

# METWomen Studies

Fall 2020

## Wise Words: A Study in Proverbs

Proverbs is a collection of Wise Words given by God instructing how to live as God's people, according to His ways, and within the world He created. The Proverbs are not a list of His promises to us but instead outline principles for us, describing practical holiness and what that looks like Monday to Friday (and Saturday and Sunday too), at work and at home, often in the smallest details of life. Each week the text will be approached humbly and reverently, trusting that the Holy Spirit will convict, challenge and then equip us in the areas where we need to grow. Topics will include money, sex, relationships, work, speech, justice and much more. While Proverbs is a book that operates at ground level, each week we will intentionally lift our eyes to Christ as the one who perfectly exemplifies wisdom. We will be reminded how the gospel frees us from a long 'to do' list and invites us to delight in God's ways and to wholeheartedly pursue wisdom because of our great salvation and out of love for our great Saviour. Wise Words will take place online (via YouTube, Zoom, and other media) Wednesdays and Thursdays at various time from September 16 to December 2.

## Discipleship Explored

Join us for Discipleship Explored and be built up with the confidence, unity, righteousness, and love which is yours "in Christ." This course is designed for all believers, whether you've known the Lord all your life or have just met Him. Each session of Discipleship Explored will include a 15-minute video followed by 45-60 minutes of exploring the book of Philippians together. Between each session, there are follow-up Bible readings to do at home. These readings are designed to help you establish a daily rhythm of scripture reading, memorization, and prayer. Discipleship Explored will take place online (via Zoom) Wednesdays at 9:30 a.m. from September 16 to November 18.

