

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
Facebook: CrossroadsCCTX | Twitter & Instagram: @crossroads_tx