



MAVUNO CHURCH



SIMIAMA 2021 INFO PACK

The world in 2021

One thing that the pandemic has done is to show us how little control any of us have over our lives!

Just when things were starting to look like they were going back to normal, a new variant comes up! The results have been massive job losses, business failures, and increased hopelessness and depression.

What are we to do?

What do you do when you face uncertain times like these? Rather than just waiting to see what happens, and being victims of whatever change comes, is there something we can do to turn our situation into something good? We believe so!

One of the most important opportunities this pandemic gives us is the opportunity to be a blessing to our families. Through this season, many families have been negatively disrupted in many ways – many have experienced illness along with the accompanying fear, some have even lost loved ones. Even without statistics, observation seems to indicate that the rate of divorce & separation, gender-based violence, depression, various addictions and teenage pregnancies have all shot up.

On the other hand, however, this season has also created a rare spiritual openness among people. In unprecedented times, people are willing to try unprecedented things! And that gives us an opportunity to engage our families in ways that we never could have before.

The lockdowns have magnified existing tensions and brought to light hidden issues in many families

That's why we believe there could not have been a year to take our congregation through the SIMAMA experience – an experience that helps us break/demolish family strongholds and bring freedom to our families.

We had all along intended to encourage our congregation to do this experience, but we now marvel at the wisdom of God for allowing it to be one of the best ways that we can care for our people in this season... by giving them the tools to bring their families together, to ensure that no matter what happens, our family members are secure for eternity.

Muriithi Wanjau

Senior Pastor,
Mavuno Church.



Introducing Simama

What is Simama

SIMAMA is a 10-week experience that helps you break any spiritual strongholds that have held you or your family back from being all that God created you to be.

Through SIMAMA, you get the opportunity to clearly see the way that family strongholds may have impacted your life, but also to collaborate with God to bring freedom to yourself and ultimately to your family.

SIMAMA will help break the strongholds in families, and serve as a tool for family conversation and reconciliation. It will help families be self-aware of the cultural and spiritual forces that are at work in their particular circumstances, and teach them to employ spiritual, emotional and psychological resources to overcome the works of darkness in their lives.

What does SIMAMA cover?

Some of the issues that the SIMAMA experience will cover include:

- Understanding the brokenness in our families
- Appreciating the social and cultural issues that affect African families
- Help individuals and families understand their place in Christ
- Understanding bitterness and the place of forgiveness
- Spiritual forces at work in the family
- Breaking addictions in our worlds



SIMAMA



A Assemble Your Family

Our desire at Mavuno is to see each and every family living in freedom. As a result, we are requesting each and every Mavuno member to consider taking their family through the experience. For some, this will be their nuclear family, for others it will be extended family, which could include your siblings, nieces/nephews, cousins etc.

Prayerfully ask God to show you how to engage your family members and invite them into this experience.

NB: If, for some reason, you are completely unable to go through it with your family, consider inviting some friends through it, or sign up and get assigned a group to walk through this with. The family focus will create a platform for us all to positively influence our families.

Remember that the increased use of online tools by all because of covid19 crisis greatly increases possibilities!

B Be Ready For Training

Every Wednesday night starting from the 21st of April 2021, join in for a brief training session that prepares you to walk your family through the experience. The sessions run between 7:30 and 8pm (East African Time) and can be accessed via bit.ly/MavunoFamilyNight.

C Connect With a Life-group

After each training session, we encourage you to meet up with a life-group where you can pray for each other, and for your family members. Members can then set a convenient time to meet with their families and discuss what they are learning.

Please note that you do not need to be an expert to lead your family. Each week a simple discussion guide will be made available on our website to help you. In addition, our Sunday sermons through May and June will be aligned to SIMAMA and will provide additional support.





Family Night
hosted by Pastor Muriithi Wanjau

 **Wednesdays, 7:30pm**
Join our zoom hangout www.bit.ly/MavunoFamilyNight

WHY DO SIMAMA?



Having seen so many families go through the SIMAMA experience, we have gotten convinced that it can be extremely transformational.

Some of the benefits that we have seen in the families of people who have done Simama previously are...



Increased self-awareness

Understanding yourself better leads to being a better and more compassionate leader



Ability to understand your family better this will lead to greater empathy and improved family relationships



Breaking of strongholds that had oppressed families through several generations – we are praying for many testimonies of miracles in our communities as the enemy's strongholds are broken and freedom comes in!



Families that were estranged now able to work together to ensure that every member succeeds!



WHAT IF I HAVE DONE SIMAMA BEFORE?

If you have gone through SIMAMA before, then you are extremely well-positioned to take others through it, in this case, your family members.

The current SIMAMA manual has also been refreshed and rewritten with a much stronger and clearer focus on the family.

WHAT IF MY FAMILY IS NOT CLOSE – SOCIALLY, OR GEOGRAPHICALLY?

Every family is different! Some have great relationships and will be game to try this experience because one of them suggested it. Others may be more distant or even estranged. In such a case, perhaps you can join a more comfortable group to walk through the experience with.

Or you could invite a few family members who are easier to connect with, e.g. several nephews and nieces. For those who are married, you may choose to do this experience with your nuclear family, especially if your children are old enough to engage in family conversations.

Because of technology, those family members who are geographically dispersed may be able to do a regular meeting using technologies such as Zoom, or possibly even WhatsApp.

WHAT IF I'M NOT READY RIGHT NOW TO TAKE MY FAMILY THROUGH THIS?

If you are not yet ready to engage with your family for this experience, not to worry!

We'll have groups going through it in our campuses and we'd be happy to connect you with such a group so you can walk through the experience together.

Or perhaps as mentioned above you can walk through the experience with a few family members who are easier to connect with and one day, you'll all facilitate the entire family together.

Or maybe you can get a group of friends and go through this experience together. The possibilities are endless! We want you to do what works for you best in this season.

IS THERE ANY PRAYER SUPPORT OR COUNSELLING AVAILABLE IF I/WE NEED IT?

We're inviting our entire community to do a 7 Day prayer and fasting experience together from **Sun 2nd to Sat 9th May** to pray for our families and prepare for the experience.

Should you need any extra prayer, our pastors will be on standby to pray with you (ref?) and we also have references for experienced counselors should you need such support (ref?)

WHERE DO I GET THE SIMAMA BOOK?

You can order your copy of Simama directly off our website (www.mavunochurch.org) and get it delivered to you or you can buy an ebook copy from amazon.com. The cost of the book is KES1000 and family members who stay together may be able to share a copy.

HOW DO I PREPARE SPIRITUALLY FOR SIMAMA?

Between the 2nd and 9th of May 2021, we will be calling the entire congregation to a time of prayer and fasting that will not only give us courage to pray for our families and help open our eyes to the spiritual realities in our families, but will also prepare us to lead our families to fulfilling God's purpose for them. A prayer guide will be available on our website.



WHAT IF I WANT MORE INFORMATION?

Please feel free to visit our website, www.mavunochurch.org, of more information on the SIMAMA experience. You could also reach out to us on info@mavunochurch.org, and we will be more than willing to help you.



WE SPEAK FREEDOM!

Bondage.
Addictions.
Deep shame.
Bitterness
Lack of trust.
Difficulty in communication.

Even though it looks fatalistic, this need not be the case in our families. The bible in **Isaiah 61** says that this is precisely why a savior was born:

*The Spirit of the Sovereign LORD is on me,
because the LORD has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
to proclaim the year of the LORD's favor*

As you connect with this savior, may He bring freedom to your family in 2021.



Simama

finding freedom for your family

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www.mavunochurch.org