

Journey Church Hawaii
A Biblical View of The 7 Habits of Highly Effective People
The Emotional Bank Account
1 Corinthians 13
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I. Emotional Bank Accounts

- A. 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
- B. When the trust account is high, communication is easy, instant and effective
- C. If a large reserve of trust is not sustained by continuing deposits, a relationship will deteriorate.

II. Six Major Deposits

- A. Understanding the Individual
 - 1. defining a deposit
 - 2. "What's important to you?"
- B. Attending to the Little Things
 - 1. The little kindnesses and courtesies are important
 - 2. Small discourtesies, unkindness, little forms of disrespect are large withdrawals
- C. Keeping Commitments
 - 1. Keeping a promise/commitment is a major deposit
 - 2. There's probably not a more massive withdrawal than to make a promise that's important to someone and then to not come through
- D. Clarifying Expectations
 - 1. Make expectations clear and explicit from the beginning
 - 2. Do not assume expectations are "self-evident"
- E. Showing Personal Integrity
 - 1. Honesty is telling the truth, *conforming our words to reality*
 - 2. Integrity is keeping promises and fulfilling expectations, *conforming reality to our words*
- F. Apologizing Sincerely When You Make a Withdrawal
 - 1. It takes a great deal of character strength to apologize quickly out of one's heart rather than out of pity.
 - 2. A person must possess himself and have a deep sense of security in fundamental principles and values in order to genuinely apologize

III. Why Love is the Key [1 Corinthians 13]

- A. Absolutely Necessary
- B. 14 Characteristics of Love
- C. Eternal Qualities of Love and the Temporal Qualities of Gifts