

Thought for the day - Friday 30th September 2022

by Revd John Ohen

Yoke

There are many things we need to pray for here in St James Church, such as our Church building, our congregation, Climate change and the environment (ECO church), problems in many parts of the world and our Nation just to mention a few.

Every good teacher knows how to command attention and adopts various techniques, and Jesus is no exception. Using paradox, Jesus describes the 'Yoke' of his gospel as 'easy' and his 'burden'; as 'light'. Jesus Yoke is a whole way of life, discipleship, and relationship with him are crucial. Our Lord Jesus demands of us willing service to the gospel but rewards us with friendship and love. Our part of the bargain is twofold pledge to model our lives on his, and to enter wholeheartedly into a relationship with him.

The image of the yoke reminds us of two oxen pulling side by side, but in step with one another. Jesus is always there with us, walking side by side with us, if we invite him into our lives. By sharing our burden, he befriends us on the journey of life, and invites us to rest with him. Discipleship and trust are key qualities needed. Belief, trust, and enthusiasm on the Lord Jesus can see us through the ups and down of life. The conviction that Jesus is beside us can calm our fears and encourage us to take the spiritual rest that we all need for a healthy and balanced life on this planet.

Bible passage: [Matthew 11. 28 – 30](#).

Prayer: Lord, help us to be aware that you are always beside us, not lifting but sharing our burdens and helping us to bear with joy the yoke of discipleship. Amen.