

# “Emotional Bank Account—Part 5”

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BIG SANDY, Texas—At our Bible study on Wednesday night, I continued a series with a presentation titled “Emotional Bank Account—Part 5.” Following are the five subtitles of the first five presentations.

- The subtitle for the first presentation was “Father and Son Make Deposits Into Your Emotional Bank Account.”
- The subtitle for the second presentation was “God Made Positive Withdrawals From Christ’s Emotional Bank Account.”
- The subtitle for the third presentation was “God Makes Positive Withdrawals From Disciples’ Emotional Bank Account.”
- The subtitle for the fourth presentation was “Situations Where Disciples Make Positive Withdrawals From People.”
- The subtitle for the fifth presentation was “Disciples Need to Make Deposits Into the Lives of People.”

## **Change of emphasis**

Here is a reminder about the changing emphasis in this series.

- The first three presentations focused upon what God does—while the fourth and fifth presentations focused upon what disciples can do.
- The fourth presentation mentioned that there are times when disciples make positive withdrawals from other people—while the fifth presentation stressed that disciples should be regularly giving positives deposits.

## **Weekly reminder by Covey**

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."

### **Practical instruction**

This series came to the point of discussing two very practical goals.

- Last Wednesday, we discussed the need to make good deposits into the lives of other people.
- Next Wednesday, we want to discuss principles of dealing with the negative withdrawals that people make toward us.

### **Eight sections of Scripture**

In organizing last Wednesday's presentation about the importance of making deposits into the lives of other people, I decided to mention only eight sections of Scripture.

(I recommend that you try selecting only eight sections of scriptures that talk about the importance of making deposits into the lives of other people.)

### **The Ten Commandments**

The first selection of Scripture (Exodus 20:12-17) comes from the last six concepts mentioned in the Ten Commandments.

- Exodus 20:12—The habit of honoring your father and your mother is a valuable deposit.
- Exodus 20:13—Promoting life is a valuable deposit.
- Exodus 20:14—Faithfulness to your mate is a valuable deposit.
- Exodus 20:15—Giving to people is a valuable deposit.
- Exodus 20:16—Promoting truth and honesty is a valuable deposit.
- Exodus 20:17—Being a generous giver is a valuable deposit.

### **Wisdom from above**

The second selection of Scripture (James 3:17-18) comes from James' listing eight traits as "wisdom from above"—which are valuable deposits.

- Exhibiting a pure approach.
- Exhibiting a peaceable approach.

- Exhibiting a gentle approach.
- Exhibiting a willingness to yield.
- Exhibiting a merciful approach.
- Being full of good fruits.
- Being without partiality.
- Being without hypocrisy.

### **Physical help from a stranger**

The third selection of Scripture (Luke 10:30-37) comes from the Parable of the Good Samaritan.

- Luke 10:30—A Jewish man was robbed and wounded.
- Luke 10:31—A priest (a religious leader) avoided helping the man.
- Luke 10:32—A Levite (another religious leader) avoided helping the man.
- Luke 10:33-37—Since the Samaritans generally had conflict with the Jews, it is amazing that this Samaritan showed extensive kindness toward the wounded man.

### **They kept quiet**

The fourth selection of Scripture (Job 2:11-13) comes from the story of Job.

While the Lord criticized the three friends of Job for the way their words influenced Job to sin (Job 42:7), their earlier behavior actually set an example of making a positive deposit in the life of someone going through a serious trial.

- Job 2:13—The three friends initially kept quiet—setting an example about how quiet actions can be a powerful deposit.

### **Defending the guilty**

The fifth selection of Scripture (John 8:1-11) shows the Son of God forgiving a woman and encouraging her to avoid repeating the sin—which are two major deposits in a relationship.

- John 8:1-9—When the scribes and Pharisees brought a sinful woman before Christ in an effort to trap Him, He used the situation to correct them.
- John 8:10-11—The Son of God told the woman that He was not condemning her, but He encouraged her to stop sinning.

### **Visiting the accused**

The sixth selection of Scripture (2 Timothy 1:16-18) shows a man going to great lengths to visit an imprisoned Paul to encourage him.

- 2 Timothy 1:16—Onesiphorus was not ashamed of Paul's chains.

■ 2 Timothy 1:17—Onesiphorus traveled to Rome and zealously sought out Paul's location to visit him.

### **As you want to be treated**

The seventh selection of Scripture (Matthew 7:12) shows the Son of God teaching that we should treat people as we want to be treated.

■ Matthew 7:12—However you want people to treat you, that is how you should treat them.

### **As they want to be treated**

The eighth selection of Scripture (Philippians 2:3-4) shows Paul teaching that we should treat people as they like to be treated.

■ Philippians 2:3—We should esteem others better than ourselves.

■ Philippians 2:4—It is important to look after the interests of other people.

### **Love languages**

In 1992, Gary Chapman wrote a book titled *The 5 Love Languages*. The purpose of his book was to encourage people to understand the different ways people feel love.

Following is Mr. Chapman's list of the love languages.

■ Words of affirmation.

■ Quality time.

■ Receiving gifts.

■ Acts of service.

■ Physical touch.

The information was meant to help us understand ourselves, but (more importantly) also to understand the best ways to show love toward other people.