

Yoke Easy, Burden Light

Message Notes

Matthew 11:25-30

Every morning and every evening the people of Israel would say the Sh'ma prayer that started...

Hear, O Israel, the Lord is our God the Lord is One.

Blessed be the name of the glory of His kingdom forever and ever.

You shall love the Lord your God with all your heart, with all your soul, and with all your might...

The Sh'ma goes on to refer to the taking on of two yokes...

1. The yoke of the Kingdom of Heaven (priority)
2. The yoke of the Commandments (obedience)

The religious leaders of Israel in Jesus' day had made the yoke of commandments impossible to bear, pulling against the kingdom of heaven...

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

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.*"

American Writer Henry Mencken described religion as, *"The haunting fear that someone, somewhere, may be happy."*

In the midst of this heavy, laborious religious environment Jesus came along and invited encouraged people to take His yoke, which is easy, and his burden, which is light – smaller in size (613 → 10 → 2 Most important commandment / new commandment)

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."*

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."*

If your yoke is heavy, you're yoked to something other than the Messiah Jesus. Jesus' yoke is light and easy!