



Presbyterian Church of East Africa

PCMF WEEK PROGRAMME

2026



Desperate & Isolated



Strengthened by fellowship

2nd – 8th November 2026

**THEME: 'Strengthened by Fellowship,
Equipped for Service' (1 Samuel 23:16)**



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MESSAGE FROM THE BOARD CHAIRMAN

Dear Brothers in Christ,

It is with great joy and a deep sense of humility that I welcome you all to this year's Presbyterian Church Men's Fellowship (PCMF) week.

Our journey over the last few years has been one of bold steps and active faith. We have been challenged to “Conquer More Opportunities” and to “Serve God's Purpose at a Cost.” Having gone out into the field to work, we must now look inward at the very engine that sustains us: our brotherhood and our common calling.

This year, the Lord has anchored our hearts on the theme: **“Strengthened by Fellowship, Equipped for Service,”** drawn from **1 Samuel 23:16** - “Then Jonathan, Saul's son, arose and went to David in the woods and strengthened his hand in God.”

Brothers, the realities of modern life—economic pressures, family responsibilities, and leadership demands and many others, can easily drive a man into the “woods” of isolation and spiritual exhaustion. But God never intended for us to walk alone. True fellowship is not a social luxury; it is a spiritual necessity. Like Jonathan, we are called to actively seek out our brothers, lift their hands when they are weary, and anchor their faith back in Christ.

However, our fellowship must never become a closed circle. The ultimate goal of being sharpened and restored by the brotherhood is to ensure

that every man is equipped for service. Whether in our homes as godly priests, in the marketplace as men of integrity, or in our parishes as dependable pillars of ministry, our faith must produce tangible action.

Throughout this week of exposition, let us open our hearts to the “holy friction” that sharpens character. Let us be ready to mentor the boy child, restore the brother who has stumbled, and stand together as a mobilized force for the Kingdom of God.

May the Lord bless our fellowship, renew our strength, and find us useful for His service.

PCMF! Strengthened by Fellowship!

PCMF! Equipped for Service!

Yours in Christ

**Rev. David Njuguna Muthui,
Chairman, PCMF BOARD.**

MESSAGE FROM THE PCMF DIRECTOR

Theme: “Strengthened by Fellowship,
Equipped for Service”

Theme Verse: 1 Samuel 23:16

*“Then Jonathan, Saul’s son, arose and
went to David in the woods and
strengthened his hand in God”.*



PCMF Week 2026 allows us to reflect on our calling as Christian men to **strengthen one another, build our families, serve the Church and impact our community.**

The story of David and Jonathan reminds us that even strong men experience seasons of fear, pressure, disappointment and uncertainty. David was anointed by God, yet he found himself in the wilderness. Jonathan deliberately went to him and **“strengthened his hand in God.”** This challenges us to build a fellowship where men can share their burdens, receive encouragement, pray together and find spiritual strength without walking alone.

True fellowship is more than gathering together; it is **strengthening one another in God.** We are called to encourage, mentor younger men, strengthen marriages and families, support those facing spiritual, emotional and economic challenges, and create opportunities for men to use their gifts in service.

THE DIRECTOR'S CALL: LET US EMBRACE THE SPIRIT OF JONATHAN

As PCMF men, let us become men who:

See the man in the woods – Look beyond appearances and recognize the brother who may be struggling, grieving, discouraged or under pressure.

Go to him – Do not always wait for a brother to ask for help. Make the call, pay the visit, send the message and create time for him.

Listen to him – Create a safe fellowship where men can speak honestly and receive support with dignity and confidentiality.

Pray with him – Bring our brothers, families, marriages, businesses, challenges and future before God.

Strengthen him in God – Point one another back to Scripture, prayer and the faithfulness of God.

Walk with him – Fellowship should continue beyond meetings. Let us stand together in both seasons of celebration and seasons of difficulty.

Equip him for service – Mentor younger men, identify gifts and create opportunities for every man to serve God and the community.

OUR COMMITMENT

As PCMF, let us commit ourselves to:

1. Building a strong fellowship of **prayer, encouragement and accountability.**
2. **Mentoring and empowering younger men.**
3. **Strengthening marriages and families.**
4. Supporting men facing **spiritual, emotional and economic challenges.**
5. Serving faithfully in the **Church and community.**
6. Promoting **responsible stewardship and economic empowerment.**
7. Developing **servant leaders** who will strengthen others.

