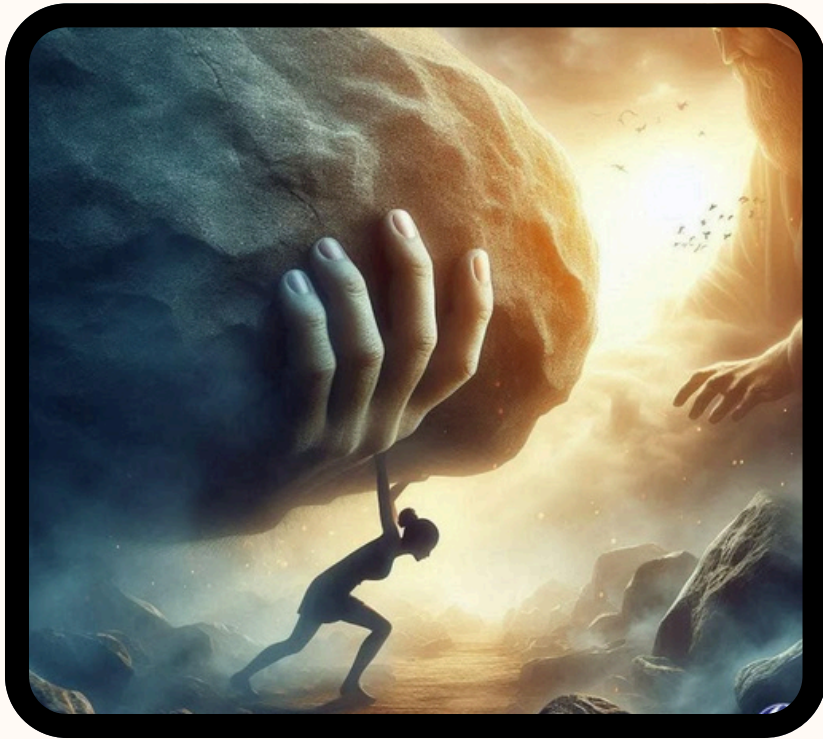




## YOKES- WHOSE BURDEN ARE YOU CARRYING?



### BIBLE READING: MATTHEW 11:26–30 (AMPC)

**KEY TEXT:** “Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke<sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light..” — Matthew 11:28 (TLB)

Yokes represent burdens, oppression, and bondage. Jesus acknowledges that as long as we live on this earth and strive to do His will, the "issues of life" will naturally try to weigh us down. This is why Jesus offers an exchange; to drop off the heavy, ill-fitting yoke and take on his own burden ( yoke) that is easy and light.

#### **The Great Exchange: Your Burden vs. His Burden**

God did not design the human heart to carry the weight of worry or self-preservation. When we attempt to carry our own loads/ burdens , we find them heavy exhausting and impossible;

- **The Worldly Yoke:** These are burdens brought up as the cares & worries of this world ; . It is focused on mundane things, family anxieties, and physical labor for personal gain. It is heavy, limited, and no rest .
- **The Kingdom Yoke ( Christ centered Yoke):** This Is a sort of yoke that brings rest for the soul. It is focused on the reign of the Kingdom of God on earth and bringing men to the Kingdom of God. This yoke is "light" because God provides the strength and the "wages" for such a person bearing the labor such a burden (1 Timothy 5:18).

Man is created to solely to depend on God for his excítense and live in him (Act 17 v28);the bible tells us how God created man having provided that he needed and settled him as overseer all of creation. This demonstrate to us that man was not designed to carry his own burden( needs & worries) but to take up the burden assigned to him by God, for therein his provisión and sustenance has been made available.



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Today, many believers have taken on burdens they have no need to bear. This has brought them worries, anxiety, pain and heart break. For those who are parents, they believe worrying about their children is caring for them, rather than to surrender those children to God. When you acknowledge that the child belongs to the Lord, you move from a place of "feeling and seeing" (physical burden) to a place of "trusting and dropping" (Kingdom rest).

### Guard Your Heart & Set Your Boundaries

The Bible commands us to guard our hearts with all diligence (Proverbs 4:23). To effectively carry the Kingdom yoke, you must:

1. **Control Your Thinking:** Don't let your mind "travel" to wrong places or dwell on temporary problems. (Philippians 4 v8)
2. **Set Boundaries:** When wrong thoughts come, tell your mind, "No." Refuse to be double-minded.
3. **Focus on the Work( On Kingdom Assignment):** When you make the work of God is your priority, God takes care of your personal "fine-ness." Your labor in the Kingdom is what fixes your earthly needs or problems.

**The Power of Choice: Lessons from Joshua** ("A double-minded man is unstable in all his ways." — James 1:8)

You must not let other people choose for you. Just as the scripture shows God asking Joshua to call the people to a point of decision and God asked Joshua and the people of Israel to choose from this day who they would serve in (Joshua 24:15) and Joshua declared "but as for me and my house, we will serve the Lord"

Dear beloved, choose this day who you serve. This call is a call to service to take on the yoke of Christ which is easier and light rather than to live beneath a heavy yoke of worries & anxieties of this world. Our true source is from the Kingdom and in seeking the kingdom and fulfilling kingdom assignment, our needs are provided for. When we take on the yoke of the kingdom by fulfilling kingdom assignment, we are taking on a easy yoke where there is rest for our souls, because our provision has already been made available for our everyday needs. (2 Peter 1 v3)

Ponder and reflect on these questions in your heart; Are you thinking about your yoke or His yoke? Is your hard work yielding no results? It might be because the yoke you are carrying is physical and heavy, rather than spiritual and light. Are you an intercessor for yourself or for nations? There is a vast difference in the peace experienced by those who are Kingdom-minded.

**The choice is yours, choose your Yoke today!**