

# Today at The Met

**Sermon:** The Darkest Hour (Mark 15:37-16:8)  
Rupert Bentley-Taylor. (Former President of the Fellowship of Independent Evangelical Churches in the UK)

**Songs:** Be Unto Your Name • Tis So Sweet To Trust In Jesus • Once Again • Your Promises • Man Of Sorrows • Subscribe to our Spotify playlist of all of the songs that we sing here at The Met. Search "The Met - Sunday Worship Playlist" on Spotify

## Classes:

Engage: The Word of God - What is the Bible? • 9am • Room 211-213  
Establish: The Unfolding Story of God - Biblical Theology • 9am • Room 205-209  
Equip: The Families of God - Healthy Homes • 9am • Fireside Room  
Marriage Preparation Course • 11am • Room 209

**Community Group Launch** • 12:30pm • Gym

## Next Week:

**Sermon:** Eyes to See All That God Has For Us (Ephesians 1:15-23)  
Jonathan Griffiths, Lead Pastor  
*Baptism Services at 9 & 11 am*



**Sermon Notes**  
follow along with  
free YouVersion app



**WIFI**  
user: metguest  
pass: met@church

# Take your next steps

What is your next step in your walk of faith?

## Connect

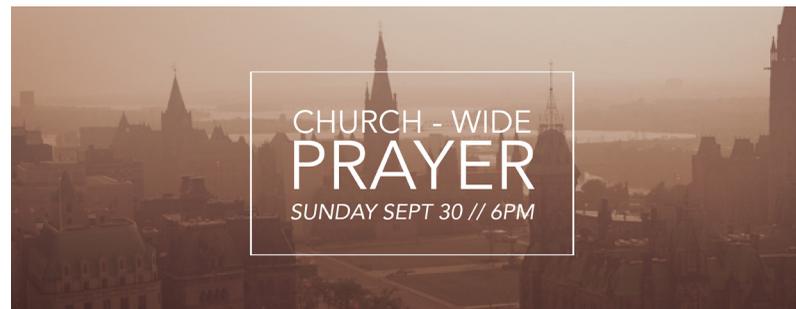
If you're new, we'd love to connect in person. We've got a free coffee and muffin for you at The Hub to say thank you for joining us today. You can also fill out the connect card in the seatback in front of you and drop it in the offering plate when it comes by. Connect with our discipleship Pastor, Adam Callaway, to find out what your next growth step in your faith could be: [acallaway@metbiblechurch.ca](mailto:acallaway@metbiblechurch.ca)

## Serve

We are the body of Christ and every member has a role to play. Use the gifts that God has given you to serve Him and His church. Serve with one of our ministries by filling out the card in the seatback in front of you or visit [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

## Give

We have lots of different ways for you to worship God through giving. Check out [metbiblechurch.ca/give](http://metbiblechurch.ca/give) for more information.



Engage.  
Establish.  
Equip.



Instagram & Facebook:  
[@metbiblechurch](https://www.instagram.com/metbiblechurch)

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SEPTEMBER 23, 2018

# Weekly at The Met

## MONDAY

Men's Bible Study Fellowship • 7:00PM • RM 265

## TUESDAY

METYouth (Junior High and High School) • 6:30PM • 2nd floor

## WEDNESDAY

Woman to Woman • 9:15AM • Gym (Childcare provided)

Women's Evening Edition • 7PM • Gym

Men's Bible Study and Community Group • 7PM • Lounge

Prayer Focus • 7PM • RM 211

## THURSDAY

METSeniors • 9:30AM • Gym

Awana • 6:30pm • Gym

METYoung Adults • 7PM • Chapel

## FRIDAY

Christian Service Brigade (CSB) • 7PM • Gym

# Family News

Announcements of births, weddings, passings, anniversaries and salvations are welcome for this Family News section.

Email [care@metbiblechurch.ca](mailto:care@metbiblechurch.ca)

A **Memorial Service** for Connie Pascal will take place Saturday, Sept 29 at 11:30 am in the Met Chapel. Connie passed away in July and her family invites those who knew Connie to this celebration of her life.