CONCLUSION

Let every PCMF man ask: **Who is the “David” in my life? Who needs my encouragement, my prayer, my mentorship and my support? Whom can I strengthen in God?**

The strength of PCMF will not be measured only by the number of men who attend our meetings, but by the number of men who leave our fellowship stronger in faith, **stronger in character, stronger in their families and better equipped to serve.**

Let us move **from fellowship to strengthening, from strengthening to equipping, and from equipping to service.**

May we see the man in the woods, go to him, listen to him, pray with him, strengthen him in God, walk with him and equip him for service.

“STRENGTHENED BY FELLOWSHIP, EQUIPPED FOR SERVICE.”

**Rev. John Mbae
Ag Director, PCMF.
DSG**

PCMF WEEK 2026 THEME EXPOSITION

Theme Breakdown: The Two Movements of Men's Ministry

1. Strengthened by Fellowship (1 Samuel 23:13-18)(The Jonathan Mandate): Internal cultivation. Men gathering to pour into one another so they do not break under the weight of life.
2. Equipped for Service (Acts 15:35-41) (The Barnabas Factor): External deployment. Men investing in the next generation, repairing fractures, and mobilizing for the mission.

Part 1: Strengthened by Fellowship: 1 Samuel 23:13-18.

Even the strongest warrior wears down and needs a brother to help him hold the line. **The Myth of the Lone Ranger** (v. 13-14): David was an anointed king, a giant-killer, and a seasoned military commander. Yet, hiding in the harsh wilderness of Ziph, he was physically exhausted and emotionally hunted. The lesson for PCMF: No man is strong enough to survive the wilderness alone. Isolation is the enemy's favorite trap for men. This year we encourage our men to take up The Jonathan Mandate - go out and strengthen those who are weary. **"Strengthening His Hand in God"** (v. 16):Jonathan did not bring an army to rescue David; he brought fellowship. He went out of his way to find David in the woods to anchor David's faith back into God's promises. Authentic Christian fellowship is not just socializing; it is intentionally reminding a brother who he is in Christ when he is too weary to remember how God has been faithful in the past.

Covenant Over Competition (v. 17-18):Jonathan, the rightful prince, willingly told David, "You shall be king, and I shall be next to you." PCMF fellowship must be a safe space free from worldly competition, status-seeking, and ego. It is where men lay down their armour, vow to protect each other's families, and celebrate each other's God-given destinies.

Part 2: Equipped for Service Scripture: Acts 15:35-41

True service requires us to value people over programs, prioritizing relationships to build the Kingdom of God.

The Conflict of Perspectives (v. 37-38):

Paul and Barnabas hit a massive roadblock regarding John Mark, a young man who panicked and deserted them on a previous mission. Paul, focused entirely on the efficiency of the service, saw Mark as a liability. Barnabas, true to his identity as the “Son of Encouragement,” focused on the restoration of the man.

The Barnabas Factor — Prioritizing the Person (v. 39):

Barnabas chose to risk his partnership with the great Apostle Paul because he refused to give up on a young man. He prioritized the relationship. He took John Mark, mentored him in private fellowship, and equipped him back into active service. He later reaped the Ultimate Dividend of Relationship - Because Barnabas refused to discard John Mark, the young man was completely restored. Years later, a mature John Mark wrote the Gospel of Mark. Even Paul eventually admitted, “Get Mark and bring him with you, for he is very useful to me for ministry” (2 Timothy 4:11). The PCMF Application: Our service is bankrupt if we crush men to achieve targets. We are called to equip men for service by first loving them through their failures.

From the PCMF desk I want to wish you a very successful week and may we take the challenge from this theme to strengthen one another and equip each other for service.

**From Rev. John Mbae
Ag Director, PCMF.**

DAILY EXPOSITION GUIDE

Each day includes a specific focus, a scriptural breakdown, and a practical "Men's Action Step" to ensure the study moves from head knowledge to real life.

Theme: 1 Samuel 23:16 - "Strengthened by Fellowship, Equipped for Service"

Readings: 1 Samuel 23:14–18 & Acts 15:36–41 / 2 Timothy 4:11

Sunday, 1st November 2026

Launch of the week by the Moderator of the 24th GA. (Kirk TV)

Monday: The Reality of the Woods

Scripture: 1 Samuel 23:14-15

Focus: Acknowledging that even strong men face seasons of isolation and exhaustion.

Exposition: David was a mighty warrior, an anointed king, and a killer of giants. Yet, we find him hiding in the wilderness, weary and hunted. PCMF men must realize that leadership, family responsibilities, and economic pressures can drive a man into spiritual and emotional isolation ("the woods"). True fellowship begins when we drop the mask of perfection and admit that every man faces dry seasons where his strength fails.

