

Engage.  
Establish.  
Equip.



THE MET

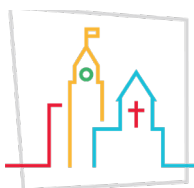
February 10, 2019

# 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**.



MET  
**KIDS**

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

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# Today

## Sermon

Honouring Christ in Marriage (Ephesians 5:21-32)  
Jonathan Griffiths, Lead Pastor

**Songs:** You Are Holy (Prince Of Peace) • Crown Him (Majesty) • All I Have Is Christ • Speak O Lord • I Surrender All • *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 • 9 am • Fireside Rm  
Equip: The Families of God - Healthy Homes • 9 am • Rm 205-207

**2018 Tax Receipts Available • 8:30 am-12:30 pm • West Lobby**

**Members' Meeting • 4 pm • Sanctuary**

## Next Week:

Honouring Christ at Home and at Work (Ephesians 6:1-9)  
Jonathan Griffiths, Lead Pastor



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



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

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# 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](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 many different ways for you to worship God through giving. Check out [metbiblechurch.ca/give](http://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

RYLE SEMINARY COURSE • 6:30PM • RM 215

## WEDNESDAY

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

MET Choir Rehearsal • 7PM • CHAPEL

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

# Church Family News

**Congratulations** to Ryan Mussell and Dr. Aimee Holla who were married at The Met yesterday.

Announcements of births, weddings, passings, anniversaries and salvations are welcome in our Family News section. Please email us at: [metcare@metbiblechurch.ca](mailto:metcare@metbiblechurch.ca)

**Missionary of the Week:** Through the Arms of Jesus Guatemala, Luis Rodenas serves as Administrator for all programs, staffing, sponsorship, as well as provides spiritual insight and Bible teaching. Pray for spiritual revival among AOJ families, staff, students, and community.

# Events

## **FEB 10 • MEMBERS' MEETING • 4 PM • CHAPEL**

The 2019 Budget is available online and will be presented at the meeting. Voting member proxy forms at [metbiblechurch.ca/member](http://metbiblechurch.ca/member).

## **FEB 10 & 17 • 2018 Tax Receipts • WEST LOBBY • 8:30 AM-12:30 PM**

2018 tax receipts available (these receipts don't include online donations; they will be emailed to you). Questions? Email Lorena [lseverson@metbiblechurch.ca](mailto:lseverson@metbiblechurch.ca) or call Sue 613-238-8182 (x221).

## **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. Price: \$20 per person. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **FEB 16 • CANCARE (WOMEN) • 11 AM • THE HUB**

We meet monthly and enjoy a time of prayer, encouragement and testimonies followed by lunch. If you or someone you know is dealing with cancer, you are welcome to join. For more details or to attend, contact [metcare@metbiblechurch.ca](mailto:metcare@metbiblechurch.ca).

## **FEB 17 • SACRED MARRIAGE (EQUIP) • 9 AM • RM 205**

Do you have challenges in your marriage? Do you have a great marriage? No matter the stage you are in, you are welcome! This class will help you and your spouse become the couple God wants you to be. Register online at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **FEB 17 • MEN@WORK (EQUIP) • 11 AM • RM 205**

How should knowing Christ impact our working lives? In this class we will learn how Biblical principles apply to our work lives for the glory of God. All men welcome. Register online at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **PRECEPTS - INDUCTIVE BIBLE STUDY WORKSHOPS**

Feb 25 • 6:30 - 9:30pm • Rm 205 or May 4 • 9 am - 12 pm • Rm 205

Essentials: This workshop will introduce you to the most essential skills for Inductive Bible Study so you can personally interact with God's Word, understand it's meaning, and apply it to your life.

Mar 2 • 9 am - 12:30pm • Rm 205 or Jun 13 • 6:30 - 10 pm • Rm 205

Teach me to study the Bible: Learn to study the Bible book by book and understand what you're reading, recognize key words and concepts, and discover the main point of any passage. Cost: \$30 includes workbook. Register at [preceptministries.ca](http://preceptministries.ca).

## **KIDS' CAMPS**

• March 1-day camp (ages 5-12) • Mar 13 • 8:30 am - 5 pm. Volunteers needed.

• VBC (ages 5 - 12) • Jul 8 - 12 • 9 am - 12:30 pm

• METKids camps (ages 5 - 12) starting Jul 22, Jul 29 & Aug 5 • 8 am - 5 pm

• MetroHoops (Grades 3 - 8) • Jul 15 - 19 • Various locations

Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events)

## **SUMMER EMPLOYMENT**

Candidates must be 15 - 30 yrs old. Assist with planning, preparation, and administration for kids' and youth ministry, as well as participate in VBC and other summer camps. Apply by March 10. Job details and application available at [metbiblechurch.ca/joinourteam](http://metbiblechurch.ca/joinourteam).

# CRISIS CARE 101 WORKSHOP

with  
Melanie Willard

• • •

**FEBRUARY 20  
7:00PM**



MET  
**KIDS**

**MARCH BREAK**

**CARNIVAL**

EARLY BIRD PRICING TIL MARCH 1ST : \$20  
REGULAR \$30 | PLEASE REGISTER ONLINE

**MARCH 13 | 8:30-5PM**



Instagram & Facebook:  
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