

Engage.
Establish.
Equip.



THE MET

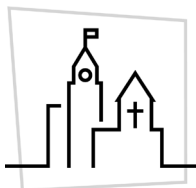
November 3, 2019

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**.



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

METTykes Christmas Choir • 10:15AM • RM 223
Rehearsals start today for this year's Christmas Concerts. Children ages 3-5 are invited to join. Register at metbiblechurch.ca/registrations.

Today

So Great A Salvation

Salvation to the Uttermost (Hebrews 7:1-28)

Jonathan Griffiths, Lead Pastor

Songs: 10,000 Reasons (Bless the Lord), All Creatures Of Our God And King, Before The Throne Of God Above, Once Again, In Christ Alone. *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 - Why Do We Tend to Like the N.T. More? • 9AM • 211

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

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

METKids' Christmas Choir • 10:30AM • FIRESIDE RM

Child Baptism Class • 11AM • RM 215

Parent/Child Dedication Class • 11AM • FIRESIDE RM

Pre-Marriage Course • 11AM • RM 205

Next Week:

Celebrate Missions

The Heartbeat of Missions

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.

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

Men's Bible Study Fellowship • 6:55PM • PRAYER RM
GriefShare • 7PM • FIRESIDE RM
Precepts Course • 7PM • RM 205
Christians Connecting with Muslims • 7PM • RM 211

TUESDAY

METYouth (Junior High and High School) • 6:30PM • THEATRE
METYouth Alpha • 8PM • FIRESIDE RM

WEDNESDAY

METWomen^{AM} • 9:15AM • GYM
METWomen^{PM} • 7PM • THEATRE
METMen Discipleship Groups • 7PM • LOUNGE
Alpha • 7PM • FIRESIDE RM
Prayer Focus • 7PM • RM 211

THURSDAY

METSeniors • 9:30AM • GYM
AWANA • 6:30PM • GYM
METYoung Adults Missions Edition • 7PM • CHAPEL

FRIDAY

Celebrate Missions 2019 Dinner • 5:45PM • GYM
Christian Service Brigade (CSB) • 7PM • GYM

SATURDAY

Celebrate Missions 2019 Workshops • 8:30AM • GYM
South Asian Fellowship • 6:30PM • CAFE

Church Family News

Missionary Focus

Rob and Kathleen Magwood serve as the Canadian Directors for SEND International, helping to co-ordinate efforts to inform, inspire and facilitate Canadians as they participate in God's global mission. Rob also hosts the Global Missions Podcast. Pray for wisdom to lead a collaborative movement between like-minded mission agencies in Canada, and for God's work in the hearts of Canadians; that He will call people, and move their hearts to faithful service.

Samaritan's Purse: Operation Christmas Child

Bless children in the developing world by filling shoeboxes with hygiene items, school supplies, and other items. These shoeboxes are delivered to children in need in developing countries throughout the world. Children receiving shoeboxes also participate in a Bible study. Pick up your shoebox in the lobby starting today. The collection date for filled boxes is Nov 24.

Upcoming Construction Project

The Met is initiating a short (1-month) construction project to improve drainage and to remove problems of sidewalk flooding and slippery ice conditions at the west entrance door. There will be periodic interruptions in the use of the west door and the adjacent parking lot, but we will endeavour to keep these to a minimum.

Events

MISSIONS CONFERENCE – CELEBRATE MISSIONS 2019

Join some of our Met Missionaries as we consider the theme "Missions: The Heartbeat of God; The Heartbeat of the Met."

NOV 7 • METYA ASK ANYTHING MISSIONS EDITION • 7PM • CHAPEL

NOV 8 • MISSIONS DINNER • 5:45PM - \$12 per adult, \$7 per child
Interact and encourage Met Missionaries as we hear from John Brown, AIM's Ministry to Africans in Canada, on *The Legacy of Missions*. Register at metbiblechurch.ca/celebratemissions2019.

NOV 9 • MISSIONS WORKSHOPS & LUNCH • 8:30AM - \$10 per person
An exciting new addition, our featured speaker will be Andy Smits, National Director of Power to Change - Students as he looks at "*The Great Commission for the Not-So-Great*" and "*As the Father Has Sent Me, So I Send You*". Breakaway sessions include *Enabling the Poor to Hear the Good News, Is Missions God's Will for Your Life?, Reaching Your Community Through Hospitality, Islam in Canada: A Threat or an Opportunity, Choosing to Love Where God Places You*. There will also be an open forum inviting you to share your insights about missions at the Met. Register at metbiblechurch.ca/celebratemissions2019.

NOV 10 • MISSIONS SUNDAY • 9AM & 11AM

Hear Ministry updates from several Met Missionaries in room 205. In our Sunday Services, Pastor Jonathan will be preaching on "The Heartbeat of Missions" from Romans 10 to remind us of what drives, motivates, and shapes our missions program here at the Met."

NOV 10 • 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!

NOV 15 • MET25-35 GAMES NIGHT • 7PM • CAFE

Invite your friends to a night of games, food and fun.

NOV 15-17 • METYA FALL RETREAT • 7PM • CIRCLE SQUARE RANCH

A time of rich study in God's Word with Ben Jolliffe, as well as great food, fun, and fellowship. The cost is \$125.

Register by Nov 10 at metbiblechurch.ca/events.

NOV 17 • MONEY MATTERS CLASS • 11AM • RM 205

This 3-week class aids us to think biblically and practically about how to manage the financial resources with which God has entrusted us and so reap the blessings apportioned to the financially wise.

NOV 23 • TIMOTHY MORNING • 9AM • GYM

An event for anyone with an interest to grow in their ability to teach the Bible. Todd Kelly, the Global Ministries Director at Leadership Resources International, will equip us to teach the book of Jonah.

Registration costs \$20. Register at metbiblechurch.ca/events.

DEC 7 & 8 • MET CHRISTMAS CONCERTS • 6PM • SANCTUARY

Everyone is welcome to a festive evening of music featuring the METChoir and Orchestra, along with performances by the METKids' and METTykes Christmas Choirs. A short Bible message will be shared. Invite friends and family for one of these evenings.

CELEBRATE MISSIONS 2019
HEARTBEAT OF GOD
HEARTBEAT OF THE MET



NOVEMBER 7-10

metbiblechurch.ca



FALL RETREAT

NOV 15-17 | CIRCLE SQUARE RANCH

Register at metbiblechurch.ca/events

TIMOTHY MORNING

November 23 | 9:00 - 12:30pm | Gym



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

2176 Prince of Wales Drive
info@metbiblechurch.ca
metbiblechurch.ca
613-238-8182