

Practical Tips To Strengthen Your Relationship Within The Body of Christ | Matt Teigrob | Eph. 4:25-32

Questions for Sunday, Feb. 15th, 2026

- 1- What were the 5 tips that we discovered that will strengthen relationships within the body of Christ? Share a summary of what each tip consists of.
- 2- From Ephesians 4:29, what is a very important principle to keep in mind when practicing honesty?
- 3- Regarding the tip of Expressing anger appropriately, Pastor Matt shared that there are times when the absence of anger is not a sign of spiritual maturity but rather a sign of moral negligence. What does this mean?
- 4- If we express our anger with our “old self” in the driver’s seat, what does verse 27 tells us could happen? Explain this.
- 5- Regarding Tip #3: practicing proper work ethic, would did we learn about what our purpose for work should be? What thoughts came to you when you heard
- 6- Of the behaviours mentioned from verse 31, what stood out to you?
- 7- What tip did we learn from the behaviors of verse 32?