**Missionary of the Week:** Pray with us for the de Roos' family who are serving among an Amish community in Southern Ontario. Pray for Andy Miller, who came to their house and announced that he is "Christian first and Amish second." He came to ask for more books to grow in his faith. Praise God for the work he is doing in the Amish community.

**Finance Update:** To the end of August, receipts to the General Fund were \$1,960,470. Expenses totaled \$1,948,058, for a difference of \$12,412 as a small surplus. Thank you for your generous giving!

### **We are Hiring**

The Children's Ministry Assistant will provide exemplary administrative support to the Children's Ministry Director and Children's programs on a full-time basis. More details at [metbiblechurch.ca/joinourteam](http://metbiblechurch.ca/joinourteam).

# Events [metbiblechurch.ca/events](http://metbiblechurch.ca/events)

## SEPT 24 • GRIEF SHARE • 7PM • Fireside Rm

This support group is for anyone who has lost a loved one and is looking for support as they journey through grief. This 10 week class uses video and group discussion to come alongside those coping with loss. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## SEPT 30 • CHURCH-WIDE PRAYER • 6PM • Gym

We will be praying for our ministries, missionaries, and church. Please make it a priority to join together as a church family in prayer as we engage people with the gospel, establish believers in the gospel, and equip servants of the gospel. Light refreshments will be served after prayer.

## SEPT 30 • NEWCOMERS' RECEPTION • After both services • Fireside Room

If you are a newcomer to The Met, stop in to meet other newcomers and chat with Met leaders. Light refreshments will be served.

## OCT 4 • METMEN BIBLE STUDY • 6:30PM • LOUNGE

This weekly Bible study on Thursdays is meant to disciple, equip, and prepare men to carry out their God given responsibilities as husbands, fathers, and leaders in their homes, church, and community.

## OCT 11 • MET25-35 ENGAGING OTTAWA • 5pm • Chapel

Engaging Ottawa with the Gospel, will be an opportunity to connect with people, worship God, and hear a message from Pastor Adam from Acts 17. There will be a time of fellowship after the session. If you are attending with children, please contact [met25-35@metbiblechurch.ca](mailto:met25-35@metbiblechurch.ca) and let us know so we can plan for this event.

## OCT 13 • Understanding Islam & Reaching Muslims for Christ • 8:30am - 4:30pm • Fireside Rm

Too often Christians fear or ignore Muslims and show little compassion. Join us for a 1 day seminar hosted by Met Missionary, Amal Gendi intended to open our hearts to Muslims. There is no cost for this event. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## OCT 14 & 21 • MEMBERSHIP COURSE • 11am • Rm 211 & 213

For anyone who is interested in becoming a member or learning more about what we believe. We will provide an overview of the Ministry Corporation, our Statement of Faith and bylaws, as well as describe our leadership and organizational structure. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## OCT 14 • THE HAVEN - SINGLE MOM'S BIBLE STUDY • 6:30PM • THE Hub

This group meets twice monthly and provides a safe place for single moms to fellowship together and support each other while building their faith in Christ. Register at [metbiblechurch.ca/women](http://metbiblechurch.ca/women).

## FRIENDS FOR DINNER • Thanksgiving

Make a lasting difference here and overseas through the simple act of inviting an international student for dinner at Thanksgiving. Sign up at [friendsfordinner.ca](http://friendsfordinner.ca)

# Welcome

Welcome to The Met! We are so glad to have you with us today. We gather like this each Sunday to encourage one another to trust and follow Jesus throughout the week. We do this as we pray and sing and, centrally, as we hear from God's Word.

Our mission here at The Met is to glorify God by making disciples of Jesus Christ, together **engaging** people with the gospel, **establishing** believers in the gospel, and **equipping** servants of the gospel, in our nation's capital and the nations of the world. Whether you are a committed believer or a curious skeptic, you are welcome here.



We have lots of opportunities for kids to hear about the love of Jesus in a way that they can understand.

**9AM Sunday School:** For children from newborn-grade 6

**10:15AM METKids Hub:** Join us in the Gym for a chance for kids to run and burn off some energy, and for parents to connect in between services

**11AM Sunday School:** For children from newborn-grade 6