

Engage.
Establish.
Equip.



THE MET

January 20, 2019

Welcome

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

Our mission at The Met is to glorify God by making disciples of Jesus Christ, through **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**.

METKIDS Volunteers Needed

We are still in need of 36 volunteers to serve on Sundays in various capacities including music leaders, check-in desk, small group leaders, large-group Bible teachers, and people to hold babies and play with toddlers. Every role is an opportunity to be a part of the team that welcomes kids in Jesus' name and shares the love of God with them, making an eternal investment in precious lives. Sign up at metbiblechurch.ca/serve.



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 newborns to children up to 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 newborns to children up to grade 6

Today

Sermon

Putting Off The Old Self (Ephesians 4:25-32)

Jonathan Griffiths, Lead Pastor

Songs: Before The Throne • This I Believe • Revelation Song • I Surrender All • Lord I need You • *Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.*

Classes:

Establish: The Unfolding Story of God - Biblical Theology • 9am • Fireside Rm

Equip: The Families of God - Healthy Homes • 9am • Rm 205-209

Membership Class • 11am • Rm 211

Gracia Burnham: Kidnapped By Terrorists • 6pm • Chapel

Next Week:

Imitators of God (Eph 5:1-7)

Jonathan Griffiths, Lead Pastor



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 have a free coffee and muffin at The Hub to say thank you for joining us. Fill in the Connect Card in the chair seatback and drop it in the offering plate for more information and to help us get to know you better. Connect with our discipleship pastor, Adam Callaway, to find out what the next growth step in your faith could be at 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.

Give

We have many different ways for you to worship God through giving. Check out metbiblechurch.ca/give for more information.

This Week

MONDAY

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

Drop-In Sports: Basketball • 7PM • GYM

TUESDAY

METYouth (Junior High and High School) • 6:30PM • 2ND FLOOR

BigGIVE Planning Meeting • 7PM • FIRESIDE RM

WEDNESDAY

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

Women's Evening Edition • 7PM • FIRESIDE RM

Men's Bible Study • 7PM • LOUNGE

Prayer Focus • 7PM • RM 211

ALPHA • 7PM • GYM

THURSDAY

Seniors • 9:30AM • GYM

Awana • 6:30PM • GYM

Men's Bible Study • 6:30PM • LOUNGE

METYoung Adults • 7PM • CHAPEL

FRIDAY

Christian Service Brigade (CSB) • 7PM • GYM

Drop-In Sports: Floor Hockey • 9PM • GYM

SATURDAY

Church Family Board Game Night • 6PM • GYM

Church Family News

2019 Director Nominations: Members and adherents may nominate men for both the Ministry and Property Corporations by Feb 28, 2019 via email at nominations@metbiblechurch.ca or through the church office. Qualifications can be found at metbiblechurch.ca/resources.

Missionary of the Week: Gabe and Linda McReynolds are involved in reaching out to International Students on the University of Ottawa Campus with Power to Change. Pray that God would help them to build trusting friendships with international students that will open them discover Jesus. Pray that Friends for Dinner would expand to connect more church families with a growing number of international students.

Events

Find our events online at metbiblechurch.ca/events

TODAY & JAN 27 • MEMBERSHIP CLASSES • 11 AM • RM 211/213

This 2-part class is open to anyone who is interested in learning more about who we are and most importantly, what we believe at The Met. Register online at metbiblechurch.ca/events.

TODAY • KIDNAPPED BY TERRORISTS • 6 PM • CHAPEL

Come hear Gracia Burnham share her story of faith in the midst of terror and tragedy. While serving as missionaries in the Philippines with New Tribes Mission, Gracia and her husband Martin were kidnapped by terrorists and spent the next 13 months as hostages in the Philippine jungle.

JAN 22 • BIGGIVE VISION MEETING • 7 PM • FIRESIDE RM

The Met participates in this national movement of generosity. Come and share your ideas and be part of casting the vision for our June 1, 2019 Met BigGIVE event. Email biggive@metbiblechurch.ca for details.

JAN 27 • PARENT/CHILD DEDICATION CLASSES • 11 AM • FIRESIDE RM

This 3-week class helps parents catch the vision of their calling to raise a godly generation. These classes are mandatory in order for children to be dedicated at The Met. Register at metbiblechurch.ca/events.

FEB 8 • DATERIGHT TOUR: CLEAN COMEDY FOR COUPLES • 7:30 PM • SANCTUARY

Come prepared to laugh as comedians Matt Falk & Timmy Boyle create a night you won't soon forget. Bonus: enjoy a live game show as 5 women and 5 men battle on Date Night Feud. Purchase tickets online or the church office.

FEB 10 • MEMBERS' MEETING • 4 PM • CHAPEL

Mark the date. The 2019 Budget to be presented. Voting member proxy forms available at metbiblechurch.ca/member.

FEB 15 & 16 • METYOUTH WINTER RETREAT: MOST EXTREME CHALLENGE

Overnight lock-in at The Met for Junior High and High School students. An excellent opportunity to build connections while competing in challenges and studying scriptures on overcoming challenges in our life. Register at metbiblechurch.ca/events. Price: \$20 per person.

FEB 20 • CRISIS CARE 101 • 7 PM • CHAPEL

When a crisis or disaster hits, most of us don't know what to say or do. Melanie Willard, who trained Chaplains for the Billy Graham Rapid Response Team, will teach basic but profound truths on how to provide emotional and spiritual care to those dealing with a crisis.

MEN'S DISCIPLESHIP

Come join us for one of these weekly men's Bible studies. People of the Promise Land (Mon), Study on Genesis (Wed), and video studies on Biblical Theology, How to Live out the Gospel, The Reason for God, and Why Trust the Bibles we Read (Thurs).

MET DATABASE PROFILE PICTURES

If you are a parent/guardian of children who are in the Sunday School or METTykes program, please send a picture of yourself, and your children to pictures@metbiblechurch.ca. We will add this to your profile picture(s) in our database to be used for security purposes when checking in your family.



KIDNAPPED BY TERRORISTS

JANUARY 20 · 6PM
IN THE CHAPEL

METFamily
**BOARD
GAME
· NIGHT ·**

Suggested Donation: \$1
JANUARY 26TH | 6PM



YOUTH AND ADULT BAPTISM classes

JAN 27 · 11am

metbiblechurch.ca/registrations

Celebrate what Christ has done in your life



Instagram & Facebook:
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