



FALL 2025 SESSION LIFEGROUP CATALOG

Sign up Today! | Fall Session begins Wednesday, September 3rd

Are you ready for a fresh new season of discipleship?

PARENTS: Midweek offers a mission-critical path of relationship and growth for the entire family. Bring your kids and impart to them the priority of growing in their relationship with God and relationship with others. Check out our **Kids Night Crew** and our **Amplified Student Ministry**.



Night Crew **(Kids 3 yrs-5th Grade)**

Leader: Kelsey Schlumbohm

Wednesdays @ 6:30-8:00 PM

Location: @ Lifehouse [kidCrew Room]

Night Crew is a mid-week discipleship journey built around the identity of being Created by God, Redeemed by Christ, Equipped by the Holy Spirit, and sent to Change the World. Students ages 3-5th grade will journey through scripture, earning badges for verse memorization, increasing their knowledge of the Bible and having fun as we grow together.



Amplified Student Ministries **(Students 6th-12th Grade)**

Leader: Dawn Stanley

Wednesdays @ 6:30-8:00 PM

Location: @ Lifehouse [Community Room]

Amplified Student Ministry is a place where students of all backgrounds find common ground and experience together what it is to live uncommon lives. At Amplified, students are able to connect in real ways with real people. Amplified functions with a specific focus on students; incorporating fun, music, great teaching, and so much more. Through Amplified, students have opportunities to get plugged into youth conferences, summer camps, fun outings, and mission trips.



Midweek Adult LifeGroup

Meets: 6:30-8:00 PM Wednesdays (Café)

Leader: Jeff Williams

King Solomon. Scripture tells us he was the wisest man ever to live, yet he struggled through life's various trials and temptations just as many of us do. Solomon left us a journal of his pursuits to find meaning in life on planet Earth. This journal is called Ecclesiastes, and it gives us a point-blank perspective on life with no sugar coating. We will take a close look at this wise man's discoveries, which help us gain a proper assessment of life.



Women of Valor | A LifeGroup for Women

Meets: 6:30-8:00 PM Wednesdays (LifeGroup Room)

Leaders: Rebekka Hansel

This fall, join our Women of Valor as we dive into Revelation by Jen Wilkin. Perhaps no other book of the Bible feels as intimidating or inaccessible as the last one. Overflowing with vivid imagery and complex ideas, Revelation can leave our modern ears confused. Yet, if all Scripture is God-breathed and profitable, then this book is just as accessible and helpful as any other. So why don't we see it that way?

Two thousand years ago, John's Revelation was read aloud to seven churches in Asia Minor. They understood it and were encouraged by its message. The same can be true for you today. In this 10-session, verse-by-verse study, Jen Wilkin will help you see how the final book of the Bible—the culmination of God's great story—offers both a steadying word of assurance and a strong call to endure for the church in every age.





Sons of Thunder | A LifeGroup for Men

Meets: 8:30 AM 2nd Second Saturday of Each Month (Community Room)

Sons of Thunder's focus is to encourage men in personal growth and teach them how to live lives of authentic manhood as modeled by Jesus Christ and directed by the Word of God.



Married for Life | A LifeGroup for Couples

Meets monthly on the 3rd Friday of every month at 7 PM.

Leaders: Jeff & Debby Williams

Location: @ Lifehouse

Married couples need support not only from their spouses, but of other Christian couples. We meet monthly to discuss biblical truths to enhance and strengthen our own marriages.

This session, we will be starting the "Husbands & Wives" Bible Study. We will explore biblical teaching on important marriage topics: self-image, communication, & love. This study of Scriptures is to help develop a fresh outlook for our marriages – and a deeper commitment to each other.

Why Join a Lifegroup?

1. You will understand the Bible better in a life group.
2. You will begin to really feel like part of God's family.
3. Prayer will become more meaningful to you.
4. You will be able to handle stress and pressure better.
5. You will develop leadership skills you never knew you had!
6. You will deepen your understanding of worship.
7. You will be a New Testament Christian!





Community LifeGroups are small groups of adults that meet weekly for friendship, support, and spiritual growth. Members of all ages, stages of life, and spiritual maturity are welcome. At Lifehouse, we believe everyone should be connected to a Community LifeGroup.

If your goal is to grow in your faith and relationship with Jesus Christ, you will need a consistent group of people in your life that can help you and who you can help achieve that common goal. In essence, it's all about growing better together!

In a Community LifeGroup, ideally 8-12 adults in the same stage of life and area of town meet regularly for a year in pursuit of these shared goals and to grow these healthy relationships.

Our Community LifeGroups are where we truly experience the 'one-anothering' that Jesus and the Apostles spoke of and where we can best understand how the 'rubber' of our faith 'meets the road' of our lives. You will find strength and encouragement to live out the truths you discover in the Bible together.

We offer Community LifeGroups for adults in various stages of life:

- **Married LifeGroups** include couples in the same stage of life—newly married, without children, with children, and empty nesters.
- **Men's LifeGroups** are made up entirely of single men or a mix of men at different stages of life, including married, single, divorced, and widowed.
- **Women's LifeGroups** are made up of single women or a mix of women at different stages of life, including married, single, divorced, and widowed.
- **Young Adults Lifegroup** is for anyone college age, 20's and 30's. Single, dating, married, and young families. Whatever stage you're in at this age.



Groups Currently Meeting:

Hansel LifeGroup | Urbandale | *Currently Receiving New Participants!*

Meets: 6:30 PM Monday Nights

Topic: Beyond the Message: Diving deeper into Sunday's sermon—together.

Leaders: Bob & Rebekka Hansel

Email: Rebekka.hansel@lifehousedsm.org

VanderPloeg LifeGroup | Location Varies | *Currently Receiving New Participants!*

Meets: 5:30 PM Sunday Nights

Topic: Beyond the Message: Diving deeper into Sunday's sermon—together.

Leaders: Alex & Tori VanderPloeg

Email: tori.vanderploeg@lifehousedsm.org

Terry LifeGroup | Urbandale | *FULL*

Meets: 7 PM Sunday Nights

Topic: Beyond the Message: Diving deeper into Sunday's

Leaders: Keren & Andrew Terry

Email: keren.terry@lifehousedsm.org

Koinonia – Christian Fellowship | Des Moines | *Currently Receiving New Participants – Singles, couples, and families welcome!*

Meets: 1st and 3rd Sundays each month at 5:30 pm

Topic: We practice the 4 parts of Koinonia: 1. Eating: we start the evening with a potluck meal; 2. Teaching: biblical discussions appropriate for all ages during dinner; 3. Fellowship: followed by playing games with activities/games for kids; and 4. Prayer: We end our night with prayer. **Dates:** 09/07/25, 09/21/25, 10/05/25, 10/19/25, 11/02/25, and 11/16/25

Leaders: Debby Williams

Email: debbywilliams04@gmail.com

NEW GROUPS & LEADERS: If you DON'T see a group that works for you OR if you are interested in starting or leading a LifeGroup, please reach out and let us know. Our desire is to help you discover where you feel best positioned for growth. Our heart is also to deploy several new LifeGroups over this next year – so, give us a shout! Simply email us at together@lifehousedsm.org.

"They devoted themselves to the apostle's teaching and to the fellowship, to the breaking of bread, and to prayer. All the believers were together and had everything in common. Every day they continued to meet together... they broke bread in their homes and ate together... and the Lord added to their number daily those who were being saved." ~Acts 2:42, 44, 46-4