

RUSSELL SANDERS
8-7-2023
THE YOKE

In Matthew 11:29 Jesus said, ***“Take my yoke upon you...”*** So, what is a yoke and what is its purpose? What did Jesus mean in the verses in Matthew 11:28-30?

Jesus used parables with real life examples familiar to the people. They were well acquainted with the yoke used with oxen which were made from a bar of wood constructed to unite two animals. This enabled them to work and pull as a team, thus sharing the work together equally.

The original Greek word used here for ***“yoke”*** (Strong's 2218) means coupling together in servitude, to balance together in work or task. So, let us examine the whole passage to dig deeper into its meaning for us today.

In Matthew 11:28-30 Jesus said, ***“²⁸Come unto me, all ye that labour and are heavy laden, and I will give you rest. ²⁹ take my yoke upon you, and learn of me, for I am meek and lowly in heart. And ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.”***

Verse 28: ***Labour:*** (Strong's 2872) means to feel fatigued or weary, especially from hard work or toiling, such as the cares of life's struggles can be.

Rest: (Strong's 303, 373, 3973) These three Greek words for rest give meaning of a repose, to refresh, take ease, to stop, refrain, cease and desist, put to an end (struggles or troubles).

Verse 29: ***“Take my yoke”*** is to couple yourself to Jesus. This initial yoking comes in salvation and being bound in the word of God by Holy Spirit and his life in you. ***“Learn of me”*** means to learn from him as Holy Spirit reveals the fulness of Jesus to you from the word of God. ***“Meek and lowly in heart (spirit)”*** means His Spirit is gentle. ***“Rest unto your souls”*** means His peace to your (soul) emotions, thoughts, reasonings, and choices.

Verse 30: ***“My yoke is easy”*** does not mean you will never have difficulties. It means that He will help bear those difficulties with you. He will help lighten your burden because He makes it His burden as well.

This is the benefit of trusting on Him in all of life's situations, especially when we unexpectedly experience a “suddenly” of a traumatic nature. He shares it with us and gives us peace in it.

That is the rest we receive from being yoked to Him.