

Whether you've just joined for the first time or been a part of METWomen for many years, we're glad you're here! Being a part of a Bible study is one way to grow in your understanding of God's truth for your life of faith. We encourage you to pray about which class God is calling you to be a part of this fall.

Our vision here at the Met is Engage, Establish, Equip – to **engage** people with the gospel, **establish** believers in the gospel, and **equip** servants of the gospel at The Met, in the Ottawa area, and around the world.

To that end, we've organized our fall elective classes into these three categories. Please note that a few classes overlap and combine elements of two categories.

① ENGAGE

Classes in this category don't require any prior Biblical knowledge or church background. It is a great place to start or to invite a friend. Participants will begin to learn about Jesus while being exposed to the timeless wisdom of the Bible.

② ESTABLISH

Classes in this category are designed to help strengthen the growing believer. The focus is on a deepening relationship with Jesus, increasing knowledge of the Bible, exploring foundational teachings of the Christian faith and seeking to live out these truths in every area of life.

③ EQUIP

Similar in emphasis to ESTABLISH, classes in this category are an opportunity for those who want to dig deeper and invest more in their study of the Bible. A great spot for women looking to be challenged spiritually or to be better equipped for (formal or informal) ministry to others.

NEED HELP SELECTING A CLASS?

If you would like some help, please don't hesitate to ask one of the teachers or leaders in this program. We'd love to see you in the place where you will grow and flourish in the truth of God's Word which is most helpful for you at this time in your life.

Be sure to check the last page of this guide for a sneak peek at our upcoming **Winter 2020 Group-Wide Study - Into the Place of Rest: A Study of the Book of Joshua**.

The Meaning of Marriage (AM)

This class is stroller-friendly but women of all ages/stages are welcome

Modern culture would have you believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that marriage does not mean 'til death do us part, but merely for as long as my needs are being met; and that when serious differences arise, divorce is the best solution.

According to the Bible, all of these modern-day assumptions miss what marriage is all about. In this video-based Bible study, Timothy Keller, along with Kathy, his wife of forty years, draws a profound portrait of marriage from the pages of scripture that neither idealizes nor rejects the institution but points us back to the relationship between God and man. The result is a vision for marriage that is refreshingly frank and unsentimental, yet hopeful and beautiful.

This study is for anyone from singles to women considering marriage to those who have been married recently or for a long time.

Session	AM session – 9:25-11:15 am
Leader:	Ann Penner, Sharon Nehring
Book:	<i>The Meaning of Marriage Study Guide</i> by Timothy Keller
Prep Level:	30 minutes per week
Study Level:	Engage
Format:	Video teaching followed by small group discussion and prayer

A Woman's Journey of Discipleship (AM or PM)

A Woman's Journey of Discipleship is a stimulating three-book series written specifically for women. This series enables women to develop a closer relationship with Jesus Christ and become more like Him. Women participating in this series will discover their unique gifting from God to serve in the body of Christ, be more intentional in sharing their faith and, over time, be better equipped to disciple others. All the books in this series include personal Bible study, daily Bible readings, scripture memory, and prayer activities. Participants will experience life-to-life sharing within the context of a small group.

Note: Participants completing Book 1 in the fall 2019 session will have the opportunity to complete Book 2 during winter 2020 session.

Session	AM session 9:25-11:15 am	PM session 7:00–9:00 pm
Leader:	Marg Warner	Martha Reinink
Book:	<i>Book 1: Bridges on the Journey</i> by G. Busa, J. Miller, R. Fobes, and V. Sanders	
Prep Level:	15 minutes per day, commitment to homework is essential	
Study Level:	Engage	
Format:	Group discussion of the Bible study and sharing of Bible journaling activities as outlined in the study guide, prayer for the needs of all group members	

Victorious Faith (PM)

Many of us encounter challenges, disappointments and difficulties in the journey of life which we neither wish for nor expect. We can feel caught in hard places and as though we are victims of circumstance, situations or even of other people. In these times, the pain is real and often doubts and questions abound. We wonder where God is, if He is able and willing to help, and how we can live faithfully through trial.