Men's Action Step: Identify a brother in your parish or fellowship whom you haven't seen or heard from in a while. Don't wait for him to reach out; acknowledge that he might be in the "woods."

ACTIVITY: Prayer day in congregations and time to Reflect on the theme and plan the week's activities.

Tuesday: The Initiative of Fellowship

Scripture: 1 Samuel 23:16

Focus: True fellowship requires intentional movement and effort.

Exposition: Jonathan did not send David a message telling him to come to the palace; Jonathan arose and went to David in the woods.

Real Christian brotherhood is proactive. It requires a man to leave his comfort zone, sacrifice his time, and physically go out to find a brother who is struggling. We cannot build a strong PCMF by sitting back; we must actively pursue one another in love.

Men's Action Step: Call or visit that brother you thought about yesterday. Make the effort to cross the distance and check on his well-being.

ACTIVITY: Visit the schools around for a talk and encouragement of pupils, students and teachers (Organize this before the week)

Wednesday: Anchoring a Brother's Faith

Scripture: 1 Samuel 23:17-18

Focus: The primary goal of our fellowship is to redirect each other to God.

Exposition: When Jonathan found David, he didn't just offer human sympathy or political strategies. He strengthened his hand in God and reminded him of God's covenant promise ("You shall be king"). As men, when we gather, our conversations must go deeper than politics, business, and sports. We are called to remind each other of God's promises, pray over one another's challenges, and anchor our brothers back to the rock of Christ.

Men's Action Step: When you speak with a brother today, intentionally steer the conversation away from casual talk for a few minutes. Ask how his soul is doing, and share a brief word of scriptural encouragement.

ACTIVITY: Role of men in the Market places and towns. (can conduct a clean-up exercise, meet the drivers or riders)

Thursday: The Sharp Edge of Accountability

Scripture: Acts 15:36-39

Focus: Understanding that iron sharpens iron through honest friction.

Exposition: Moving to the New Testament, we see a sharp disagreement between Paul and Barnabas over John Mark, who had previously deserted the mission. Sharpening isn't always comfortable. Healthy fellowship involves high standards, mutual accountability, and tough love. Paul wanted results; Barnabas wanted restoration. Both perspectives were needed to mould John Mark into a

resilient servant. We must welcome holy friction that makes us better men.

Men's Action Step: Reflect on how you handle correction or accountability from other men in the church. Pray for a teachable heart that values constructive feedback over pride.

ACTIVITY: Have prior planned visit to the sick and elderly in the districts and zones.

Friday: The Ministry of Restoration.

Scripture: Acts 15:39-40

Focus: Refusing to discard a brother who has stumbled.

Exposition: John Mark failed on his first assignment, and Paul was ready to write him off. But Barnabas—the Son of Encouragement—took him aside, travelled with him, and invested heavily in his mentorship. The PCMF must be a hospital for the weary and a training ground for the fallen. When a man stumbles in his faith, his marriage, or his integrity, the fellowship's job is not to condemn him, but to wrap arms around him and restore him.

Men's Action Step: Is there a young man or a fellow member who made a mistake and pulled away from church activities? Reach out to them this week with a spirit of grace and restoration.

ACTIVITY: Meet in Church for cleaning, Choir practice for a song or skit. Plan Sunday program and later have the evening with your families.

Saturday: The Proof of the Process

Scripture: 2 Timothy 4:11

Focus: The ultimate goal of fellowship is usefulness in God's service.

Exposition: Years after the big argument, Paul is in a dark Roman prison facing execution. In his final letter, he writes: "Get Mark and bring him with you, for he is useful to me for ministry." What a transformation! The deserter became indispensable. This is the ultimate victory of being strengthened by fellowship. Because Barnabas didn't give up on him, Mark was completely equipped for service.

Men's Action Step: Evaluate your own involvement in church projects and community service. How is your personal growth in the fellowship translating into active, useful ministry for Christ?

ACTIVITY: Time for Prayer Breakfast, or dinner with a Message.

Sunday: The Commissioned Brotherhood

Scripture: 1 Samuel 23:18 & 2 Timothy 4:11

Focus: Moving out as a mobilized force to serve the church and society.

