



Presbyterian Church of East Africa

HEALTH WEEK PROGRAMME



THEME: Break The Yoke; Take Action
(Isaiah 58:6 / Luke 10:25-37)

5th to 11th October 2026

“

Is not this the kind of fasting I have chosen:
to lose the chains of injustice and untie the
cords of the yoke, to set the oppressed free
and break every yoke?”

Isaiah 58:6





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Message from the Chairman

The Very Rev. Dr. Jesse M. Kamau



“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” — Isaiah 58:6

Beloved congregation, as we focus during this Health Week on addiction and mental health, Isaiah 58:6 gives us a powerful call to set the oppressed free and break every yoke.

Jesus illustrates this call through the story of the Good Samaritan. A man travelling from Jerusalem to Jericho was attacked, wounded and left half dead by the roadside. A priest and a Levite saw him, but they passed by. The Samaritan also saw him, but unlike the others, he stopped and took action — he was moved with compassion, treated the man's wounds, and ensured his continued care.

Many people today are like that wounded man. They may be struggling with addiction, depression, anxiety, trauma, loneliness, grief or hopelessness — wounds that cannot be seen. They may sit beside us in church, work with us, or live in our neighbourhoods, yet suffer silently.

The priest and Levite remind us that it is possible to see suffering without responding to it. Too often we judge those struggling with addiction instead of helping them, calling someone weak when they are battling an unseen burden, or telling someone in mental distress simply to “pray harder” instead of listening and helping them access appropriate support.

Breaking the yoke of addiction means listening, supporting recovery, involving families, encouraging appropriate professional help, praying and walking with people through the journey. Breaking the yoke of mental-health stigma means creating a church where people can say, “I need help,” without fear of shame or rejection.

The church must become like the inn in the parable — a place of safety, care, restoration and hope. We cannot do this alone; pastors, counsellors, psychologists, doctors, rehabilitation professionals, families and the wider community must work together. Above all, Jesus is our ultimate Good Samaritan: He comes near to wounded humanity, restores dignity, brings hope, and commands us, “Go and do likewise.”

Therefore, congregation, let us not merely talk about addiction and mental health. Let us take action.

- SEE those who are hurting.
- STOP and listen.
- CARE without condemnation.
- SUPPORT recovery.
- REFER where professional help is needed.
- PRAY and walk with people.

Let us not only pray for the broken — let us walk with them. Let us not only identify the problem — let us become part of the solution.

“Go and do likewise.” — Luke 10:37

Message from the Health Board Secretary

Rev. John Mbae - Deputy Secretary General, PCEA



Beloved members, as we continue with this year's theme, "Breaking Barriers," we focus on how we move that conviction into action. Health Week 2026 calls the Church to move beyond talking about addiction and become an active community of prevention, healing, compassion, recovery and restoration.

Health is not only about the body; it encompasses our mental, emotional, social and spiritual well-being. "Break the Yoke: Take Action" calls us to move beyond awareness and respond to the needs of those who are hurting — the many among us who carry invisible wounds of addiction, depression, anxiety, trauma, loneliness, grief and family hardship, often while appearing strong on the outside.

As a Church, we are challenged to be like the Good Samaritan: to notice those who are hurting, draw near, listen without judgment and offer practical support. Breaking the yoke means creating an environment where people can seek help without shame, where families are supported, and where those struggling can find pathways to counselling, recovery, healing and restoration.

Health Week reminds us that compassion must be accompanied by action. Prayer, counselling, education, prevention, referral and practical support are all ways the Church can become an instrument of God's healing.

Let us not be a Church that sees and passes by. Let us be a Church that stops, cares, supports and restores — and may God give us the courage to take meaningful action.

THEME EXPOSITION:

ISAIAH 58:6 AND LUKE 10:25–37

Isaiah 58:6 — The Worship That Breaks Yokes

Isaiah 58 addresses a people who fasted and sought God, yet whose religious practice produced no justice, compassion or freedom for those who were suffering — they were absorbed in outward observance while neglecting the needs around them.

A yoke is something that restricts, burdens and controls; in the biblical world it was placed on animals to direct their movement and load. Isaiah uses the image for conditions that enslave and oppress people. Applied to addiction, it is especially apt: substance dependence can control a person's choices, damage relationships, harm physical and mental health, destroy finances and erode hope — while families become trapped in cycles of fear, shame, conflict and helplessness.

Isaiah does not stop at naming the yoke; he commands that it be broken. Genuine worship must therefore have consequences in how we treat vulnerable people — moving us from religious observance to compassionate action.

