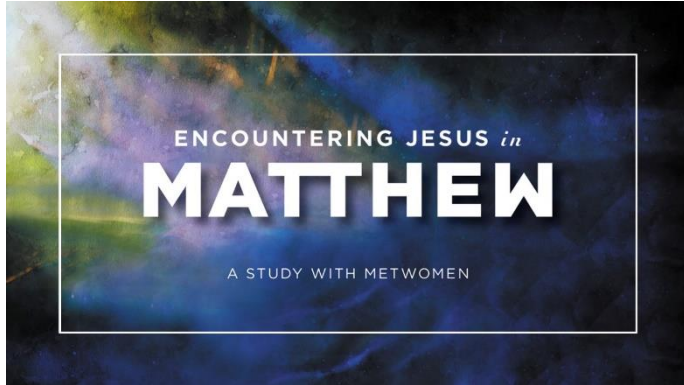


# METWomen Studies

Winter 2022

## Group-Wide Study



Join us this winter as we open the Gospel of Matthew together and delight in the good news of Jesus, the Saviour and King. He is the God of all creation who became human, lived and served among people, and who died on the cross as the perfect sacrifice for our sin so that we might have eternal peace with God. This study will guide us through a thoughtful reading of Matthew and will encourage us to look at God's word slowly and prayerfully,

allowing it to transform our hearts. It is in the gospels that we see Jesus live out his loving mission and as we meet him there, we anticipate that we will be filled with joy as we grow to know him better.

This study will run from on-site at the Met from Jan 26 – May 25 at 9:30-11:15 am and 7:00-8:45 pm and online from Feb 2 – Jun 1 on Wednesday mornings and evenings and Thursday evenings.

## Discipleship Study



For many Christians, the reality is they are not actually practicing basic spiritual disciplines. Some believers have been taught about the importance of Bible reading, prayer, and fellowship, and they have seen these practices modelled by godly parents and mentors. The issue is not whether others are practicing these disciplines, but whether they themselves are daily drawing strength and insight from the Lord using these means of

grace. This study is meant to help believers put these disciplines into practice regularly as they grow in being Christ's disciples and will also equip Christ-followers to pass these disciplines on to others.

This study is Part 1 of the 3-part 2:7 Series and will take place onsite at the Met from Jan 26 - May 4 at 9:30-11:15 am.