God's Word teaches that, in every situation we encounter, our God cares for us and has a purpose for our good. In this study, we will learn God's truth about our situation, the victory we have in Jesus, and how He helps us to live as victors instead of victims each and every day, no matter what we experience.

Session	PM session – 7:00-9:00 pm	
Leader:	Lois Shepherd, Kate Leyenaar	
Book:	Teacher-created study guide	
Prep Level:	60 minutes per week	
Study Level:	Engage/Establish	
Format:	Teacher presentation followed by group discussion and prayer	

Places in our Lives (AM)

Life is a journey and spiritual life is no exception. Each week, we will travel together to a "new place" where God is taking us to mature us in Christ - to 'conform us to the image of His Son.' Perhaps it's the place of Obedience – or Surrender – or Contentment – or God's waiting room. Wherever 'our place' is, we will learn together what God is trying to teach us and how we can grow spiritually closer to Him.

Session **AM session** – 9:25-11:15 am

Leader: Deborah Manera, Sharon Thomas

Book: Teacher-created study guide

Prep Level: 15-30 minutes personal study time per week (optional)

Study Level: **Engage/Establish**

Format: Teacher presentation followed by group discussion and prayer

Living Loved: Song of Solomon (PM)

The Song of Solomon is likely the most misunderstood book of the Bible. It is most often taught as a glorious treatment of physical intimacy in marriage but this application has only begun in the last 100 years. The Jewish people understood it to reflect God's intense love for His people. Our hope is that through this study, God will totally transform your life as He gently woos you to see Christ as your Spiritual Bridegroom and yourself as the Bride of Christ. As individual believers, we desperately need to personally comprehend how completely we are loved by our groom, the Lord Jesus, and learn to live loved.

Session **PM session** – 7:00–9:00 pm

Leader: Glenda Paquette, Andree Morissette

Book: Simple Studies in Scripture: The Song of Solomon by Dr. Stanford E. Murrell

Prep Level: 10 minutes per day

Study Level: **Establish**

Format: Teacher presentation followed by group discussion and prayer

Mission: Unstoppable – The Book of Acts, Chapters 1-12 (AM)

The whole Bible tells one big story of our creator God and His loving pursuit of intimate relationship with His people. In the New Testament, tucked between the gospels and Paul's letters to the churches, we find Acts, a pivotal book in the Bible narrative.

Acts chronicles the spread of the gospel into new geographic regions and the inclusion of Gentiles into the covenant family of God. Despite adversity and opposition, the unstoppable mission of God advances on every page.

A mix of exciting history, foundational theology and practical obedience, Acts highlights the sovereignty and sufficiency of God as He sets forth His plans, accomplishes them by His powerful Spirit and does so using the lives of His faithful people.

Session **AM session** – 9:25-11:15 am

Leader: Jessica Dyck, Rachel Ng, Kaily McLean (Met Intern)

Book: *Teacher-created study guide*

Prep Level: 60 minutes per week

Study Level: **Establish**

Format: Teacher presentation followed by group discussion and prayer

Relying on the Holy Spirit (AM)

What is the "Spirit-filled life"? And how can a Christian experience it? The truth is that the Spirit-filled life is not something you do; rather, it is something you become. When you accept Jesus Christ as your Saviour, you automatically receive the Holy Spirit – His presence with you – and one of His responsibilities is to lead you into all truth and to teach you how to live an abundant life through Jesus Christ. Would you like to discover more about the character of your heavenly Father and become more like Him? Do you want to experience His constant presence in your life? Then rely on the Holy Spirit. He will teach you, guide you, and empower you to embrace God's will for your life. Learn about Him, find out how to live life at its very best, and experience the joy-filled walk with God by learning to hear His Voice.

Session	AM session – 9:25-11:15 am
Leader:	Irene Williams, Evelyn Jost
Book:	<i>Relying on the Holy Spirit</i> by Charles Stanley
Prep Level:	30 minutes per week (optional)
Study Level:	Establish
Format:	Study and discussion from scripture passages and workbook with personal application

The Sermon on the Mount (AM, PM or Online)

This study will help you learn what it means to be a citizen of the kingdom of Heaven according to Jesus' Sermon on the Mount. Matthew's gospel opens with three chapters containing Jesus' longest recorded message – a sermon given to His disciples early in His ministry to articulate what the life of a Christ-follower would look like. It was a message intended to turn upside down every expectation His closest followers might have. Both practical and profound, the sermon asks of us the same questions it posed to its original hearers: How should a disciple relate to sin? To others? To the Law? How does a disciple think, speak, and act? What is the nature of true righteousness?

