



## Life Group FAQ's

### **What is a Life Group?**

A Life Group is made up of a small group of people (10-14 people) who want to study, grow spiritually, share, and connect with other people who are moving in the same direction in their Christian lives.

### **How do Life Groups fit into the mission and vision of CFC?**

At CFC, it is our vision to help all people find and live their lives in Christ while bridging ethnic, cultural, denominational, and generational lines. We are passionate about building diverse relationships and friendships, and sharing our lives together. Through our different perspectives we want to deepen our understanding of God's word and make it applicable to our lives.

### **Do I have to be a member of CFC?**

No. In fact, we encourage all our Life Groups to keep an empty chair for even those who do not attend CFC (i.e. neighbors, friends, co-workers, etc).

### **How do I get into a group?**

It is easy to get connected into a Life Group at CFC. You can search for a group near you using the Life Group Finder on the website or you can contact CFC at 515.243.2852 or email us at [info@iamcornerstone.com](mailto:info@iamcornerstone.com).

### **When and where do Life Groups meet?**

CFC Life Groups meet on various days and nights of the week in homes throughout the community. Each group meets for 1 ½- 2 hours per meeting.

[Click here for CFC Life Groups Directory](#)

### **Is there childcare available?**

Every group handles childcare in its own way. Not all groups offer childcare so it is important to understand what your needs and desires are. Please refer back to the Life Group listing for this information and feel free to contact the Life Group leader for specific details at their location.

### **Are there Life Groups available for the youth?**

Yes. There are active "youth" life groups called HYPE Life Groups for grade levels 7-12.

[Click here for HYPE Life Groups Directory](#)

### **Why should I join a Life Group?**

Here are four very important reasons. First, you will have an opportunity to begin to understand the Bible or sermon better because you are able to ask questions. Second, you will begin to fellowship and connect and begin to feel like you're part of God's family (and not just a face in the crowd). Third, prayer will become more meaningful for you (your friends will be praying for you and with you). Finally, you'll be able to handle stress and pressure better (when your friends are there for you life is a very different experience).

### **What happens at a Life Group meeting?**

Most groups have a time allowed for fellowship, which gives you an opportunity to build relationships. The central component is the sermon-based discussion which allows for you to dive deeper into God's Word. Our groups are designed to encourage discussion and engage each person in the process. And then our groups have an opportunity to pray for each other.

### **How long does a group last?**

Life Groups meet on a weekly basis for 10-week trimesters in the winter, spring, and fall, with the summer and the holiday season off.

### **Can I start my own group?**

We love it when people are interested in hosting a group of their own. For more information about hosting, please call the Cornerstone Family Church office at 515.243.2852 or email us at [info@iamcornerstone.com](mailto:info@iamcornerstone.com). We'd love to help you get a group started.