

REMINDERS ABOUT THE EMOTIONAL BANK ACCOUNT

11/9/24

- Today – Opportunity to give a Bible study
 - Purpose of presentation – To discuss a key to help you to build & strengthen relationships
 - Title – “Reminders About the Emotional Bank Account”
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- For the record, I discussed this subject in our congregation
 - 8/30/08 – Understanding the Emotional Bank Account
 - 12/14/13 – The Emotional Bank Account – Part 1
 - 12/21/13 – The Emotional Bank Account – Part 2
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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 it. An Emotional Bank Account is a metaphor that describes the amount of trust that’s been built 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 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.”

1. What are some Biblical examples of God making deposits into an Emotional Bank Account of people?
1 John 4:19 we love Him, because He first loved us
2. What are some Biblical examples of God making withdrawals from an Emotional Bank Account of people?
Job 1:8 God said to Satan – “have you considered My servant Job?”
3. Why does God make withdrawals from an Emotional Bank Account of people?
Job 42:5 Job learned a valuable lesson
Heb. 12:10 for our profit – to be partakers of His holiness
4. What are some Biblical examples of people making withdrawals from the Emotional

Bank Accounts of other people?

2 Cor. 11:20

Paul said

- taking into bondage
- devouring
- taking money
- exalting over
- hitting

5. What are some Biblical examples of people making simultaneous withdrawals from the Emotional Bank Accounts of each other?

Luke 22:24-27 arguing about being the greatest

6. How should you react when people make withdrawals from your Emotional Bank Account?

Matt. 22:39

love your neighbor as yourself

7. What are some Biblical examples of people making deposits into the Emotional Bank Accounts of other people?

Matt. 25:35-36 the Son of God said

- hungry – gave food
- thirsty – gave drink
- naked – gave clothes
- sick – visited
- in prison – visited

8. What are some Biblical examples of people making simultaneous deposits into the Emotional Bank Accounts of each other?

1 Cor. 13:4-7

sharing love

9. How should you react when people make deposits into your Emotional Bank Account?

Luke 17:15-16 glorified God and gave thanks