

Engage.
Establish.
Equip.



THE MET

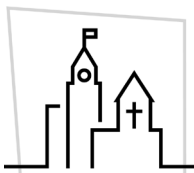
January 5, 2020

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

As For You...(2 Timothy 4:5)
Greg Kopczyk, Youth Pastor

Songs: All Glory Be to Christ, This Is Amazing Grace, I Will Wait for You (Psalm 130), Before the Throne of God Above, I Stand Amazed (How Marvelous). *Subscribe to our Spotify playlist "the Met - Sunday Worship Playlist" to listen to the songs we sing here at the Met.*

Rennalls Family Meet & Greet • 10:30AM • FIRESIDE RM

Classes

Equip: The Families of God – Healthy Homes • 9AM • FIRESIDE RM

Next Week:

Treasuring Christ Together

Treasuring Christ Through Serving (1 Corinthians 12)
Jonathan Griffiths, Lead Pastor



Sermon Notes
follow along with the
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 baked treat 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 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

Precept Bible Study • 6:30PM • RM 205
Men's Bible Study Fellowship • 6:55PM • PRAYER RM
Drop-In Basketball • 7PM • GYM

WEDNESDAY

Prayer Focus • 7PM • RM 211

THURSDAY

Awana • 6:30PM • GYM
METYoung Adults • 7PM • CHAPEL

FRIDAY

METMoms Playgroup • 10AM • GYM
Christian Service Brigade • 7PM • GYM
Drop-In Hockey • 9PM • GYM

SATURDAY

Just Ask Youth Apologetics Conference • 9:30AM • SANCTUARY
South Asian Fellowship • 6:30PM • RM 205

Church Family News

Missionary Focus

As part of Christian Embassy, Steve and Robyn Strongitharm work with diplomatic and parliamentary communities in Canada. Pray for the Christian Embassy team as they follow up with those who attended their annual Christmas Dinner. Pray that many will desire to hear and know more about Jesus and that Steve and Robyn will have wisdom and favour as they build relationships with and encourage new and returning Members of Parliament.

We're Hiring! - Executive Assistant

The Met is seeking to hire an Executive Assistant (full time position) who will provide administrative support to the Lead Pastor and the Executive Director of Operations. This position requires someone who is a highly effective communicator with exceptional written communication skills in English, able to manage conflicting demands and demonstrates a high regard for confidentiality. For more details and to apply visit metbiblechurch.ca/joinourteam.

Short-Term Missions 2020

Partner with Met missionaries and ministry partners in 2020 both locally and globally. This year's opportunities include trips to Rapid Lake in Quebec, Poland, and Guatemala. There are also opportunities to serve with Samaritan's Purse relief efforts and Met City Outreach initiatives. An information session will be held on Jan 12 at 10:30 am in the Lounge. Applications at metbiblechurch.ca/stm2020. Application deadline is Feb 2 for all trips.

Save the Date • Members' Meeting • Feb 9 • 4pm

Voting on the 2020 budgets. Quorum is required. More information to come.

Events

JAN 9 • YA ASK ANYTHING NIGHT • 7PM • CHAPEL

Young Adults are invited to bring questions on theology, culture, relationships, church, sports, science, or whatever is on their hearts and minds. The winter edition will be featuring Pastor Jonathan. This will be a town hall/open forum style event.

JAN 10 • METMOMS PLAYGROUP • 10AM • GYM

A monthly playgroup for all Met moms with preschoolers & babies.

JAN 11 • JUST ASK YOUTH CONFERENCE • 9:30AM

An apologetics conference where youth will have many opportunities to interact with five gifted speakers in partnership with Ravi Zacharias Ministries and Ottawa Youth Pastors. We will touch on topics like truth, suffering, bioethics, sexuality, identity, the meaning of life, and more. The cost for the day is \$15. For more information visit metbiblechurch.ca/events.

JAN 12 • 2020 DONATION ENVELOPE DISTRIBUTION • LOBBY

Pick up your pre-assigned weekly or monthly donation envelopes before and after each service in the Lobby next to the Chapel.

JAN 12 • MEET & GREET • 10:15AM & 12:15PM • FIRESIDE RM

If you are new to the Met, join some of our staff team for a relational and informational Meet & Greet. We'd love to get to know you!

JAN 15 • ALPHA • 7PM • FIRESIDE RM

A 10-week course that provides an introduction to the Christian faith through engaging video presentations and small group conversation. Refreshments served. Register at metbiblechurch.ca/events.

JAN 18 • MEN'S BREAKFAST • 8:30AM • GYM

Join the METMen's Ministry for an opportunity to engage with other men, hear guest speaker Joe Smith from Hockey Ministries International, enjoy a hot breakfast and hear about opportunities for men at the Met. Register by Jan 11 to receive the early bird rate of \$10. First-time attendees come for free. Register at metbiblechurch.ca/events.

JAN 22 • METWOMEN WINTER STUDY • 9:30AM - GYM • 7PM - THEATRE

"Into the Land of Rest: A Study in the Book of Joshua" - All women are welcomed to join us for 15 weeks as we journey into the Promised Land. Childcare is available in the morning session. For more information: metbiblechurch.ca/women.

JAN 31-FEB 2 • METYA WINTER RETREAT • CIRCLE SQUARE RANCH

Join with other Young Adults for a time of rich study in God's Word, great food, fun, and games. We have a great guest speaker lined up. Register before Jan 17 for the early bird rate of \$115, after which the cost will be \$125. Register by Jan 26 at metbiblechurch.ca/events.

FEB 7 • THE DATENIGHT TOUR • 7:30PM • SANCTUARY

This event is hosted by Fun and Faith and is a great night to get out as a couple and laugh together. Tickets are available in the church office for \$15 each or you can purchase them online at funandfaith.ca for \$18 each.

JUST ASK

JAN 11 | 9:30-4:30
metbiblechurch.ca/youth



Meet & Greet

NEW TO THE MET? JOIN US!

JANUARY 12

FIRESIDE ROOM • 10:15 & 12:15



Alpha

COURSE

WEDNESDAYS | STARTING JANUARY 15TH



Instagram & Facebook:
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