



### **Scripture nugget - My yoke is easy, my burden is light**

*Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and My burden light (Matthew 11:28-30).*

**My yoke is easy, my burden is light (cf. Matthew 11:30).** To follow Christ, we need to pick up our cross and walk in His footsteps. This is the condition of discipleship of Christ. There is no other way. *Then Jesus said to His disciples, "Whoever wishes to come after Me must deny himself, take up his cross, and follow Me (Matthew 16:24).* The way of the Cross is the way of Christ. It is made up of filial obedience to God's commandments and loving acceptance of all trials, adversities and sufferings that God allows to come our way. Our cross can also be likened to the yoke that we allow Christ to place over us in love. A yoke is a wooden beam normally used between a pair of oxen to enable them to pull together on a load when working in pairs. In this "yoke" example, Christ wants to emphasize that He is always right beside us to help us by His grace in whatever way we need in order to follow the true path. His commandments are clear, guiding lights for us and are not burdensome for those who love God. *For the love of God is this, that we keep His commandments. And His commandments are not burdensome (1 John 5:3).* Some souls are afraid to follow Christ because they fear having to get out of their comfort zone, not understanding that Christ is the only Way to God (cf. John 14:6), and that every grace and help are available to anyone who accepts the cross to walk in Christ's footsteps. Would a good parent place an unnecessarily heavy burden on his child? God is infinitely much more than a good parent.

***Come to Me, all you who labor and are burdened, and I will give you rest (Matthew 11:28).*** Those souls who put on the yoke of their own making i.e. pursuing their own selfish will and passions will find themselves labored and burdened at the end of the day. They will discover that "Self", outside the grace of God, is a most demanding and unappeasable master, a slave driver who is never satisfied. Jesus invites us to be meek and humble like Him and allow Him to place His yoke over us in order to find true rest for our souls. Our souls are made for God alone. It cannot find true rest or joy in any other thing or person. Not in riches, not in fame, not in power, not in bodily pleasures, not in the human love from another person. *My soul rests in God alone, from Whom comes my salvation (Psalm 62:2).*

**Conversation with Jesus:** Precious Lord, all my restlessness and lack of peace in my heart come from following my own selfish will and passions. Teach me to be meek and humble like You so that I can deny myself and be yoked with You in order that I can follow the true path and walk in Your footsteps to my glorious eternal inheritance. Let me not be afraid to embrace my cross, confident in the knowledge that it will be a sweet burden and bonded by bands of true love. Take my self-love and replace with ardent love of You. Take my will and give me all the graces needed to fulfill Your will everyday so that I can become Your loving servant and my heart can find true rest. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.