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Trained pastors during the African Pastoral Training held at PHARP centre-Malindi

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"I lie down and sleep; I wake again, because the Lord sustains me."-Psalms 3:5

Bad memories and accusing messages flooded Sal's mind. Sleep eluded him as fear filled his heart and sweat covered his skin. It was the night before his baptism, and he couldn't stop the onslaught of dark thoughts. Sal had received Salvation in Jesus and knew that his sins had been forgiven, but the spiritual battle continued. It was then that his wife took his hand and prayed for him. Moments later, peace replaced the fear in Sal's heart. He got up and wrote the words he would share prior to being baptized-something he hadn't been able to do. After that, he experienced sweet sleep.

King David also knew what a restless night felt like. When he was fleeing from his son Absalom who wanted to overthrow him from the throne, he knew that 'tens of thousands assailed him on every side'. David moaned, 'How many are my foes'. Though fear and doubt could have won out, David called out to God his Shield. Later, he found that he could lie down and sleep, because the Lord sustained him.

Today dear readers, when fears and struggles grip our minds and rest is replaced by restlessness, hope is found as we pray to God. While we might not experience immediate sweet sleep as Sal and David did, in God's peace we can lie down and dwell in safety. For God is with us and He'll be our rest.

As we reflect on the things that are weighing on our hearts and mind; be it the hard economic times, the violent conflicts, wars, high rise of mental sickness among people and families, what does it truly mean for us to truly surrender them to God through prayer?

In the month of February, PHARP was able to minister to semi-urban communities that are experiencing physical and gospel poverty. These dedicated men and women of God were empowered with peacebuilding, conflict transformation and discipleship skills and knowledge, as they in turn teach and multiply peace ambassadors and disciple-makers.

African Pastoral Training (APT) held at PHARP-Centre, Malindi: In partnership with APT Ministries-USA and PHARP, held a one week pastors training at the PHARP Centre in Malindi.

The training brought together 132 participants from Nairobi, Voi, Mombasa, Tana River and the surroundings of Malindi town, Vithuguni and Kakoneni.

The workshop was about effective study and communication of God's word. The participants were awarded a certificate and a Thompson Bible. The participants learnt to make use of the many helps found in this time-tested bible. This will enable the pastor to shorten their preparation time and easily develop life-related teaching. The training had two sessions: 12th to 14th February and 15th to 17th February 2024. Three PHARP team members were part of the participants who attended the first session and awarded their certificate and bible. We are grateful for this opportunity to be part of this noble training and most importantly, PHARP being able to host this week long training.



Left: First session of trained pastors and lay leaders. Right: tree planting at PHARP Centre after training

Peacebuilding and Discipleship held at RCCG-DC location, Kibera slum: PHARP is pleased to have started the first cohort class among three planned for the year 2024 at RCCG church based in DC-Kibera slum, which will run from February 24th through to 27th April. This class brought together 36 religious and community leaders including the area Chief. We are pleased to have this class that will go through until April before the participants graduate. Since it's a mix of Christians and Muslims leaders, the sessions will be a great avenue to exchange ideas and honing our skills and talents to be able to serve our churches and communities with integrity and grace.



Left: first cohort class. Right: DC area chief who will be part of the three-month training

Visit to widows at Calvary Hope church-Kibera: We are pleased for the ongoing ministry to widows being carried out by one of PHARP beneficiaries. Pastor Sophy who has undergone several trainings with PHARP, got the burden to care and minister to the widows in the congregation and the community. She is currently working with 25 widows and together they study God's word and use their time to make liquid soap, peanut butter for sale and woolen mats and jointly as a group sell to get proceeds and amongst them they put it in a joint kitty, which helps the widows borrow money for home use.

PHARP is pleased to have had Lee (from USA and participated in the APT training) visited with the group of widows before proceeding to Lagos, Nigeria. Let us keep the vulnerable in our communities in prayers and seek ways to support them, so that they may fully benefit and feel the love of God in their lives and homes.



Lee with the widows as he encouraged them with the love of God.

Young life youth camp- held at PHARP-Centre, Malindi: The youth camp held on 24th and 25th at the PHARP Centre-Malindi 'was full of fun and adventure' according to a youth who attended from Malindi town. Teenagers recommitted their lives to Christ and the volunteer teachers who were with them witnessed an epiphany amongst the teenagers they have been discipling and saw the great need to continue in evangelism and discipleship within the neighboring communities. Teenagers had moments to pray for themselves, their families and the nation of Kenya. They had sessions where they broke rocks to symbolize breaking off from the baggage that many of them have been shouldering and carrying over time. This activity saw a number of them reconcile with their hurtful moments in the past and surrendering their lives to Christ.



Left: Congregated youths. Right: youths in prayer and surrendering to God.

Thanksgiving and prayer requests:

1. We give thanks for the second month of the year and the successful trainings that took place.
2. We thank God for provision and enabling PHARP team with strength and good health.
3. We give thanks for peace and rain within the nation of Kenya.
4. Pray for the March trainings.
5. We continue to pray for the nation of DR Congo that peace may reign and that also peace may reign in East Africa.
6. We continue to pray for peace in the ongoing war in Ukraine and Russia, Israel and Gaza.