

Engage.
Establish.
Equip.



THE MET

February 17, 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**.



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

Honouring Christ at Home and at Work (Ephesians 6:1-9)

Jonathan Griffiths, Lead Pastor

• Baptism Services at 9 & 11 am

Songs: All Hail The Power Of Jesus Name • Great Are You Lord • Behold Our God • Every Promise Of Your Word • Yet Not I But Through Christ In Me • *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: Sacred Marriage • 9 am • Rm 205-207

Equip: Men@Work • 11 am • Rm 205-207

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

Next Week:

Putting on the Full Armour (Ephesians 6:10-23)

Jonathan Griffiths, Lead Pastor

• Parent/Child Dedication 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 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

Building Closed - Family Day

TUESDAY

Men's Bible Study Fellowship • 6:55 PM • FIRESIDE RM
METYouth (Junior High and High School) • 6:30PM • 2ND FLOOR

WEDNESDAY

Woman to Woman • 9:15AM • GYM (Childcare provided)
MET Orchestra (6:30PM) Choir Rehearsal (7PM) • SANCTUARY
Women's Evening Edition • 7PM • CHAPEL
Men's Bible Study • 7PM • LOUNGE
Prayer Focus • 7PM • RM 211
ALPHA • 7PM • GYM
CRISIS CARE 101 • 7PM • CHAPEL

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 John Shaw and Luciana Armijo who will be married this coming Saturday, February 23 in The Met Chapel at 3:30 pm.

Financial Update: Income in January was down significantly, likely due to extreme weather preventing people from getting out. We are hopeful we will make it up in February. Income for the month was \$182,998 and expenses were \$257,691, leaving us with a deficit of \$74,693. We'd like to remind donors that they can give online or pre-authorize regular contribution withdrawals by visiting The Met website "Give" page.

Last Sunday's members meeting could not take place because a quorum was not achieved. The main purpose of the meeting was to present the 2019 budgets. The budgets will now be presented to the membership at the Annual General Meeting on Sunday, May 26 at 4:00pm. Quorum requirements have changed in the new bylaws. Please visit metbiblechurch.ca/member for more insights into the changes.

Missionary of the Week: Joe Smith, with Hockey Ministries International, goes into arenas to provide spiritual support to hockey players. Pray for God's favour in opening doors with individual teams so that the gospel will be shared with lost hockey players. Pray also for the youth hockey camps in the summer.

Events

FEB 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 or call Sue 613-238-8182 (x221).

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.

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 be teaching basic but profound truths on how to provide emotional and spiritual care to those dealing with a crisis.

FEB 24 • BIGGIVE VISION MEETING • 12:30 PM • FIRESIDE RM

The Met participates in this national movement of generosity. Stop in and share your ideas and be part of casting vision for The Met's participation on June 1, 2019. RSVP at biggive@metbiblechurch.ca by Feb 21.

FEB 24 • Church-Wide Prayer • 6 PM • GYM

We will be praying for our ministries, missionaries, and church. Pastor Ron Rudd will be sharing on Family and Men's ministries. Light refreshments will be served after prayer.

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.

MAR 1 & 2 • PROMISE KEEPERS:DISRUPTIVE • WOODVALE (205 GREENBANK)

Find the life of significance you're longing for. Join men across our city as we explore what it means to let God disrupt your life and use you to be a godly disruption. Register in the lobby on Sunday or online at metbiblechurch.ca/events. For more details, visit promisekeepers.ca.

MAR 3 • CAMP SUNDAY • AFTER SERVICES • THE MET LOBBY

In addition to our Met Kids Summer camps, Vacation Bible Camp, and Metro Hoops Basketball camp, we will also have a number of camps from around the region joining us. Stop by these kiosks to register and plan your summer.

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. Details and application available at metbiblechurch.ca/joinourteam.

CRISIS CARE 101 WORKSHOP

with
Melanie Willard

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**FEBRUARY 20
7:00PM**



SHORT TERM

MISSIONS TRIP

Apply Online

DEADLINE IS FEBRUARY 24TH

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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