Session	AM session – 9:25-11:15 am	PM session – 7:00-9:00 pm
Leader:	Ellen McAree	Jessica Dyck
Book:	<i>The Sermon on the Mount Study Guide</i> by Jen Wilkin	
Prep Level:	2 hours per week	
Study Level:	Establish/Equip	
Format:	Video teaching followed by group discussion and prayer	

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| <b>Session</b> | <b>Online session</b> – participants independently watch videos and participate in online discussion at their own pace on a weekly basis |
| <b>Leader:</b> | Andrea Nicholls                                                                                                                          |

**Book:** *The Sermon on the Mount* by Jen Wilkin plus video downloads

**Prep Level:** 35 minutes of viewing time plus 2 hours of homework per week

**Study Level:** **Establish/Equip**

**Format:** Independently viewed video teaching and online discussion in a private Facebook group

The format of this study requires each group member to purchase her own materials. Depending on whether you purchase DVDs, stream or rent online, costs can range from \$40 to \$70. More information will be provided upon registration.

**Required:** High-speed Internet access (for weekly video streaming at home) and a Facebook account for group discussions.

## **Forgiveness: Breaking the Power of the Past (PM)**

As imperfect people living in an imperfect world, we eventually confront in nearly every relationship the need to extend or receive forgiveness. But when the wounds run deep, forgiveness doesn't come easy.

This eye-opening study deals with the difficult questions of forgiveness, including How can I forgive when the pain is so great? Does forgiving mean I have to forget the past? and What if I choose not to forgive? As you dig into what the Bible says on this vital topic, you'll encounter the depths of God's own mercy and discover how choosing forgiveness can free you from a painful past and propel you toward being all that God intends you to be.

**Session** **PM session** – 7:00-9:00 pm

**Leader:** Lorrie Doermer, Oyin Audu

**Book:** *Forgiveness: Breaking the Power of the Past* by Kay Arthur, David Lawson, BJ Lawson and teacher-created study guide

**Prep Level:** 30 minutes per week

**Study Level:** **Equip**

**Format:** Participants will complete lessons together with teachers adding insights into Bible passages and facilitating discussion followed by prayer

# Winter 2020 Group-Wide Study

## Into the Place of Rest: A Study of the Book of Joshua

The Book of Joshua is full of action. God acts powerfully for His people, fulfilling His promises to them, defeating their enemies and leading them safely into the place He set apart for them – the Promised Land overflowing with every possible resource and blessing they could ever need. Joshua acts courageously, assuming command of God's people, diligently obeying God's commands and boldly administering all of God's plans for His people in the Promised Land. The people act in concert with God's commands and Joshua's instructions, pledging allegiance to Joshua as their leader and God as their King.

And yet, the Book of Joshua is also full of rest. That sounds paradoxical, to be sure. How can a single book of the Bible be action-packed and full of rest all at the same time?

This study will uncover the answer to that question. It will focus on the purpose behind God's promise to the People of Israel as He took them out of the desert and into a land flowing with milk and honey. God's people, Israel, would find rest as they resolved to trust in His sovereignty, power, faithfulness, goodness and love. They would find rest as they feared His holiness and responded to His warnings about the dire consequences of sin. And they would find rest as they remained His faithful servants out of thankfulness and love for all He had done for them.

The Book of Joshua applies to us as well. We have become part of God's covenant people by faith in the death and resurrection of Jesus, and God wants us to enter and live abundantly in the place of rest that He has given. As believers, the Book of Joshua will spur us to action while teaching us to rest in the sufficiency of Christ upon this earth and to live with joy and anticipation of our promised future rest in heaven. This study will challenge us to walk by faith, trusting and obeying Jesus Christ in our daily lives and seeing how God fulfills His promises to those who fear Him.