

EQ Skill: The 6 Key Relationships Skills (May 7, 2026)

In Ephesians 4:1-3, Paul writes, “I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.” However, maintaining that unity is not as easy as it sounds because unity is not something that we declare... It is something that we do.

Here are the 6 relationship skills that we need to do at Calvary Fellowship to “keep the unity.”

Skill #1 – Commitment. Unified teams have members that commit to do whatever it takes for the ministry team to accomplish its goal.

Skill #2 – Trust. Unified teams build and maintain trust among their members, even when under pressure.

Skill #3 – Conflict. Unified teams are willing and able to engage in healthy conflict that rumbles on issues but does not cause harm to individual team members.

Skill #4 – Agreements. Unified teams negotiate win-win agreements among their members that move the ministry team to the goal.

Skill #5 – Accountability. Unified teams hold each member accountable to their agreements.

Skill #6 – Success. Unified teams value team success over personal success by not requiring credit for personal accomplishments.

Any Christian marriage, ministry team, or church that does these things regularly will be effective in its work and attractive in its culture. May God help us do these things to “walk worthy of the calling.”