

“Emotional Bank Account—Part 6”

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 Dec. 28, 2024.

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BIG SANDY, Texas—At our Bible study on Wednesday night, I finished a series with a presentation titled “Emotional Bank Account—Part 6.” Following are the six subtitles of the six 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.”
- The subtitle for the sixth presentation was “Dealing With the Negative Withdrawals That People Take From Us.”

Different withdrawals

Parts 3 and 4 had already talked about withdrawals, but part 6 was different. I described parts 3 and 4 as positive withdrawals, because the purpose and motivation of those withdrawals were to lead to deposits.

However, the withdrawals in part 6 are not motivated by good.

- These withdrawals may come from carelessness or rudeness.
- But these withdrawals may also come from something more sinister—meanness or evil.
- A purpose of this article is to help readers to practice dealing with adversity.

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.”

Eight main points

In this article, we want to discuss concepts of dealing with the negative withdrawals that people make toward us. I organized the material into eight major points.

Understand judgment and timing

The first concept is to understand judgment and timing. Notice Ecclesiastes 3:1-8.

■ Ecclesiastes 3:1—There is a season for everything, and there is time for every purpose under heaven.

In verses 2-8, notice 14 contrasting behaviors.

- A time to be born and a time to die.
- A time to plant and a time to pluck what is planted.
- A time to kill and a time to heal.
- A time to break down and a time to build up.
- A time to weep and a time to laugh.
- A time to mourn and a time to dance.
- A time to cast away stones and a time to gather stones.
- A time to embrace and a time to refrain from embracing.
- A time to gain and a time to lose.
- A time to keep and a time to throw away.

- A time to tear and a time to sew.
- A time to keep silent and a time to speak.
- A time to love and a time to hate.
- A time of war and a time of peace.

Tempted in all points

The second concept is that the Son of God was tempted in all points.

Hebrews 4:15—Our High Priest sympathizes with our weakness, since He was tempted in all points.

Emotion and self-control

The third concept is that the Son of God had emotion and self-control.

- Mark 3:5—The Son of God had anger—without sinning.
- Ephesians 4:26—It is possible to be angry without sinning.

A time to answer

The fourth concept is that the Son of God showed that there was a time to answer.

- Proverbs 26:4-5—“Do not answer a fool according to his folly, lest you also be like him. Answer a fool according to his folly, lest he be wise in his own eyes.”
- John 8:41, 44—When the religious people accused the Son of God of being born of fornication, He answered by saying that their father was the devil.

A time to keep quiet

The fifth concept is that the Son of God showed that there was a time to keep quiet.

- Isaiah 53:7—A prophecy about the Son of God said: “He was oppressed and He was afflicted, yet He opened not His mouth.”
- Matthew 26:63—When the high priest grilled the Son of God, He initially stayed silent.
- Matthew 26:64—When the Son of God decided to talk, He told about sitting on the right hand of the Father.
- Matthew 27:12-14—When Pilate grilled the Son of God, He answered not one word.
- Mark 14:61—When the high priest grilled the Son of God, He initially stayed silent.

- Mark 14:62—When the Son of God decided to talk, He told about sitting on the right hand “of the Power.”
- Mark 15:3-5—When Pilate grilled the Son of God, He answered nothing.
- John 19:9—When Pilate grilled the Son of God, He gave no answer.

A time for strong action

The sixth concept is that the Son of God showed that there was a time for strong action.

- John 2:14-15—The Son of God overturned tables in the temple.
- Matthew 21:12-13—The Son of God overturned tables in the temple. (Also mentioned in Mark 11:15-17 and in Luke 19:45-46.)

A time to turn the other cheek

The seventh concept is that the Son of God showed that there was a time to turn the other cheek.

Matthew 26:50—The Son of God allowed the soldiers to lay hands on Him and to take Him.

1 Peter 2:19-25—The Son of God set an example of suffering, while He was innocent.

Avoid revenge

The eighth concept is that the disciples should avoid revenge.

Romans 12:17—Do not repay evil for evil.

Romans 12:18—As much as possible, live peaceably with all people.

Romans 12:19—Do not avenge yourself, since vengeance is the Lord’s.

Romans 12:20-21—Do not be overcome by evil, but overcome evil with good.