

#4 Filling Your Emotional Bank Account

Series: Finding Victory Within: How to Handle Your Emotions

- A. To have a balanced, healthy emotional life, you need to have a positive _____ in your emotional bank account.
- B. All relationships are characterized by ongoing deposits & _____
1. Over time, you cannot make more withdrawals than you make deposits without suffering the consequences of a bankrupt emotional life
- C. _____ offers both hope & help
- Mark 10:46-52 – Bartimaeus
John 4:1-42 – The Samaritan Woman at the Well
- D. Question: Do you have more good than bad coming into your heart?
- E. A Person's Emotional Bank Account is Filled in at least 3 Ways:
- (1) Upward (to God); Love _____
 - a. God, in Christ, is the living water that can fill your heart
 - b. Engage the Spiritual Disciplines:
 1. Worship; Prayer; Bible Study; Tithing (& getting debt-free); Fellowship w/other Christians; Talking about/Sharing your Faith; 7. Christian Service
 - (2) Outward (with Other People); Love _____
 - a. 1 Corinthians 15:33, "Bad company corrupts good morals"
 - b. or, "Good company encourages good morals"
 - c. Point: Christian Fellowship, LifeGroups, or however you are "disciplined" to spend time with Christian friends is fundamental for a healthy emotional life
 - (3) Inward (within Self); Love _____
 - a. not egotism, pride, arrogance, self-centeredness or thinking you are better than anyone else
 - b. To love yourself means to take care of, respect, honor, _____, and discover the "real you" that God created in His image
 - c. Not passive or reactive, rather proactive (in a loving way) & interactive
- F. 7 Ways to know you are "on the Right Track"
1. You are confident & strong enough to take some emotional risks
 2. You let go trying to please other people & start just trying to please God
 3. You stop comparing yourself to other people
 4. You find yourself always trying to become a better person given your particular gifts & talents
 5. You are learning & growing to become a better family member & friend
 6. You are able to find joy & happiness in the joy & happiness of other people
 7. You are able to stop & enjoy today, even if today isn't _____

A.balance B.withdrawals C.God E1.God 2.Others 3. Yourself b. protect F1. perfect