

Week 5



SIMAMA FACILITATOR GUIDE

Family edition 2021

OBJECTIVES:

WEEK 5 – FACING ABUSE IN OUR FAMILIES –

this is likely to be a very difficult conversation so as facilitator be prayed up!

Objective of this class

- To bond, have fun, reconnect and break ice among family members.
- To acknowledge that family members sin against one another.
- To acknowledge ways in which individual family members were wronged.
- To lead family in prayers of forgiveness and to seek reconciliation.

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 memories of their favorite aunt, uncle or cousin and why. Facilitator always go first.

SESSION 2: see times suggested against each segment

The cost of Rebellion (this segment should take about 60 min)

This week we learn that rebellion gives the devil a legal entry into our lives

Facilitator beginning with yourself share the ways in which you were wronged. Also look at the family tree and share the patterns of abuse that you notice in the wider family.

Take only 3 min (time yourself) and allow other family members to share how they were wronged – everyone to take 3min

How have you responded to the wrongs done to you – refer to page 79 (**everyone 3 min – facilitator can assign the person to start**).

Which of the reasons listed in day 2 makes it possible for us to forgive (**everyone 3 min – facilitator can assign the person to start**).

Lead the family to all pray out aloud the Freedom prayer – see page 89 – they can mute their mics as over zoom it can sound quite un-coordinated



Activities (discussion should take about 15min)

On a scale of 1 – 10 how was your time with God during the day of fasting? Which of the commitments of being a safe person (refer to pg 8) are you beginning to experience in the Simama journey so far and how can we pray for you? **(everyone 1 min – facilitator can assign the person to start) celebrate those who are growing in becoming a safe person, show grace and compassion for those still struggling to become a safe person.**

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

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.

Facilitator in your own prayer time, pray very specifically for the family members who are struggling to pray. Also note next week ie week 6 covers a very sensitive topic – Addictions – so take note to pray and fast for your family.

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).

This week on your day of fasting, hang out with God by reading His word and listening to worship music. Write in your journal your experience of God and be ready to share next week.

End in prayer

Facilitator: Please note we shall be studying the family tree each week. Look at week 2 at least 2 days before your family meeting so you can familiarize yourself with the questions.

