

Engage.  
Establish.  
Equip.



THE MET

September 8, 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**.



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

## METKids Upcoming Events

**SEPT 8 or 15** • Parent Orientation • 9-9:20AM • CHAPEL

Parents are encouraged to attend one of the sessions to learn about the priorities and goals of our ministry as well as how to partner with us in helping children to become disciples of Jesus Christ. For more information please contact Lois Shepherd:

**[lshepherd@metbiblechurch.ca](mailto:lshepherd@metbiblechurch.ca)**

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# Today

## So Great A Salvation

God's Supreme Word (Hebrews 1:1-2:4)

Jonathan Griffiths, Lead Pastor

*Communion Services at 9 & 11 am (all communion bread is gluten-free)*

**Songs:** God The Uncreated One (King Forevermore), O Praise The Name (Anastasis), Come Thou Fount Of Every Blessing, When I Survey The Wonderous Cross, The Power Of The Cross, 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:

Engage: The Word of God – What is the Bible? (Rm 211-213)

Establish: The Doctrines of God – Systematic Theology (Rm 205-209)

Equip: The Families of God – Healthy Homes (Fireside Rm)

## Everyone In • 10:15AM and 12:15PM • LOBBY

Parent Orientation • 9-9:20AM • CHAPEL

## Next Week:

### So Great A Salvation

Leading Many To Glory (Hebrews 2:5-3:3)

Jonathan Griffiths, Lead 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 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](mailto: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](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

Men's Bible Study Fellowship • 6:55PM • PRAYER ROOM  
Drop-In Basketball • 7PM • GYM

## TUESDAY

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

## WEDNESDAY

METWomen<sup>AM</sup> • 9:15AM • GYM  
METWomen<sup>PM</sup> • 7PM • THEATRE  
METMen Discipleship Groups • 7PM • LOUNGE  
Prayer Focus • 7PM • RM 211

## THURSDAY

METSeniors • 9:30AM • GYM  
METYoung Adults Kick Off • 7PM • CHAPEL

## FRIDAY

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

## SATURDAY

South Asian Fellowship • 5:30PM • CAFE

# Church Family News

## Missionary Focus

Tim Ernst is The Navigator's Western Field Director, overseeing the city works in Western Canada, while also ministering in downtown Vancouver. His passion is to be a friend to those on their journey to finding and growing in healthy faith and freedom. He has ministered among Vancouver's business and professional community for 22 years. Pray for a strong infusion of God's presence in his weekly outreach group, for a new Christian named Jeff, and for a strong start to the year on the Navigator campuses in Vancouver, Calgary, Edmonton and Saskatoon.

## Family News

We extend our prayers and condolences to three families who have lost loved ones in the past week. Margo Borschewski in the passing of her father; Rob Lussier in the passing of his father and Patricia DeJong in the passing of her mother. May the God of all comfort bring comfort and strength to these grieving families.

## Fall Ministry Booklet

We are delighted to provide you with a brochure that highlights our Met ministries for the fall 2019 ministry season. We hope you find this to be a valuable resource to help you discover your place to grow and serve in the body of Christ. You will see that there are a rich variety of ministry opportunities available in the season ahead. Copies are available online at [metbiblechurch.ca/resources](http://metbiblechurch.ca/resources) or printed copies are available in the office.

# Events

## **SEPT 8 • METYOUTH QUIZZING • 1PM • RM 205 & 207**

Quizzing aims to encourage and enable students in memorizing Scripture through relational connections and peer-to-peer competitions. Quizzing meets weekly from September until May. Sept 8 is an orientation day for parents and quizzers. For more information and to register: [metbiblechurch.ca/youth](https://metbiblechurch.ca/youth).

## **SEPT 11 • METWOMEN FALL LAUNCH • 9:15AM & 7PM • GYM**

Women thrive when they are walking through life together and encouraging one another in their faith. METWomen is a place to grow and explore the truth of the Bible. Childcare is provided in the morning and childcare volunteers are needed. For more information and to register: [metbiblechurch.ca/women](https://metbiblechurch.ca/women).

## **SEPT 11 • CHOIR AND ORCHESTRA START-UP • 6PM • SANCTUARY**

Choir and Orchestra is starting again! If you are over 16 and musical, we would love to have you. Orchestra will begin at 6pm and Choir at 7pm.

## **SEPT 12 • SENIORS START-UP • 9:30AM • GYM**

Each Thursday morning, seniors (aged 55 and older) are welcome to gather together for a time of fellowship. For more information visit [metbiblechurch.ca/seniors](https://metbiblechurch.ca/seniors).

## **SEPT 12 • METYOUNG ADULTS KICK OFF • 7PM • CHAPEL**

Join us as we launch our Young Adults fall ministry where we will be studying the books of Ruth and Esther. This is a wonderful opportunity for young adults to worship and fellowship together. For more information visit [metbiblechurch.ca/ya](https://metbiblechurch.ca/ya).

## **SEPT 15 • BAPTISM CLASS • 11AM • FIRESIDE RM**

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).

## **SEPT 21 • MEN'S BREAKFAST • 8AM • GYM**

An opportunity to engage with other men of all ages, hear from speaker James Ellingson (a former CFL player and Grey Cup Winner), and enjoy a hot breakfast. Bring your son for a morning out. Invite other men who might need the opportunity to connect in community. Come be a part of what God is doing in the hearts of men at the Met. For more information and to register visit [metbiblechurch.ca/events](https://metbiblechurch.ca/events).

## **SEPT 22 • PRE-MARRIAGE PREPARATION COURSE • 11AM • RM 205**

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/events](https://metbiblechurch.ca/events).

## **OCT 19 • DISCIPLE-MAKING PARENT CONFERENCE • 9am**

This conference is an opportunity to learn more about how to raise your children to love and follow Jesus Christ. Speaker Chap Bettis will be speaking on topics including teen temptations, why kids walk away and passing on the gospel. Lunch will be included. Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events).

YOUTH AND ADULT  
**BAPTISM**  
classes

SEPT 15 • 11am

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

Celebrate what Christ has done in your life



*Meet & Greet*

**NEW TO THE MET? JOIN US!**

**SEPTEMBER 29**

FIRESIDE ROOM • 10:15 & 12:15

THE  
**DISCIPLE-MAKING PARENT**  
CONFERENCE

Raising your children to love and follow Jesus Christ  
October 19 | Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events)



Instagram & Facebook:  
**@metbiblechurch**

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