Exposition: Jonathan and David made a covenant before the Lord before parting ways. John Mark stood ready to serve Paul in the face of Roman persecution. True fellowship never ends in a closed circle; it always explodes outward into mission. Having spent the week being sharpened, encouraged, and restored, the PCMF man stands fully equipped. He returns to his family as a better priest, to his marketplace as a man of integrity, and to his church as a dependable pillar of service.

Men's Action Step: Stand together with your fellow PCMF members during Sunday service. Commit as a united front to take up a specific task or mentorship role within the parish for the coming months.

ACTIVITY: SERVICE IN CHURCH, (CLIMAX)

Board Members

1. Rev. David Muthui – Nairobi Region (Chairman)
2. Rev. Shem Githinji – Central Region
3. Elder Simon Muhia – Rift Valley Region(Treasurer)
4. Elder Stephen K. Kwendeka – Mt. Kenya Region
5. Elder Gideon Karanja – PAPMF
6. Mr. James Kinyua – YPCMF
7. Rev. Richard Gichuki – Eastern Region
8. Rev. John M. Mbae - Ag. Director



Sunday 8th Nov. Order of Service

1. Hymn: Courage brother do not stumble
2. Call to worship (1 Samuel 23:16)
3. Praise in Worship
4. Intercessory Prayer
5. Children/Youth Moment (Apostles' Creed)
6. Presentations (Choirs)
7. Intimations/Notices
8. Brief report from PCMF (week summary, annual activities, achievements, support for PCMF work and way forward)
9. Scripture Readings:
 - 1st reading - 1 Samuel 23: 13-18
 - 2nd reading - Acts 15: 36-41
10. Hymn: Onward Christian soldiers
11. Sermon
12. Tithe and offering
13. Hymn: Take my life and let it be
14. Benediction
15. Recession to vestry



HYMNS

COURAGE BROTHER DO NOT STUMBLE

1. Courage, brother! do not stumble,
though your path be dark as night;
there's a star to guide the humble:
trust in God, and do the right.
Let the road be rough and dreary,
and its end far out of sight;
foot it bravely; strong or weary,
trust in God, trust in God,
trust in God, and do the right.

2 Perish policy and cunning,
perish all that fears the light!
Whether losing, whether winning,
trust in God, and do the right.
Some will hate you, some will love you,
some will flatter, some will slight;
heed them not, and look above you:
trust in God, trust in God,
trust in God, and do the right.

3 Simple rule and safest guiding,
inward peace, and inward might,
star upon our path abiding,
trust in God, and do the right.
Courage, sister! do not stumble,
though your path be dark as night;
there's a star to guide the humble:
trust in God, trust in God,
trust in God, and do the right.

Onward, Christian soldiers (Twendeni Askari)

1 Onward, Christian soldiers,
marching as to war,
With the cross of Jesus
going on before!
Christ, the royal Master,
leads against the foe;
Forward into battle,
see his banner go!

Onward, Christian soldiers,
marching as to war,
With the cross of Jesus
going on before!

2 At the sign of triumph
Satan's host doth flee;
On, then, Christian soldiers,
on to victory!
Hell's foundations quiver
at the shout of praise;
Brothers, lift your voices,
loud your anthems raise!

3 Like a mighty army
moves the church of God;
Brothers, we are treading
where the saints have trod;
We are not divided;
all one body we,
One in hope and doctrine,
one in charity.

4 Onward, then, ye people,
join our happy throng,
Blend with ours your voices
in the triumph song;
Glory, laud, and honor,
unto Christ the King;
This thro' countless ages
men and angels sing. [Refrain]

Take my life and let it be (Twae Wangu Uzima)

1 Take my life and let it be
consecrated, Lord, to thee.
Take my moments and my days;
let them flow in endless praise,
let them flow in endless praise.

4 Take my silver and my gold;
not a mite would I withhold.
Take my intellect and use
every power as thou shalt choose,
every power as thou shalt choose.

2 Take my hands and let them move
at the impulse of thy love.
Take my feet and let them be
swift and beautiful for thee,
swift and beautiful for thee.

5 Take my will and make it thine;
it shall be no longer mine.
Take my heart it is thine own;
it shall be thy royal throne,
it shall be thy royal throne.

3 Take my voice and let me sing
always, only, for my King.
Take my lips and let them be
filled with messages from thee,
filled with messages from thee.

6 Take my love; my Lord, I pour
at thy feet its treasure store.
Take myself, and I will be
ever, only, all for thee,
ever, only, all for thee.



**‘Strengthened by Fellowship, Equipped
for Service’ (1 Samuel 23:16)**

Presbyterian Church of East Africa