

Engage.
Establish.
Equip.



THE MET

March 8, 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

2020 VBC, Metro Hoops, & Summer Camps

Registrations for VBC, Metro Hoops, & Summer Camps are now open! For more information:

metbiblechurch.ca/kids

Today

So Great a Salvation

Holding Fast Our Confidence (Hebrews 10:19-39)

Jonathan Griffiths, Lead Pastor

Songs: I Sing the Mighty Power of God, Living Hope, How Beautiful, Jesus Strong and Kind. *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

Next Week:

So Great a Salvation

True Faith (Hebrews 11:1-7)

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 at drennalls@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

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 • 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^{AM} • 9:25AM • GYM
METMen's Discipleship Group • 7PM • LOUNGE
Alpha • 7PM • FIRESIDE RM
Prayer Focus • 7PM • RM 211
METWomen^{PM} • 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

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

SATURDAY

South Asian Fellowship • 6:30PM • CAFE

Church Family News

Missionary Focus

Harrison and Flo Airo are involved in outreach to Kenyan youth through camp ministry, Bible clubs in schools, short-term Bible school, Bible quizzing, sports tournaments, drama, and music. Pray that God will continue to meet their needs and expand their ministry.

Coronavirus Precautions

Given the growing awareness of Coronavirus, we want to be proactive in taking steps to guard against any potential transmission.

Here are two initial steps we are taking this Sunday:

- 1) Additional hand sanitizer stations are available throughout the church. Please make use of them before and after services.
- 2) We encourage everyone to greet each other with warm words and smiles, but to refrain from handshakes or other physical contact for the time being.

Events

MAR 22 • PARENT/CHILD DEDICATION CLASSES • 11AM • FIRESIDE RM
This 3-week class helps parents understand their call to raise a godly generation. These classes are required for children to be dedicated at the Met. Register at metbiblechurch.ca/registrations

MAR 22 • 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!

MAR 23 • MEMBERSHIP CLASS • 6:30PM • FIRESIDE RM
Learn more about who we are, what we believe, and how you can become a voting member at the Met.
Register at metbiblechurch.ca/registrations

MAR 27-28 • ALL4ONE REGIONAL CONFERENCE • 7:00-9:30PM & 8:00AM-4:30PM • OFFSITE - THE BRIDGE
Two days of education and collaboration to learn about walking alongside at-risk children and families in Ottawa. Register and learn more at connectcareottawa.ca/all4one

APR 10 • NO OTHER NAME • 1:30PM
A youth rally for students in grades 7-12 throughout the Ottawa region, featuring amazing worship, an engaging speaker, challenging workshops, and more! Register at metbiblechurch.ca/registrations

APR 19 • MARRIAGE PREPARATION COURSE • 11AM • RM 209
This 6-week class is for couples who wish to prepare for marriage at the Met or wish to be married by a Met pastor.
Register at metbiblechurch.ca/registrations

March Break Carnival Volunteers

Volunteer this March Break at our 1-day carnival on Mar 17 and/or 18 from 8am-5pm. It is going to be a fun time! Our children's registrations for both days are now full. For more information, complete the serve form at metbiblechurch.ca/serve

Summer Student Job Opportunities

Summer students will assist with planning, preparation, and participation in VBC, summer camps, and Sunday School programs. Applications are due Mar 22. Find job descriptions and the application process at metbiblechurch.ca/summeremployment

THE RISEN KING

EASTER AT THE MET

METBIBLECHURCH.CA/EASTER



Meet & Greet
NEW TO THE MET? JOIN US!

MARCH 22
FIRESIDE ROOM • 10:15 & 12:15



Mar 23 | 6:30 - 9:00 PM | Fireside Room
metbiblechurch.ca/member



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

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