



SIMAMA FACILITATOR GUIDE

Family edition 2021

PRE-CLASS PREPARATION TRAINING

Welcome. We are excited that you are able to take your family through Simama and cannot wait to hear what God does in your family as a result of going through this experience! If you have not been able to recruit everyone in your family, that is fine God is able to work with whoever is available.

To ensure that your family gets the most benefit from this experience, you will need to do the following before your 1st meeting

- 1.** Download the Simama info pack. Familiarize yourself with information given as it answers frequently asked questions like: what the Simama experience is about, who should do it, where to get the books etc.
- 2.** Understand that doing a study together as a family might be awkward for some family members and it's therefore important that you pray that God through His Holy Spirit will enable you to go through the experience together as a family.

Pray that the family members who are not able to participate this time will be able to do so the next time.

- 3.** In the healing process sometimes things seem to get worse ie old conflicts in the family re-surface, or totally unexpected conflicts arise or you as the family facilitator might start experiencing resentment towards certain family members – this is normal and should be expected.

In fact, you might fall sick, pressure at work might increase for yourself or other family members at times life or situations may feel like they are conspiring to keep you from doing the Simama experience but do not give up! Instead recognize these as attacks from the devil who will be trying to keep you from completing the experience.

Persevere on and encourage your family members to keep going as this is what will bring deliverance to the family.

Eph 6:12 for we wrestle not against flesh and blood but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

- 4.** As you go through the different weeks, various family members will respond differently. There are those who God will speak to more deeply than others on specific chapters. It will be tempting for such family members to want to 'stay' on that chapter and not move on. Our encouragement is to keep moving as that issue which that family member is stuck on will get resolved in a chapter further along in the book. If, however, the issue becomes too heavy and that family member is unable to move on, refer them to your Pastors who are at hand to offer support and counseling. As the family group leader do not attempt to offer this counseling as it might be too much for you to both lead the group and offer counseling.



5. We shall be asking families to pray and fast for one another as we go through the Simama experience. Fasting might be totally new for some family members and they may hesitate or be afraid to fast.

Encourage them to start small by forgoing say 1 meal and spending that time in prayer. Some for health reasons might not be able to skip a meal but let them suggest something they enjoy doing that they can forgo as their fast in order to spend more time in prayer.

Fasting is a way of humbling ourselves before God and acknowledging that we need Him. When we humble ourselves in this way, it catches God's attention and He hears from heaven and answers our prayers – 2Chronicles 7:14 if my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and heal their land. In addition to this, there are some stubborn situations or demons that can only come out by prayer and fasting! Mark 9:29 Jesus said: "This kind can come out by nothing but prayer and fasting."

6. Simama is a family experience, however the expectations and take outs are at an individual level. So, in a meeting be careful that family members are not placing expectations on others to change but rather the focus instead should be on a personal basis.

When you keep it at a personal level you will not have blame games or guilt trips happening among family members and individuals will then be freed to grow and be transformed at their own pace and in their own time. The mantra is 'I work on myself and pray for the others!'

LOGISTICS TO BEAR IN MIND AS YOU CONDUCT THE CLASS.

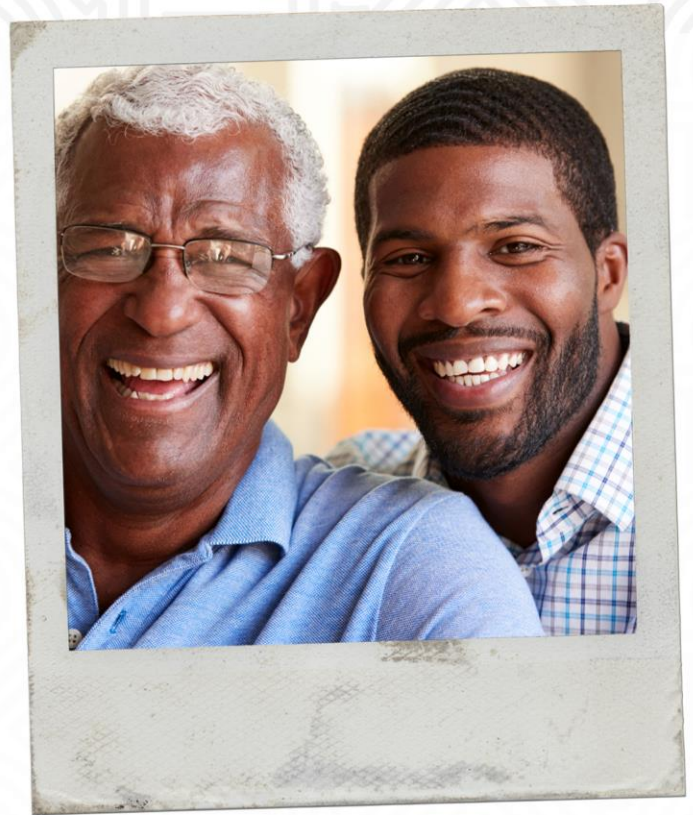
Due to busyness in life its possible to have the best intentions in wanting to do something like the Simama experience and not end up doing it satisfactorily because of lack of adequate planning. To adapt a new program eg a new degree course one must alter their daily rhythms in order to incorporate the new.

