

Week 1



SIMAMA FACILITATOR GUIDE

Family edition 2021

OBJECTIVES:

WEEK 1 – WHAT'S ON YOUR TREE

Objective of this class

- To bond, have fun, reconnect and break ice among family members
- Sign Group Covenant
- To share family tree
- To troubleshoot for any family member who has not yet gotten a copy of the book

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 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
Sign Group Covenant segment (this segment should take about 15min)

Share your excitement and expectation that God is going to move in your family (You might not be feeling it at the moment but as a leader your courage, hope and enthusiasm will be vital for family members who might be doubting this process. Moreover, some things happen as you call them into being!

Proverbs 18:21: "The tongue has the power of life and death." The stakes are high. Your words can either speak life, or your words can speak death. Our tongues can build others up, or they can tear them down

However, in order to make the most of the Simama experience we must be willing to be safe people – Get a family member to read the commitments in bold that family members need to make. Give time for questions of clarification – then get everyone to sign



Presenting family tree segment (This segment should take about an hour)

Go round and have everyone share the pleasant and also the not too pleasant things they discovered about their family tree.

What pattern of behavior does each person want God to free them from?

Which of the three, eating right, exercising or being a safe person is the most difficult thing for you to do consistently and what will you do to succeed in your area of difficulty?

Activities (discussion should take about 15min)

Discuss what each person will do to eat right and also exercises over the next 10 weeks so that you can hold each other accountable

Plan a family hang out to be done within the next 2 weeks

Plan for a day to fast together as a family. Explain the different fasts

- Not eating anything but liquids for a full day
- Skipping 2 meals and say eating supper only
- Skipping 1 meal

The idea is to replace eating time with prayer time

- Do some housekeeping – if you had agreed in the previous week on penalties for coming late or for not reading, now is the time to institute them. Also troubleshoot for any family member who has not yet gotten a copy of the book

Announcements

Family members invited for Family night with Pst Muriithi on Wednesday at 7:30 – 8pm (Group leader be sure to send out flier on Tuesday)

Take down individual family member prayer requests and pray for each other

