

Engage.
Establish.
Equip.



THE MET

March 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**.



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

Today

New Series: Born Again From Above

The Need for New Birth (John 3:1-15)

Adam Callaway, Discipleship Pastor

Songs: How Great is Our God • Creation Sings The Father's Song • Before the Throne of God Above • Jesus Paid It All • This I Believe • *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: Sacred Marriage • 9am • Rm 205-207

Equip: Men@Work • 11am • Rm 205-207

MET25-35 and YA Establish • 5pm • Chapel

Next Week:

Born Again From Above

The Joy of New Birth (John 3:16-21)

Greg Kopczyk, Youth 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 • 6:55PM • RM 265
Drop-In Sports: Basketball • 7PM • GYM
BRIDGES: Christians Connecting with Muslims • 7PM • FIRESIDE RM

TUESDAY

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

WEDNESDAY

Woman To Woman • 9:15AM • GYM (Childcare provided)
METOrchestra Rehearsal • 6PM • CHAPEL
METChoir Rehearsal • 7PM • CHAPEL
Women's Evening Edition • 7PM • FIRESIDE RM
Men's Study: Creation to Babel • 7PM • LOUNGE
Prayer Focus • 7PM • RM 211
Alpha • 7PM • GYM

THURSDAY

Seniors • 9:30AM • GYM
Awana • 6:30PM • GYM
The Haven (Single Moms Study) • 6:30PM • HUB
Men's Study: Discipleship Explored • 6:30PM • LOUNGE
METYoung Adults • 7PM • CHAPEL

FRIDAY

Christian Service Brigade (CSB) • 7PM • GYM
Drop-In Sports: Floor Hockey • 9PM • GYM

SATURDAY

South Asian Fellowship • 6:30PM • ROOM 205

Family News & Events

Missionary of the Week - Steve & Robyn Strongitharm, Christian Embassy. Serving diplomats, MPs and their spouses of varied religious backgrounds. Pray as they build bridges between the parliamentary, diplomatic, and business communities, and seek to help leaders discover how Jesus brings light to all facets of life. Pray for our MPs and candidates who will experience enormous pressures in the upcoming federal election. Pray God will give them humility, faith, and courage to acknowledge their spiritual need and to lead with integrity.

We extend our deep condolences to the families who lost ones this past week: Muiyiwa and daughter Tise in the passing of husband and father Dr. Pius Adesamni in the Ethiopian Airline crash last Sunday. Ron Coburn and sons Brent and Dale in the passing of wife and mother, Gayla who succumbed to cancer last Sunday.
"Absent from the body-present with the Lord."

Family News & Events

WE'RE HIRING • Administrative Assistant: Receptionist

This full time position is a vital link between our church ministry and the congregation. The ideal individual will create a positive and inviting impression of the church and its ministry, and represent an important administrative resource. Detailed job description and application process at metbiblechurch.ca/joinourteam.

MAR 17 • MET25-35 AND YA ESTABLISH • 5PM • CHAPEL

MET25-35 and Young Adults are hosting a panel featuring members of The Met Pastoral Team with the theme: "How our Theology Fuels our Worship". All are welcome to attend.

MAR 23 • SHARING HOPE IN CRISIS • 9AM-4PM • ARLINGTON WOODS

After the tornadoes in our region last fall, a group of leaders began praying about how we can better prepare to respond to future crises. This one day seminar led by The Billy Graham Evangelistic Association will train people in rapid response to disasters. We believe that a large inter denominational team should be ready and able to bring the love of God more effectively to our city during times of crisis. Register by Mar 19 (subsidized pricing) of \$25 at metbiblechurch.ca/events.

MAR 31 • WELCOME TEAM VOLUNTEER TRAINING • 12:30PM • GYM

Training session for those on our Welcome Team or those wanting to serve. Lunch will be provided; Register at metbiblechurch.ca/events.

APR 5 • PARENT/GRANDPARENT/MENTOR FORUM • 6:30PM • CHAPEL

Rick Hiemstra of the Evangelical Fellowship Of Canada will present practical ways we can help our youth and young adults stay connected to the church and their faith. Register at metbiblechurch.ca/events.

APR 7 • AN INVITATION TO PARADISE CONCERT • 7:00PM • SANCTUARY

Join us as the METChoir and Orchestra present their Spring Concert, celebrating the Glory of God during the Easter season.

MAY 2 • NATIONAL PRAYER BREAKFAST • 7:30AM • DELTA HOTEL, OTTAWA

Each year Parliamentarians, Senators, Ambassadors, Supreme Court Justices, clergy, Canadian leaders, and the public come together to pray and celebrate the Christian faith. This is the longest running annual event held on Parliament Hill. Details and tickets are available at canadaprayerbkfast.ca.

INTERNSHIP PROGRAM

Did you know that we have a 1 year paid Internship Training program right here at The Met? Our goal is to train and equip young men and women with the tools, resources, and experience for full time ministry. We want to help people discern their calling through exposure to what it's like to be a part of a ministry team in the local church. More details at metbiblechurch.ca/internship.



ESTABLISH EVENT

• MET 25-35 | YA •

HOW OUR THEOLOGY FUELS OUR WORSHIP

SUNDAY, MARCH 17 | 5PM | CHAPEL

PARENT/GRANDPARENT/MENTOR FORUM FOSTERING FAITH IN OUR YOUTH & YOUNG ADULTS

APRIL 5TH | 6:30PM | FIRESIDE ROOM

Please register at metbiblechurch.ca/registrations

YOUTH AND ADULT BAPTISM classes

APRIL 7 • 11am

metbiblechurch.ca/registrations

Celebrate what Christ has done in your life



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