

The Emotional Bank Account – Part 2

7/11/26

- Today – Opportunity to give a Bible study
- Comment – Last week was part 1 of a 2-part series
- Title – “Emotional Bank Account – Part 2”
- Last week, I mentioned I gave sermons on this subject in August 2008 & December 2013
- What I failed to mention – I covered the subject very thoroughly in 2024 –
A sermon in November 2024 – followed by 6 Wednesday-night Bible studies

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.”

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

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- How should people treat people?
 - Examine – withdrawals & deposits – toward you
 - Examine – your withdrawals & deposits – toward others

Matt. 20:25	withdrawals from leaders – lording over & exercising authority over
26-28	deposits from leaders – serving
Matt. 23:2-10	withdrawal from leaders – leaders exalting themselves
11-12	deposits from leaders – being a servant
2 Cor. 11:20	withdrawals from leaders – bondage, devour, steal, exalt and hitting

· Today – I want to remind you about 2 examples

· First example – David, Jonathan and Saul

1 Sam. 18:3	deposit to David – David and Jonathan made a covenant
11	withdrawal from David – Saul threw a spear at David – twice
17	withdrawal from David – Saul sent David into battle – to be killed by the Philistines
25, 27	withdrawal from David – Saul sent David to get 100 foreskins of Philistine men – David brought back 200 foreskins
1 Sam. 19:2	deposit to David – Jonathan warned David
10	withdrawal from David – Saul wanted to kill David again
11	withdrawal from David – Saul sent men to David's house – to kill him
1 Sam. 20:33	withdrawal from David – Saul threw a spear at Jonathan
1 Sam. 23:25	withdrawal from David – Saul pursued David in the Wilderness of Maon
1 Sam. 24:2	withdrawal from David – Saul took 3,000 chosen men to seek David
6	David's deposit to Saul – David spared Saul in the cave
1 Sam. 26:2	withdrawal from David – Saul took 3,000 chosen men to seek David
9	David's deposit to Saul – David spared Saul in the camp
21	Saul offers David a deposit – "I have sinned. Return, my son David"
22-24	David politely rejects Saul's offer
	David's deposit – he did not get revenge – but, he kept his distance

· Second example – Paul and Onesiphorus

2 Tim. 4:14-15	Paul talked about Alexander
16	"all forsook me"
19	greet Prisca and Aquila and the household of Onesiphorus
2 Tim. 1:15	all those in Asia turned away from me
16	the Lord grant mercy to the household of Onesiphorus – for he often refreshed me – and was not ashamed of my chain
2 Tim. 1:17	he arrived in Rome – he sought me out zealously and found me
18	"The Lord grant to him that he may find mercy from the Lord in that Day - and you know very well how many ways he ministered to me at Ephesus"