

# MESSAGE NOTES

Pressure Points series - Mental Health  
Text: Hebrews 4:15-16; Matthew 6:25-34

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\_\_\_\_\_ includes our emotional, psychological, and social well-being. It affects how we think, feel and act.

It's okay to \_\_\_\_\_.

Jesus understands and gives you a \_\_\_\_\_.

Un-rebuked \_\_\_\_\_ become \_\_\_\_\_ in our lives.

Tools for help and hope:

- Lean in to \_\_\_\_\_.
- List your \_\_\_\_\_.
- Limit your \_\_\_\_\_.
- Be \_\_\_\_\_.
- Get \_\_\_\_\_.
- Seek \_\_\_\_\_.

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