

# “Emotional Bank Account—Part 1”

This article is from the “Among Friends” section of the Church of God Big Sandy’s website (churchofgodbigandy.com). It was posted for the weekend of Nov., 16, 2024.

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BIG SANDY, Texas—At our Bible study on Wednesday night, I began a series titled “Emotional Bank Account—Part 1.” The subtitle was “Father and Son Make Deposits Into Your Emotional Bank Account.”

Author Stephen Covey wrote about “the Emotional Bank Account” in his book *The 7 Habits of Highly Effective People*. Following are 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.”

## **Father and Son are one**

Before we discuss the greatest deposits into our lives, let’s acknowledge one of the greatest truths in the Bible—the Father and the Son are one.

■ John 10:30—“I and My Father are one.”

## **Regularly listed together**

Notice how the opening words to most letters of the New Testament connect the Father and the Son (the Lord Jesus Christ).

- Romans 1:3-4
- 1 Corinthians 1:3
- 2 Corinthians 1:2-3
- Galatians 1:1-5
- Ephesians 1:2-3
- Philippians 1:2

- Colossians 1:2-3
- 1 Thessalonians 1:1-2
- 2 Thessalonians 1:1-2
- 1 Timothy 1:1-2
- 2 Timothy 1:2
- Titus 1:4
- Philemon 1:3
- Hebrews 1:1-2
- James 1:1
- 1 Peter 1:3
- 2 Peter 1:3
- 1 John 1:3
- 2 John 1:3
- Jude 1
- Revelation 1:1

### **The Father as the Savior**

- 1 Timothy 1:1—"God our Savior"
- 1 Timothy 2:3—"God our Savior"
- 1 Timothy 4:10—"We trust in the living God, who is the Savior of all men."
- Titus 1:3—"God our Savior"
- Titus 2:10—"God our Savior"
- Titus 3:4—"God our Savior"

### **The Son as the Savior**

- Titus 1:4—"The Lord Jesus Christ our Savior"
- Titus 2:13—"Appearing of our great God and Savior Jesus Christ"
- Titus 3:6—"Through Jesus Christ our Savior"

### **Powerful deposits**

- John 10:14-18—The Father sent the Son as the good shepherd.
- John 10:25-27—The Father sent the Son as the good shepherd.
- John 10:28—"And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand."
- John 10:29—"My Father (who has given them to Me) is greater than all; and no one is able to snatch them out of My Father's hand."
- 2 Corinthians 1:3-4—The God (of all comfort) comforts us in all our tribulation, that we may be able to comfort those who are in trouble.
- 2 Corinthians 1:8-10—We trust Him because He has delivered us, He does deliver us and He will deliver us.
- Hebrews 8:1—We have a High Priest seated at the right hand of the throne of the Majesty in the heavens.