**LOOK IT UP:**

**◊ Philippians 1:6 Date:**

**◊ Psalm 139:23-24 Date:**

**◊ Isaiah 43:19 Date:**

**TALK ABOUT IT:**

1. **Be honest with yourself- Do you need healing in this area?**

1. **Be honest with yourself- Do you want healing in this area?**

1. **What is God asking you to do to become more mentally healthy?**

**January 22, 2023**

*Healthy Relationships in an Unhealthy World-Part 4*

Speaker: Cathy Berry



We Exist to: Know God, Love People, and Change Lives

**WWW.NCCDayton.org**

 **New City Church Information Center**

*Welcome to New City Church! We are so glad you could join us today. To help ensure a distraction free worship environment, please be sure your phone ringer is set to vibrate. Also, if you* ***must*** *exit the Worship Center, please do so as quietly as possible. We hope you enjoy today’s worship experience.*

* **First Time Visitors:** If this is your first visit to New City Church, Welcome! Please be sure to visit the Connect Center to drop off your connect card and receive a “thank you” gift for visiting.

**Serving Opportunities:** If you are interested in volunteering in ministry, you can go online to [www.nccdayton.org](http://www.nccdayton.org) to the “Volunteering” page and complete a registration form, or you can contact the ministry leader for more information:

* + ***Children’s* *Ministry*:** Courtney Wilson (937)679-2641
	+ ***Praise & Worship*:** Kyle Fry
	+ ***Youth Ministry*:** Mario Velasquez (937)867-6341
	+ ***Food Ministry:*** Diana Leighner (937)241-8318
	+ ***Other Ministries*:** Jessica Lucas (937)270-8235

**\*Text-To-Give 937-770-8080**

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| --- |
| **Upcoming Events** |
| **1/23/23 City Sisters (Door #4) 6:30-8:00pm****1/24/23 Food Ministry-Free Community Meal 5:00=6:00pm (Door #4)****1/31/23 Food Ministry-Free Community Meal 5:00-6:00pm (Door #4)****2/1/23 Forged Men’s Group (2437 Ontario Ave.) 6:00-7:30pm****2/13/23 City Sisters (Door #4) 6:30-8:00pm****2/15/23 Forged Men’s Group (2437 Ontario Ave.) 6:00-7:30pm** |

 **Connect Center -** Volunteers are available at the Connect Center to answer questions or help with activity sign ups. Please stop by, they would love to hear from you.

**Message Notes**

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| --- | --- |
| **SCRIPTURE REFERENCE:****• Psalm 119:29 • Proverbs 4:23****• John 8:32 • Proverbs 23:7****• 2 Corinthians 5:17 • Philippians 4:8****• John 5:6 • Romans 12:2****• Ephesians 4:22-24 • Ezekiel 36:26****• Hebrews 12:2** |  |

1. **In order to have relationships, you have to be .**
2. **is the author of both mental health and relationships .**
3. **Every Christian should be “ “ .**
4. **How does God transform you into a new person?**

**Notes:**