

# Week 2



# SIMAMA FACILITATOR GUIDE

**Family edition 2021**





## OBJECTIVES:

### WEEK 1 – MODERN FAMILIES

#### Objective of this class

- To bond, have fun, reconnect and break ice among family members
- To discuss family tree
- To discuss roles in families
- To discuss family values

#### 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 of the week and also a fun memory from childhood – As facilitator always go first

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

Discussing family tree (this segment should take about 60 min)

Beginning with yourself share how you see how different family members have been affected by the shifting tides of day 2 – start by analyzing your parents' generation upto your current generation. Take only 3 min (time yourself) and allow other family members to share their perspectives – everyone to take 3min

Which of the family values do you feel your family needs to grow in and why (everyone 3 min – facilitator can assign the person to start)

What did you discover about your communication style and how has it impacted the family positively or negatively (everyone 3 min – facilitator can assign the person to start)



## **Activities (discussion should take about 15min)**

On a scale of 1 – 10 how are you doing in exercise, eating right, fasting and being a safe person and how can we pray for you? (everyone 1 min – facilitator can assign the person to start)

Facilitator take note of prayer requests and assign how family members will pray for each other

Check to see that the family hang out is still on course to being done

Assign a family member to remind others about day of prayer and fasting. You can encourage family members to share their requests on that day so family can be praying for each other

## **Announcement**

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)  
End in prayer

