

Gospel Doctrine Sunday School Lesson

The Church of Jesus Christ of Latter-day Saints, Slippery Rock Branch

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Today's Word: yoke

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Are You:

- Reading Your Scriptures Daily?
- Treating Others Fairly and Kindly?

Today's Scriptures

Matthew 11:28-30;

Matthew 12: 1-13;

Luke 7:36-50

Luke 13: 10-17

Next Week:

Lesson 9:

“He Spake Many Things unto Them in Parables”

Matthew 13

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Lesson 10:

“Take My Yoke upon You, and Learn of Me”



President Howard W. Hunter said:

“In biblical times the yoke was a device of great assistance to those who tilled the field. It allowed the strength of a second animal to be linked and coupled with the effort of a single animal, sharing and reducing the heavy labor of the plow or wagon. A burden that was overwhelming or perhaps impossible for one to bear could be equitably and comfortably borne by two bound together with a common yoke. His yoke requires a great and earnest effort, but for those who truly are converted, the yoke is easy and the burden becomes light.

“Why face life’s burdens alone, Christ asks, or why face them with temporal support that will quickly falter? To the heavy laden it is Christ’s yoke, it is the power and peace of standing side by side with a God that will provide the support, balance, and the strength to meet our challenges and endure our tasks here in the hardpan field of mortality.

“Obviously, the personal burdens of life vary from person to person, but every one of us has them. Furthermore, each trial in life is tailored to the individual’s capacities and needs as known by a loving Father in Heaven. Of course, some sorrows are brought on by the sins of a world not following the counsel of that Father in Heaven. Whatever the reason, none of us seems to be completely free from life’s challenges.

“To one and all, Christ said, in effect: As long as we all must bear some burden and shoulder some yoke, why not let it be mine? My promise to you is that my yoke is easy, and my burden is light. (See Matt. 11:28–30.)

“‘Learn of me,’ he continued, ‘for I am meek and lowly in heart.’ (Matt. 11:29.) Surely the lessons of history ought to teach us that pride, haughtiness, self-adulation, conceit, and vanity contain all of the seeds of self-destruction for individuals, cities, or nations. . . . By taking the yoke of Jesus upon us and feeling what he felt for the sins of the world, we learn most deeply of him, and we especially learn how to be like him. (‘‘Come unto Me,’’ *Ensign*, Nov 1990, 17)

Every one of us is besieged by the busy-ness of life. Some days are simply too overwhelming to contemplate getting up because there is just SOooo much to do. When I’m at work, I remember what I need to do at home; then I bring unfinished work home with me only to leave it untouched, and have more to do the next day. I am always encouraged by this scripture, and amazed at both the simplicity and complexity of this solution to life’s ever present problem of having the weight of the world on our shoulders. When Christ says “take my yoke upon you,” he is not asking us to take on another heavy burden. He is asking us to take on His name, to be good examples in the world, to take into our hearts his teachings, to lighten our hearts with his love, and to lighten others’ lives by sharing His love and his gospel. In fact, perhaps Jesus’ yoke is like a helium balloon, distributing the weight of our burdens, lifting us up, and lightening our own baggage, rather than weighing us down. We dare not let go. We need the relief He offers more than most of us realize. —WWA