Luke 10:25–37 — The Good Samaritan Takes Action

A man travelling from Jerusalem to Jericho is attacked, beaten and left half dead. A priest sees him; a Levite sees him; neither stops. A Samaritan comes along, is moved with compassion, treats the man's wounds, carries him to an inn, and pays for his continued care. Jesus concludes: “Go and do likewise.”

Compassion, the parable teaches, is not merely an emotion — it becomes action. Applied to addiction, we must not only see the person struggling with substance dependence; we must draw near, listen, care, encourage, support, refer and walk with them toward recovery. The Samaritan did not ask whether the wounded man deserved help; he recognised his humanity and responded to his need.

Bringing the Two Together

Isaiah exposes the responsibility of a community that worships God while ignoring suffering; Jesus demonstrates what active compassion looks like. Together they

challenge the Church to see the person behind the addiction, break the yoke of stigma and silence, act through prevention and early intervention, support families, encourage recovery, and connect those in need with appropriate professional care.

SEE → STOP → DRAW NEAR → CARE → SUPPORT → REFER → RESTORE

Four Areas Where We Must Break the Yoke

1. The Yoke of Stigma — Take Action Through Understanding

We must stop labelling and shaming people because of addiction or mental-health challenges. Behind every struggle is a human being created in the image of God. Let us learn to listen, understand and respond with compassion rather than judgment — seeing the person, not just the problem.

2. The Yoke of Silence — Take Action Through Speaking

Many suffer because they are afraid to talk: families hide addiction, young people hide emotional struggles, adults suffer silently for fear of what others will say. Let us create an environment where people can say, “I need help,” without fear — sometimes the first step toward healing is simply having someone who will listen.

3. The Yoke of Isolation — Take Action Through Support

The wounded man needed someone to come near him, and the Samaritan did not leave him alone. Let us reach out to those who are struggling, walk and pray with them, encourage them, support their families, and help them access professional care when necessary. Healing often happens in community.

4. The Yoke of Neglect — Take Action Through Prevention and Restoration

We must not wait for a crisis before we respond. Let us equip our children and young people, strengthen families, promote healthy relationships, address substance abuse early, encourage emotional well-being and provide pathways to help — aiming not only to respond to brokenness but to prevent it and restore those already wounded.

Therefore, Church, let us not be a people who see suffering and pass by. Let us break the yoke of stigma, silence, isolation and neglect, and take action through understanding, speaking, supporting and restoring. We may not solve every problem, but we can refuse to pass by.

Health Week 2026 Calls Us to Move

JUDGMENT → UNDERSTANDING

SILENCE → CONVERSATION

STIGMA → DIGNITY

ISOLATION → COMMUNITY

NEGLECT → PREVENTION

OBSERVATION → ACTION

ADDICTION → RECOVERY

BROKENNESS → RESTORATION

Conclusion

Addiction is a yoke that can enslave individuals, families and communities. But Isaiah reminds us that God's heart is for freedom, and the Good Samaritan reminds us that compassion must become action. During Health Week 2026, let the Church refuse to pass by — let us see those who are struggling, listen without unnecessary judgment, educate and prevent, support families, connect people to professional help, pray and walk with those in recovery, and restore dignity and hope.

The question is not simply, “Do we see addiction?” The question is, “What will we do because we have seen it?” The priest saw. The Levite saw. The Samaritan saw — and acted. May the Church become a community that sees, stops, cares, supports and restores.

BREAK THE YOKE. TAKE ACTION. GO AND DO LIKEWISE.

CALENDAR OF ACTIVITIES

Medical Checkup Schedule

Region	Date	Venue
Pwani Presbyteries	11 September 2026	Milele — Mombasa
PCEA Head Office	15 September 2026	PCEA Head Office
Nairobi Region	16 September 2026	Kikuyu Hospital
Rift Valley Region	18 September 2026	Nakuru West Church
Mt. Kenya Region	23 September 2026	Tumutumu Hospital
Eastern Region	25 September 2026	Chogoria Hospital
Central Region	30 September 2026	Kikuyu Hospital

