

Campus: Cheltenham
Ps Rob Buckingham
22 & 23 March 2014

REFRESH SERIES (5)

Light and Easy

Message Notes

Text: Matthew 11:25-30

The Yoke

(Gk.) zugos = to join, servitude, a law or obligation, the beam of the balance
(as connecting the scales)

A yoke is anything that joins two things / animals / people together...

Bible Yokes

The "yoke" is used in the Bible as a symbol of:

1. Bondage or slavery (Lev 26:13; Deut 28:38)
2. Afflictions or crosses (Lam 3:27)
3. The punishment of sin (Lam 1:14)

4. The laws & traditions of false religion (Acts 15:10; Gal 5:1)

This was the state of things when Jesus came. People were burdened by the extreme demands of the religion of the day...

Speaking of the religious leaders in Matthew 23:4 Jesus said, *"They tie up heavy loads and put them on men's shoulders, but they themselves are not willing to lift a finger to move them."*

By the time Jesus came the Jewish leaders had turned the 10 Commandments into 613 Laws. Religion had become heavy and onerous.

Jesus' Yoke

Theologian Albert Barnes says this in his commentary on Matthew 11, "...of all the yokes ever imposed on people, that of the Redeemer is the lightest."

Amplified Bible: *"Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.] Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. For My yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne."*

Message Bible: *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me and watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill fitting on you. Keep Company with me and you'll learn to live freely and lightly."*

Acts 15:10-11, *"Now then, why do you try to test God by putting on the necks of the disciples a yoke that neither we nor our fathers have been able*

to bear? No! We believe it is through the grace of our Lord Jesus that we are saved, just as they are."

Galatians 5:1, "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

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