Engage. Establish. Equip.



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

Today

So Great A Salvation

A New and Greater Covenant (Hebrews 8:1-13) Jonathan Griffiths, Lead Pastor

Songs: Doxology (Old 100th), God The Uncreated One (King Forevermore), I Will Wait For You (Psalm 130), He Leadeth Me, Yet Not I But Through Christ In Me. 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 about Bible Translations?• 9AM • RM 211

Equip: The Families of God - Healthy Homes • 9AM • FIRESIDE RM Establish: The Doctrine of God - Systematic Theology • 9AM • RM 205

Money Matters Class • 11AM • RM 205

Next Week:

Jonah 1

Todd Kelly, Global Ministries Director Leadership Resources International



Sermon Notes follow along with the free YouVersion app



WIFI user: metguest

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 Drop-In Basketball • 7PM • GYM 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 The Haven • 6:30PM • HUB METYoung Adults • 7PM • CHAPEL

FRIDAY

METYouth High School Boardgames Night • 6:30рм • Lounge Christian Service Brigade (CSB) • 7рм • GYM Drop-In Hockey • 9рм • GYM

SATURDAY

Timothy Morning • 9AM • GYM Chinese Fellowship • 5:30PM • FIRESIDE RM South Asian Fellowship • 6:30PM • CAFE

Church Family News

Missionary Focus

Matthew and Nary McCullough serve with CrossWorld in Cambodia by facilitating discipleship and support groups in Phnom Penh. They reach out to individuals coming out of dark places, struggling with hurts, habits and hangouts, and desiring freedom. Prayer for strength and wisdom, and that God would open the doors for more individuals to walk into freedom.

Treasure Test Booklet

Do we value what the Word of God teaches us to treasure? Today, during service, you will receive a Bible study which we encourage all of our church family to participate in, either as a personal exercise or together with your family. If you do not receive a copy this Sunday, please email info@metbiblechurch.ca or call the church office so we can set a copy aside for you.

Construction Has Started!

The Met has started a short construction project to improve drainage and to remove problems with sidewalk flooding and slippery ice conditions at the west entrance (Chapel) doors. Use of the west door and the adjacent parking lot will be restricted except for emergency use.

Events

NOV 23 · TIMOTHY MORNING · 9AM · GYM

This is an event for anyone with an interest in growing 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. The cost is \$20. Register at **metbiblechurch.ca/events**.

NOV 24 • CHURCH WIDE PRAYER • 6PM • GYM Join us as we 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.

DEC 1, 15 & JAN 12 • 2020 DONATION ENVELOPES • LOBBY Using pre-numbered envelopes, rather than pew envelopes, lowers the processing costs of cash or cheque donations. To order an annual set of envelopes for yourself, or to view all of our giving options, please visit **metbiblechurch.ca/othergiveoptions**. Questions: **lseverson@metbiblechurch.ca**. Envelope distribution will begin on Dec 1 in the Met foyer.

DEC 7 & 8 • MET CHRISTMAS CONCERTS • 6PM • SANCTUARY Everyone is welcome to a festive evening of music featuring the MET Choir 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 by sharing the Facebook event and invitation cards coming soon.

DEC 11 · FRIENDS FOR DINNER

There are over 15,000 international post-secondary students in Ottawa. This is an opportunity for you to show God's love through hospitality in your own home and share the meaning of Christmas. Registration deadline is Dec 11 to host Christmas dinner this year. Register at **friendsfordinner.ca**.

DEC 24 • CHRISTMAS EVE SERVICES - THE GREATEST GIFT OF ALL Join us for our Christmas Eve services at 2, 4, and 6pm in the Sanctuary. Chidren's Program is available at 2pm for newborns to 23 months and at 4pm for newborns to 4 years old. Free shuttle bus is available for the 4pm and 6pm services.

Details at **metbiblechurch.ca/christmas-2019**.

JAN 6 • PERSPECTIVES ON THE WORLD CHRISTIAN MOVEMENT COURSE This is a 14-week course to grow in your understanding of what God has done and is doing around the world to restore people to His kingdom for His glory among all the nations. The first two sessions on Jan 6 & 13 are open to anyone who wants to come and see what it's all about. Register at **perspectivescanada.org**.

Samaritan's Purse: Operation Christmas Child

Bless children in the developing world by filling shoeboxes with hygiene items, school supplies and other items. 125 filled shoeboxes have already come in this year. Pack a shoebox...change a life. Pick up your shoebox in the lobby today, drop off until Nov 24.



TIMOTHY MORNING

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

Met Choir & Orchestra and METKids Choir Dec 7 & 8 | 6:00 pm | Sanctuary







Instagram & Facebook:

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