One of the rhythms some family members will have to adapt is a daily devotion as Simama has daily readings. As the family facilitator you will therefore be prompted in the weekly guide to do the following:

- a.** Share your daily take out as you go through Simama. This need not be elaborate but it can be a sentence or two of what you have appreciated or learned from that day's reading.
- b.** Send a reminder a day before your family meeting, reminding people of next day meeting.
- c.** Send a reminder an hour to the meeting and send Zoom link.
- d.** Start meeting 10min to time and let family members know that you are now live.
- e.** Try and keep time within the stipulated duration as this not only makes the meeting time predictable but it also communicates respect for your family members. If you need to go overtime, ask for permission from your family to do so.



Finally. Simama is a deeply rewarding experience but just like everything good, it comes at a cost. Its going to cost relational energy, it going to cost your time as you do your daily devotions and weekly meetings and its also going to cost you money as there is a book to be bought. The reward though will be worth the while as your family members will grow in increased self awareness, there shall be reconciliation among family members and to crown it all, your family will experience freedom as multigenerational bondages are broken! Negative family patterns will cease being passed on from generation to generation and the result will be God's peace, blessings and shalom upon our families.



OBJECTIVES:

WEEK 0 – INTRODUCTION CLASS

Objective of this class

- To bond, have fun, reconnect and break ice among family members
- Share expectations
- Set ground rules
- Share overview of class
- Agree how to get books for family members

BEFORE CLASS

1. A day to the class, send out a friendly reminder about the class the next day. Send them the Simama info pack so that members can have an idea of what Simama is about.
2. An hour to the meeting time, remind everyone that meeting begins in 50 min.
3. Initiate the login at 10 minutes to time.

SESSION 1: (INTRODUCTION) – 15min

At the hour, start by welcoming everyone to the first Simama virtual meeting. Ask everyone to share how their week has been, some highs and/low they have experienced.

SESSION 2: (EXPECTATIONS) see times suggested against each question

Explain to your family members that Simama is a study for families that helps them understand themselves better and also helps them pray for one another more effectively. To start off have them share fond or funny memories they remember from their childhood. It could be funny moments at school, neighborhood or within the family.

Start by sharing your own funny story – keep it light and humorous as the goal is to break ice within the family and not to dredge up past issues. (10min)

Next ask your family members what they hope will happen to them individually as they do this course. As the family Simama facilitator you go first and share what you hope will personally change in your life. Be as open as possible as this sets the tone for the rest of the family. (15min)



Discuss the constitution or ground rules that you can agree on as a family so that you can go through the course successfully together. (10 - 15min)

To start off you can suggest the following

- For family members not to judge or disrespect each other but rather to allow each person to share what they are learning and how they individually will change.
- For family members not to guilt trip or blame each other for past mistakes and not to place expectations on how others should change ie work on me but pray for the rest of the family members.
- Facilitator take note of the ground rules suggested and send them out to family members in Simama whatsapp group the next day.

Announcements: Explain to your group the class structure i.e.(10min)

- Simama is divided into 5 daily readings.
- Every family member allocates time in their schedule to do their daily readings and to journal what they are learning – plan to take 10 – 15min for both reading and journaling.
- Ask family members if they can agree for purposes of Simama to form a Simama whatsapp group.
- Request your family members to share in Simama family whatsapp group what they are learning daily.
- Agree as family how to get the books.
- Agree as family members penalties for not doing readings or coming to discussion late.
- Agree on meeting times.
- Divide family members into prayer/accountability partnerships.
- Family members to start reading Week one: What's on your tree as soon as they get the books.
- End meeting in prayer.