

The Emotional Bank Account – Part 1

7/4/26

- Today – Opportunity to give a Bible study
- This will be part 1 of a 2-part series
- Title – “Emotional Bank Account – Part 1”
- (When I looked how long ago it has been since I gave sermons on this subject – It was in August 2008 and December 2013)

Stephen Covey wrote about “The Emotional Bank Account” in his book “The 7 Habits of Highly Effective People.” Following are some excerpts – On page 188, Covey wrote:

“We all know what a financial bank account is. We make deposits into it and build up a reserve from which we can make withdrawals when we need to. An Emotional Bank Account is a metaphor that describes the amount of trust that’s been build up in a relationship. It’s the feeling of safeness you have with another human being.

“If I make deposits into an Emotional Bank Account with you through courtesy, kindness, honesty, and keeping my commitments to you, I build up a reserve. Your trust toward me becomes higher, and I can call upon that trust many times if I need to. I can even make mistakes and that trust level, that emotional reserve, will compensate for it.”

-
- We know that Jesus broke down the great commandment into 2 parts
 1. Love God
 2. Love neighbor
 - Today – Part 1 – “Our relationship with God”

-
- Can the metaphor of the Emotional Bank Account be applied to our relationship with God?
 - The “deposit” analogy from God = easy to understand
 - The “withdrawal” analogy from God = could probably use some discussion

- Many examples of deposits from God

1 John 4:19	we love Him, because He first loved us
Josh. 1:6-9	be strong – I am with you wherever you go
2 Sam. 22:2-3	Rock – Fortress – Deliverer – etc.
John 3:16	God so loved the world . . .
Rom. 8:3-4	God sent His Son

James 1:17 every good gift and every perfect gift is from above, and comes down
from the Father – He is dependable
Heb. 13:5 I will never leave you, never forsake you

- Important question – Do you ever view that God would make withdrawals from your Emotional Bank Account?
 - We all know – that God’s trials have both short-term & long-term benefits – (deposits)
 - From my perspective – trials have temporary withdrawals
-

- Let’s notice how children of God have handled their temporary withdrawals
 - Num. 11:14-15 Moses – I am not able to bear it
 - 1 Kings 19:4 Elijah – it is better if I were dead
 - Job 3:1-11 Job – cursed was the day I was born
 - Jer. 20:14-18 Jeremiah – cursed was the day I was born
 - Jonah 4:3 Jonah – it is better if I were dead
 - 2 Cor. 1:8 Paul – burdened beyond measure – pressed above strength – despaired even of life
 - Matt. 26:37-38 Son – sorrowful & deeply distressed – extremely sorrowful
- Determination
 - Jer. 9:23-24 wisdom, strength & financial security – delight in the Lord
 - Phil. 4:13 I can do all things through Christ who strengthens me

- God comforts

2 Cor. 1:3-4 God comforts – we learn to comfort others
9 we should not trust in ourselves – but trust in God, who raises the dead
10 has delivered – does deliver – will deliver
Matt. 27:46 My God, My God; why have you forsaken Me?

When you teach a child to ride a bike, do you protect him from all falls?
Do you sit in her classes and do her homework for her?
Do you go to school and take your child’s tests for him?
Do you go with your child on all her dates?
Do you accompany your child on all his job interviews?
When God stands back – He knows what He is doing!!!

Matt. 26:39, 42 Christ talked openly with His Father
Luke 22:42 Christ talked openly
43 an angel – strengthened Him
44 Christ prayed earnestly