

JESUS, OUR YOKE-MATE

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THE LORD'S FLOCK GROW DIGEST

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Jesus uses the word “yoke” as a metaphor for discipleship, inviting weary people who are burdened by life’s struggles to find peace in Him (Matthew 11:28-29). Indeed, Jesus offers a comforting invitation to be our “yoke-mate for life.” He promises to make our burden light.

1. Jesus calls His first disciples (Matthew 4:17-22).

Jesus began His public ministry by preaching and calling His first apostles along the Sea of Galilee. He declared, *“the kingdom of heaven has come.”* To start their ministry with Him, the kingdom of God should also arrive into their lives. They can only endure if they have unity with Jesus and offer sacrifices out of love. They were believed because their testimonies were their own life experiences. Similarly, all of us who attend Bible studies and hear the Word can also proclaim God’s kingdom.

2. How do we know the kingdom of God has arrived?

- 2.1. A family that went through trials (finances, vices). One member, the mother, still trusted in the Lord. By being humble and accepting help, they were blessed and bad habits stopped. Hence, the kingdom of God had arrived in the household.
- 2.2. Padre Pio had a beautiful union with God; he made Jesus known and endured the suffering of the stigmata (Jesus’ wounds). His body has been well-preserved. We receive healing through him.

3. Jesus says, *“My yoke is easy, my burden light.”*

- 3.1. In fact, Jesus had a difficult life: from His birth, childhood, during His ministry, and crucifixion.
- 3.2. He endured all the sufferings because of LOVE. Hence, He teaches us also to continue to have hope and bear our sufferings because of love.
- 3.3. We must take up our cross, deny ourselves because there is a greater purpose behind our illnesses and problems. The end is always goodness and blessings, never evil.

4. **How can we become Jesus’ yoke-mate?** When we feel tired or worn down by life and daily struggles, Jesus offers to be our yoke-mate. He is with us in all seasons of life. He does not promise an easy life, but He will be with us always, especially when we are most in need.

4.1 Surrender control to God. Let us declare our dependence on God. Acknowledge the weight of our problems and be humble enough to lay them to Him. Moreover, we must acknowledge that our own way will not work and ask Him for help.

4.2 Accept His leadership. We should voluntarily place our lives under the Lord’s direction trusting His wisdom to lead and set the pace. Learn from His teachings. We should be humble students, watching how Jesus loves, obeys God, and treats others with gentleness and compassion.

4.3 Align our thoughts with God. Let us pray that we will recognize our mission. We should intentionally replace old habits (worrying, self-reliance) with His truth through Scripture, prayer, and surrender.

4.4 Trust His gentle nature. Remember that Jesus is gentle and kind to those who are heavily burdened. His teachings bring peace and relief rather than crushing pressure.

4.5 Live life meaningfully and to the fullest. Have a positive outlook. Do not let illness take away the life in us. Only God can take our lives.

Conclusion: At the cross, Jesus Christ declares *“my yoke is easy.”* LOVE makes it easy to surrender. As Jesus’ yoke-mate, let us transform our sufferings as acts of love.

Reflection: How have you experienced the nearness of the kingdom of God? How is your yoke/burden? Is it heavy or light? What will you pray to the Lord?

SCRIBES MINISTRY:

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