Health Week Program – 5th to 11th October 2026

Date	Day	Activity
4th	Sunday	Launch of Health Week on Kirk TV, 8:00 pm
5th	Monday	Prayer and fasting for Health Week activities; meet at the Church for exposition of the theme
6th	Tuesday	Health Committee meets to plan Sunday's service, allocate duties and rehearse presentations
7th	Wednesday	Community activity of positive impact and compassion for those ailing nearby; identify an affected family; cleaning exercise
8th	Thursday	Health members preach in districts on breaking barriers and taking action
9th	Friday	Health Committee visits neighboring institutions to speak on meeting others' needs, caring and offering support during sickness
10th	Saturday	Health Seminar: Taking Action Towards Healthy Living
11th	Sunday	Health Committee conducts the service; free medical checkups; sermon on prevention and taking action for good health

ORDER OF SERVICE

1. Opening Hymn — How Great Thou Art
Bwana Mungu Nashangaa Kabisa
2. Call to Worship — Isaiah 58:6
3. Praise in Worship Session
4. Intercessory Prayers
5. Presentations
6. Apostles' Creed and Children's Moment
7. Youth Moment
8. Intimations
9. Scripture Reading — 1st: Isaiah 58:1–12
2nd: Luke 10:25–37
10. Preparatory Hymn — The Great Physician
Nitabibu wa Karibu
11. Sermon — Theme: Break the Yoke; Take Action
12. Tithes and Offertory Moment — funds drive to support the Health Ministry
13. Closing Hymn — He Leadeth Me
Huniongoza Mwokozi
14. Benediction
15. Free Medical Checkup

HYMNS

HOW GREAT THOU ART

O Lord my God! when I in awesome wonder
Consider all the worlds Thy hands have made,
I see the stars, I hear the rolling thunder,
Thy power throughout the universe displayed.

Then sings my soul, my Savior God, to Thee:
How great Thou art, how great Thou art!
Then sings my soul! my Savior God, to Thee:
How great Thou art, how great Thou art!

When through the woods and forest glades I wander
And hear the birds sing sweetly in the trees;
When I look down from lofty mountain grandeur
And hear the brook and feel the gentle breeze

And when I think that God, His Son not sparing,
Sent Him to die, I scarce can take it in;
That on the cross, my burden gladly bearing,
He bled and died to take away my sin

When Christ shall come with shout of acclamation
And take me home, what joy shall fill my heart!
Then I shall bow in humble adoration,
And there proclaim, my God, how great Thou art!

BWANA MUNGU NASHANGAA KABISA

Bwana Mungu nashangaa kabisa,
Nikifikiri jinsi ulivyo,
Nyota, ngurumo, vitu vyote pia,
Viumbavyo kwa uwezo wako.

Roho yangu na ikuimbie,
Jinsi wewe ulivyo mkuu,
Roho yangu na ikuimbie,
Jinsi wewe ulivyo mkuu.

Nikitembea pote duniani,
Ndege huimba nawasikia,
Milima hupendeza macho sana,
Upepo nao nafurahia.

Nikikumbuka vile wewe Mungu,
Ulivyompeleka mwanao,
Afe azichukue dhambi zetu,
Kuyatambua ni vigumu mno.

Yesu Mwokozi atakaporudi,
Kunichukua kwenda mbinguni,
Nitaimba sifa zako milele,
Wote wajue jinsi ulivyo.

NITABIBU WA KARIBU

1. Ni tabibu wa karibu Tabibu wa ajabu,
Na rehema za daima Ni dawa yake njema.

imbeni malaika sifa za Yesu Bwana
pweke limetukuka Jina lake Yesu

2. Hatufai kuwa hai wala atutumai
Ila yeye kweli ndiye Atupumzishae.

3. Dhambi pia na hatia, Ametuchukulia
Twenendeni kwa Amani, Hata kwake Mbinguni.

4. Huliona tamu jina La yesu kristo bwana,
yuna sifa mwenye kufa, Asishindwe na kufa.

5. Kila mume asimame Sifa zake zivume;
Wanawake na washike, Kusifu jina lake.

6. Na vijana vyote tena, Vimpendavyo sana;
Vije kwake viwe vyake, Kwa utumishi wake.

THE GREAT PHYSICIAN

1 The great Physician now is near,
the sympathizing Jesus;
He speaks the drooping heart to cheer,
oh! hear the voice of Jesus.

Sweetest note in seraph song,
sweetest name on mortal tongue;
sweetest carol ever sung,
Jesus, blessed Jesus.

2 Your many sins are all forgiven,
oh! hear the voice of Jesus;
go on your way in peace to heaven,
and wear a crown with Jesus.

3 All glory to the risen Lamb!
I now believe in Jesus;
I love the blessed Savior's name,
I love the name of Jesus.

4 His name dispels my guilt and fear,
no other name but Jesus;
oh! how my soul delights to hear
the charming name of Jesus.



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