

Engage.  
Establish.  
Equip.



THE MET

February 9, 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

**FEB 23 • SUNDAY SCHOOL SOCIAL • 1PM • GYM**  
Enjoy a time of fun and fellowship with Met families. Bring your own lunch. Drinks and dessert are provided. Table games will be available for parents and kids.

**MAR 17 & 18 • MARCH BREAK CARNIVAL • 8:30AM-4:30PM**  
Two fun-filled days for kids ages 5-12. There will be carnival activities, sports, group games, Lego, a faith-based skit, and more. Come and bring your friends! Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events)

**2020 VBC & Summer Camps**  
Registrations for VBC and Summer Camps are now open! For more information: [metbiblechurch.ca/kids](https://metbiblechurch.ca/kids)

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# Today

## Treasuring Christ Together

Treasuring Christ Through Devotion to One Another  
Jonathan Griffiths, Lead Pastor

**Songs:** Behold Our God, Jesus Thank You, The Passion, O Church of Christ Invincible, O Church Arise (Arise Shine). *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: Healthy Homes - Marriage: What Did You Expect? • 9AM • FIRESIDE RM

Members' Meeting • 4PM • CHAPEL

## Next Week:

### Treasuring Christ Together

Treasuring Christ Through Gathering Together  
Jonathan Griffiths, Lead Pastor



**Sermon Notes**  
follow along with the  
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 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 at [drenalls@metbiblechurch.ca](mailto:drenalls@metbiblechurch.ca) to find out what the next growth step in your faith could be.

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

## TUESDAY

Bridges Meal Prep • 2PM • KITCHEN  
METYouth (Junior High and High School) • 6:30PM • THEATRE  
Marriage - What Did You Expect? • 7PM • FIRESIDE RM  
Bridges • 7PM • OFFSITE: PEACE TOWER CHURCH

## 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

METSeniors • 9:30AM • GYM  
The Haven Bible Study for Single Moms • 6:30PM • HUB  
Awana • 6:30PM • GYM  
METYoung Adults • 7PM • CHAPEL

## FRIDAY

METYouth Lock-In Retreat • 6:30PM • THE MET  
Christian Service Brigade (CSB) • 7PM • GYM

## SATURDAY

Chinese Fellowship • 5:30PM • FIRESIDE RM

# Church Family News

## Missionary Focus

Howie and Claudia Williams work with the Anatolian Grace Church, a spiritual refuge for Turkish speakers in the Metro NYC area. They also offer English classes and immigration counseling. Pray that the Lord will lead them to more Turkish speakers who long to find real hope, that they will use social media to connect with those who are searching, for church members to powerfully reflect Christ and be used of the Lord, and for Howard's sinus surgery on Feb 13.

## Nominating Committees

The Nominating Committees are in place for both corporations (Ministry and Property). For more information about the process: [metbiblechurch.ca/member-resources](http://metbiblechurch.ca/member-resources)

## Short-Term Missions Application Deadline • TODAY

Partner with Met missionaries and ministry partners through trips to Rapid Lake (Quebec), Poland, and Guatemala. There are also opportunities to serve with Samaritan's Purse and Met City Outreach. Applications due today! To apply: [metbiblechurch.ca/](http://metbiblechurch.ca/)

# Events

## **TODAY • 2019 CHAIRITABLE DONATIONS RECEIPTS • LOBBY (WEST)**

These receipts exclude PCO and CanadaHelps online donations; check your email for these receipts.

Questions: Lorena at [lseverson@metbiblechurch.ca](mailto:lseverson@metbiblechurch.ca)

## **TODAY • MEMBERS' MEETING • 4PM • CHAPEL**

Check-in and light refreshments begin at 3:20pm. Meeting notice, agenda, proxy forms, and 2020 budget documents are posted online at [metbiblechurch.ca/member-resources](http://metbiblechurch.ca/member-resources) and on lobby bulletin boards. Members will be voting on the 2020 budgets. Quorum is required and all members are encouraged to vote (either in person or via a proxy). Questions? Email [info@metbiblechurch.ca](mailto:info@metbiblechurch.ca)

## **TODAY OR FEB 11 • MARRIAGE SEMINARS • 9AM OR 7PM • FIRESIDE RM**

Be strengthened and encouraged in your marriage. There are two options for this multi-week seminar: Sunday mornings and Tuesday evenings. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events)

## **FEB 14-15 • METYOUTH LOCK-IN RETREAT • 6:30PM • THE MET**

This overnight retreat will be high energy and filled with meaningful reflection. Supper and breakfast provided. Doors open at 4pm. Cost is \$15. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events)

## **FEB 16 • HUMAN SEXUALITY AND CHRISTIANITY • 7PM • CHAPEL**

Hear from a panel of Met ministry staff on issues of human sexuality, LGBTQ+, and how to engage with these issues as a local church. This event is geared towards people ages 18-35.

## **FEB 23 & MAR 1 • MEMBERSHIP CLASS • 11AM • FIRESIDE RM**

A 2-part class 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](http://metbiblechurch.ca/events).

## **FEB 29 • MEN'S CONFERENCE • 8:15AM • WOODVALE PENECOSTAL CHURCH**

All men are invited to the Promise Keepers' conference to uncover the truth and lead a life of fullness now and for eternity. Cost is \$50 (includes lunch). Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events)

## **MAR 7 • MET25-35 WINTER RETREAT • 9AM • GRACEFIELD RETREAT CENTRE**

A day of fellowship, teaching, and outdoor activities. Greg Kopczyk will be speaking. Cost is \$40. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events)



Feb 9 • 4pm • Chapel

# MARRIAGE

WHAT DID YOU EXPECT?



Sundays | 9 am | Starting Feb 9  
Tuesdays | 7 pm | Starting Feb 11

[metbiblechurch.ca/registrations](http://metbiblechurch.ca/registrations)

MET  
**KIDS**

**MARCH BREAK**

**CARNIVAL**

**MARCH 17 & 18 | 8:30-4:30**  
[metbiblechurch.ca/registrations](http://metbiblechurch.ca/registrations)



Instagram & Facebook:  
[@metbiblechurch](https://www.instagram.com/metbiblechurch)

2176 Prince of Wales Drive  
[info@metbiblechurch.ca](mailto:info@metbiblechurch.ca)  
[metbiblechurch.ca](http://metbiblechurch.ca)  
613-238-8182