

# MESSAGE NOTES

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

Bryan Mrazek  
Crossroads Christian Church  
January 22, 2023

\_\_\_\_\_ 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 \_\_\_\_\_.

To listen or watch this message online, go to [crossroadschristian.org](http://crossroadschristian.org)  
Facebook: CrossroadsCCTX | Twitter & Instagram: @crossroads\_tx





