self and others. The act of prayer and gratitude re-centers our minds on peace.
  
- \_\_\_\_\_  
We can overcome stress and anxiety by concentrating on what is true, noble, right, pure, lovely and admirable.
  
- \_\_\_\_\_

Learning to rekindle our joy and not being so hard on ourselves will bring (lead) us to a point of moving past the pains of life.

- ---

Situations should not reduce you to a point of strain or compromise. The ability to press forward is through Christ.
  
- ---

God always provides for His people. Therefore, we should rest in the knowledge that God is partnering with us on this journey.

## **Outline Philippians Chapter 4**

- I. Exhortation for Unity, Joy and Peace (verses 1-9)
  - A. An Appeal for Unity (verses 1-3)
    1. Standing fast in the Lord (verse 1)
  
    2. Same mind in the Lord (verse 2)

3. Support to resolve the conflict in the Lord (verse 3)

B. Plea to Rejoice and to be at Peace (verses 4-9)

1. Rejoicing and Demonstration in the Lord (verses 4-5)

2. Redirecting all concerns to times of prayer (verses 6-7)

3. Resting in the things of worth and virtue (verses 8-9)

## II. Thanksgiving for Their Kindness,(verses 10-23)

### A. Gifts of Support (verses 10-14)

#### 1. Sharing and sowing into Ministry (verse 10)

### B. Gifts of Support (verses 10-14)

#### 2. Sustaining Power of Ministry (verses 11-12)

#### 3. Strength in Ministry (verse 13)

#### 4. Solid Supporters in Ministry (verse 14)

## B. Reciprocal Blessings (verses 15-19)

### 1. Foundation of Ministry (verses 15-16)

### 2. Fruit of Ministry (verses 17-18)

### 3. Faithfulness for Ministry (verse 19)

## C. Final Benediction (verses 20-23)

### 1. Praise to God (verse 20)

### 2. Peace to the Brethren(verses 21-22)

### 3. Parting Grace (verse 23)