

Engage.
Establish.
Equip.



THE MET

September 29, 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**.



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

METKids Upcoming Events

TODAY • SUNDAY SCHOOL SOCIAL • 12:45AM • GYM

This is an opportunity for Met families to connect together in a relaxed and casual environment in the gym. Bring your own lunch and Kids' Ministry will provide drinks and desserts. Board games will be available for families to play together at tables. Contact Lois Shepherd for additional information: lshepherd@metbiblechurch.ca.

OCT 20 • METKID'S CHRISTMAS CHOIR • 10:30AM • FIRESIDE RM

The Met Children's Choir will perform alongside the METChoir & Orchestra for the 2019 Christmas Presentation. Rehearsals start on Oct. 20th. Space is limited. Please register for further details:

metbiblechurch.ca/events.

Today

Don't Run Away From Following Jesus!

Psalm 11

Dr. Christopher Ash, Guest Preacher

Songs: Holy, Holy, Holy, Creation Sings The Father's Song, The Lord Is My Salvation, Is He Worthy, O Lord My Rock And My Redeemer *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 – How was the Bible Assembled? • 9am • Room 211

Establish: The Doctrines of God – Systematic Theology • 9am • Room 205

Equip: The Families of God – Healthy Homes • 9am • Fireside Rm

Pre-Marriage Course • 11AM • ROOM 205

Membership Class • 11AM • ROOM 211

MEET & GREET • 10:15AM & 12:15PM • FIRESIDE ROOM

SUNDAY SCHOOL SOCIAL • 12:45PM • GYM

CHURCH WIDE PRAYER • 6PM • GYM

Next Week:

So Great A Salvation

God's Promised Rest (Hebrews 4:2-16)



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
Precept Course • 7PM • ROOM 205
Drop-In Basketball • 7PM • GYM

TUESDAY

METYouth (Junior High and High School) • 6:30PM • THEATRE

WEDNESDAY

METWomen^{AM} • 9:15AM • GYM
METOrchestra • 6PM • CHAPEL
METChoir • 7PM • CHAPEL
METWomen^{PM} • 7PM • THEATRE
METMen Discipleship Groups • 7PM • LOUNGE
Prayer Focus • 7PM • ROOM 211

THURSDAY

METSeniors • 9:30AM • GYM
AWANA • 6:30PM • GYM
The Haven • 6:30PM • HUB
METMen Discipleship Group • 6:55PM • LOUNGE
METYoung Adults • 7PM • CHAPEL

FRIDAY

METMOMS PLAYGROUP • 10AM • GYM
METYouth Junior High Retreat • 5:30PM • ECHO LAKE CAMP
Christian Service Brigade (CSB) • 7PM • GYM
Drop-In Floor Hockey • 9PM • GYM

SATURDAY

Estate Planning Seminar • 9AM • FIRESIDE RM
METWOMEN'S HIKE • 9AM • GATINEAU PARK P13
South Asian Fellowship • 5:30PM • CAFE

Church Family News & Events

Financial Update

A total of \$21,380 was designated for Samaritan's Purse relief efforts in the Bahamas. Thank you for your generosity!

Missionary Focus

Martin Jalbert is General Director for Word of Life - Quebec and teaches at the Bible Institute. His wife Yannick serves as the Dean of Women for the Bible Institute. Pray for their 3 sons, Nathan, Antoine, and William as they engage in study. Pray for an evangelistic outreach taking place in November in Montreal, with 800 expected to attend.

Mrs. Eileen Brown

We are announcing the homegoing of Mrs. Eileen Brown. She passed into the presence of the Lord on Thursday. Eileen has served the Lord faithfully for many, many years. Eileen is the last pioneer of the first service of the Met. Eileen attended the Met since its very beginning – when she was 11 years old. We want to remember her children Anne, John, Claire and Colin at this time.

TODAY • CHURCH WIDE PRAYER • 6PM • GYM

Join us as we pray for our ministries, missionaries, and church family. A fellowship time with light refreshments will be held after the prayer time.

Events

TODAY • MEET & GREET • 10:15AM & 12:15PM • FIRESIDE RM

If you are new to the Met and looking for ways to make connections with others in our church, join us for a relational and informational Meet & Greet – where we can get to know each other in an informal, relaxed setting.

TODAY & OCT. 6 • MEMBERSHIP CLASS • 11AM • ROOM 211

This 2-part class is open to anyone interested in learning more about who we are and what we believe at the Met. Take this opportunity to learn about how you can become an intentional part of all that God is doing in our community. Register at metbiblechurch.ca/events.

SEPT 30 • GRIEF SHARE • 7PM • FIRESIDE RM

This support group is for anyone who has lost a loved one and is looking for support as they journey through grief. This 10-week class uses video and group discussion to come alongside those coping with loss. Register at metbiblechurch.ca/events.

OCT 4 • METMOMS PLAYGROUP • 10AM • GYM

On the first Friday of every month, women with small children at home, who are regular Met attendees, connect with one another and have the opportunity to be mentored by older Met women. For more information visit: metwomen@metbiblechurch.ca.

OCT 4-6 • JUNIOR HIGH RETREAT • ECHO LAKE CAMP

If you are in Junior High, you are invited to learn about faith in action during our weekend retreat this fall. We will have tons of games, great food, and fun while learning how we can actively involve our faith in our everyday lives. To register visit metbiblechurch.ca/events.

OCT 5 • METWOMEN'S HIKE • 9AM • GATINEAU PARK P13

Women and girls of all ages are invited to a fall hike in Gatineau Park. Meet at 8 am at the Met to carpool OR at 9 am at P13; the Wolf Trail. This hike is a great opportunity to connect with other women in the church and enjoy the great outdoors. For more information: metwomen@metbiblechurch.ca.

OCT 5 • Estate Planning Seminar • 9AM - 12:30PM • FIRESIDE RM

This is a free planning seminar from Capital Memorial Gardens and Funeral Services. Register at metbiblechurch.ca/events.

OCT 6 • MET25-35 Engaging People With The Gospel • 6PM

This event is an opportunity to focus on the discipline and application of evangelism in our lives, relationships, and city.

OCT 9 • ALPHA • 7PM • FIRESIDE RM

A 10-week course that provides an introduction to the Christian faith through engaging video presentations and small group conversation. Refreshments served. Register at metbiblechurch.ca/events.

OCT 14 • FRIENDS FOR DINNER

There are over 15,000 international post-secondary students in Ottawa, many from countries that are difficult for gospel ministry. This is an excellent opportunity for you to show God's love through hospitality in your own home and share about giving thanks to God. Registration deadline is Sept. 30. To register: Friendsfordinner.ca.

CHURCH - WIDE
PRAYER

SUNDAY SEPT 29 // 6PM



GRIEF SHARE
10 WEEK COURSE

SEPT 30 - DEC 9
7:00 - 9PM | FIRESIDE ROOM

Alpha

Alpha
COURSE

STARTING OCTOBER 9TH | 7:00 - 9PM | FIRESIDE ROOM



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