

Associate Pastor Richard Yun

Title : Take My Yoke

Text : Matthew 11: 28-30 Come to Me, all *you* who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke *is* easy and My burden is light

Introduction

- What does a yoke do?
A yoke is a heavy wooden harness that fits over the shoulders of an ox or team of oxen. The yoke is secured by two iron bars so that both the animals are linked and forced to work together in pulling the heavy burden, or equipment.
- What is required for a yoke to work? The two beasts of burden are required to work in harmony under a yoke (cf. Deut. 7:2-3, 22:10; 2 Cor. 6:14)

1. **The Yoke of Jesus Christ**

- Who should put on the yoke of Jesus Christ? Jesus calls all those to come to Him who “labor and are heavy laden”(Matthew 11:28)
- In this command, Jesus states that He will give weary ones rest before He tells them to put on His yoke and learn of Him.
- We cannot be yoked to Jesus if we are already yoked to the bondage of sin.
- All those who repent of sin and cry out to God for His mercy and forgiveness will be delivered from the burden of sin (Romans 10: 9-13)

2. **What does it mean to be yoked with Christ?**

- **To Yield Our Wills**
By putting on Christ’s yoke, we simultaneously surrender our wills to His will. The resulting attitude is meekness: the yielding of our rights to God, and putting our strength under His control. “*Commit your way to the LORD, trust also in Him, and He shall bring it to pass*” (Psalm 37:5)
- **To Learn Christ’s Nature**
It is significant that Jesus described His own nature with the quality of meekness: “*I am meek and lowly in heart*” (Matthew 11:29)
- **To Learn Christ’s Ways**
The goal of God for every believer is to learn the ways of God and to be conformed to the character of Christ. It is for this purpose that “*all things work together for good to those who love God, to those who are called according to His purpose*” (Romans 8:28)

- **To Rest in Christ**

The secret of being yoked to Jesus Christ is learning how to place our burdens upon Him and enter the rest He gives. Being yoked with Christ brings rest even in the midst of toil. *“casting all your care upon Him, for He cares for you” (1 Peter 5:7)*

3. **How do we find rest unto our souls?**

If we resist the yoke of Christ, we will get back into the yoke of bondage. But as we are yoked to Jesus and learn His ways and His nature of meekness, we will find relief and healing from the soul.

The more rest we have in our souls, the more strength we gain in our inner man.

Conclusion

This command is basic to the entire Christian life, because until we come under the yoke of Christ’s leadership, we will be totally ineffective. Jesus said, *“for without Me you can do nothing” (John 15:5).*

However when yoked with Christ, we can say with Paul, *“I can do all things through Christ who strengthens me” (Philippians 4:13)*