

Engage.  
Establish.  
Equip.



THE MET

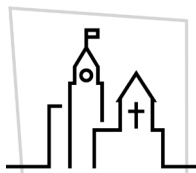
January 19, 2020

# 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

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# Today

## Treasuring Christ Together

Treasuring Christ Through Serving (Romans 12:1-8)

Jonathan Griffiths, Lead Pastor

**Songs:** All Hail the Power of Jesus' Name, Great Are You Lord, This I Believe, He Will Hold Me Fast, Take My Life and Let It Be.

*Subscribe to our Spotify playlist "the Met - Sunday Worship Playlist" to listen to the songs we sing here at the Met.*

## Classes

Establish: The Doctrines of God - Systematic Theology • 9AM • RM 205

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

Membership Class • 11AM • FIRESIDE RM

**Meet & Greet** • 10:15AM & 12:15PM • FIRESIDE RM

**Short Term Missions Info Session** • 10:30AM • LOUNGE

## Next Week:

### Treasuring Christ Together

Treasuring Christ Through Cheerful Giving (2 Cor. 9:6-15)

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 Dave Rennalls to find out what the next growth step in your faith could be at [drenalls@metbiblechurch.ca](mailto:drenalls@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

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

## TUESDAY

METYouth (Junior High and High School) • 6:30PM • THEATRE

## WEDNESDAY

METWomen<sup>AM</sup> • 9:25AM • GYM  
METMen's Discipleship Group • 7PM • LOUNGE  
Alpha • 7PM • FIRESIDE RM  
Prayer Focus • 7PM • RM 211  
METWomen<sup>PM</sup> • 7PM • THEATRE

## THURSDAY

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

## FRIDAY

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

## SATURDAY

Awana Grand Prix Workshop • 9AM • GYM  
METYA Redeemed Sexuality Workshops • 10AM • FIRESIDE RM  
South Asian Fellowship • 6:30PM • RM 205

# Church Family News

## Missionary Focus

Pete and April Van Volkingburgh serve with HOPEyouth on Manitoulin Island, working with high school students and families in the First Nations community of Wiikwemkoong. Pray for clarity of direction as they look to put more structure into crisis pregnancy work. Pray for family time and stability as ministry is busy and often draining. Pray also for the First Nations people as there are many struggles and much pain in these communities. Pray against the enemy who seeks to kill and destroy.

## Members' Meeting • FEB 9 • 4PM • CHAPEL

Members will be voting on the 2020 budgets. Quorum is required - all members are encouraged to vote (either in person or via a proxy). Proxy forms are available at [metbiblechurch.ca/member](http://metbiblechurch.ca/member) or beside the two main foyer bulletin boards.

## Family News

Our thoughts and prayers are with Judy Dancer and her family in the passing of her mother, Doris Dancer, on Jan 3. A celebration service was held at the Met this past Thursday. Judy expresses appreciation for the support of her church family during this time.

## TODAY • 2020 DONATION ENVELOPE DISTRIBUTION • LOBBY

Pick up your pre-assigned weekly or monthly donation envelopes in between the first and second service in the Lobby next to the Chapel.

# Events

**TODAY • SHORT-TERM MISSIONS INFO SESSION • 10:30AM • LOUNGE**  
Partner with Met missionaries and ministry partners both locally and globally through trips to Rapid Lake (Quebec), Poland and Guatemala. There are also opportunities to serve with Samaritan's Purse relief efforts and Met City Outreach. Applications due Feb 9. For more information: [metbiblechurch.ca/stm2020](https://metbiblechurch.ca/stm2020).

**TODAY & JAN 26 • MEMBERSHIP CLASS • 11AM • ROOM 211**  
This 2-part class is for anyone interested in learning more about who we are, what we believe at the Met and how you can become a voting member. Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events).

**JAN 21 • BRIDGES TRAINING • 6:30PM • PEACE TOWER CHURCH**  
Bridges provides a meal, friendship, prayer support and a gospel message every Tuesday for the disadvantaged in Ottawa. For more information contact [stharakan@metbiblechurch.ca](mailto:stharakan@metbiblechurch.ca).

**JAN 22 • METWOMEN WINTER STUDY • 9:30AM-GYM OR 7PM-THEATRE**  
"Into the Land of Rest: A Study in the Book of Joshua" - All women are welcome to join together for a 15-week journey into the Promised Land. Childcare is available at the morning session. For more information: [metbiblechurch.ca/women](https://metbiblechurch.ca/women).

**JAN 22 & 29 • MET CHOIR & ORCHESTRA WINTER REHEARSALS • CHAPEL**  
The Met Choir & Orchestra are resuming Wednesday rehearsals:  
• Choir - Jan 22 @ 7-9pm (weekly)  
• Orchestra - Jan 29 @ 6-8pm (bi-weekly)  
NEW adults and youth are welcome to join! For more information, contact [worship@metbiblechurch.ca](mailto:worship@metbiblechurch.ca).

**JAN 26 • BAPTISM CLASS • 11AM • RM 205**  
This class is an opportunity to take an in-depth look at the purpose of baptism and is required for anyone interested in being baptized at the Met. Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events).

**JAN 26 • THE BIG GIVE VISION MEETING • 12:30PM • FIRESIDE RM**  
A nationwide initiative, on June 6, 2020, where churches share God's unconditional love through radical generosity. Share your thoughts as we engage with our community to share the gospel.

**JAN 26 • CHURCH WIDE PRAYER • 6PM • GYM**  
Join us as we gather as a church family to pray for our ministries, missionaries and church family. A time of fellowship will be held after the prayer time and light refreshments will be served.

**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 with Pastor Dave Rennalls, great food, fun and games. The cost is \$125. Register by Jan 26 at [metbiblechurch.ca/events](https://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](https://funandfaith.ca) for \$18 each.



## Meet & Greet

NEW TO THE MET? JOIN US!

# JANUARY 19

FIRESIDE ROOM • 10:15 & 12:15

YOUTH AND ADULT

# BAPTISM

*Class*

JAN 26 | 11:00 AM | RM 205  
[METBIBLECHURCH.CA/EVENTS](http://METBIBLECHURCH.CA/EVENTS)

# CHURCH - WIDE PRAYER

SUNDAY JAN 26 // 6PM



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