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## Is It Time To Get Off The Emotional Roller Coaster?

“Overcoming Inferiority”

Exodus 3 & 4

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05-25-25

Introduction: We have been focusing on our emotions for several weeks now.

1. Like everything else in this world, our emotions have been affected by sin.
2. As a result, we can experience tremendous mood swings that disrupt our days and make healthy relationships a challenge.
3. Our goal is to get off that emotional roller coaster.
4. Today we focus on feelings of inferiority, inadequacy, and failure.
5. Inferiority can be rooted in:
  - The faulty values of our culture.
  - The breakdown of the home.
  - Unrealistic expectations/thoughts.
  - Negative influences.
  - Poor theology.
6. Inferiority is a real problem that must be overcome.
7. Thankfully, scripture gives us insight and examples on how that is possible.
8. This morning we'll focus on Moses and learn how he overcame the inferiority he struggled with.

### I. Moses: A Picture Of Inferiority

#### A. Its Nature: Negativity

#### B. Its Pattern: Excuses

### II. Moses: His Victory Over Inferiority

#### A. A God Centered Confidence

#### B. Exercising Your Gifts

#### C. Focus On Others

Conclusion: Inferiority is real. It's understandable, but it's invalid in Christ.

1. In Christ we have everything we need to overcome any inferiority we feel.
2. Moses is a great example.
3. Refuse to be a victim.
4. Cling to God, step out in faith, watch what God can do in and through you!