

SWINGING ON THE HINGES OF YOUR EMOTIONS

3/1/2020

7<sup>th</sup> message: **When God is not Seen**

Text: The book of Esther

Theme: Seeing the need to control your emotions.

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Mood swings can be drastic – mood swings are not a sign of a disease, they are a sign of sin and/or disobedience

**I. The changes caused by your emotions**

Do your emotional outbursts keep others “walking on eggshells”?

Are you emotions in control, yet out of control?

**II. The cause of your anger (leading emotion)**

A. Specific explanation

1. Fear
2. Frustration
3. Hurt

B. Simple explanation

You don't get what you want – idols of the heart

How do you respond when you don't get what you want?

How do you respond in order to get what you want?

“I want” becomes “I must have”; desires becomes demands

**III. The controlling of your anger**

1. Recognized God's sovereignty (4:14)
2. Relied on God's authority (4:16)

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