

Week 8



SIMAMA FACILITATOR GUIDE

Family edition 2021

OBJECTIVES:

WEEK 8 – DELIVERANCE FROM ADDICTIONS - 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 the Addictions that exist in the family.
- To lead family in prayers of Deliverance from Addictions.

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.

SESSION 2: see times suggested against each segment

Dealing with Addictions in the family (this segment should take about 60 min).

This week we learn how addictions come about, the addiction cycle and steps to freeing oneself from addictions.

Beginning with yourself, share the thing that stood out the most about addictions, the addictions you are most vulnerable to and the external or internal factors that could have lead to the addiction. Of the steps listed on day four on how to break addictions, which one do you struggle with the most and what help do you need from your family members in order to help you overcome. Take (5min) then get everyone else to share.

Lead the family to all pray out aloud the Freedom prayer – see page 143 – 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?

Everyone takes 1 min to share - facilitator can assign the person to start). Encourage those who are struggling in their prayer and fasting day.

Take turns and share prayer requests

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

Assign a family member to remind others about a 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 9 covers a very sensitive topic – **Healing our relationships** – 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.