

Let Christ Bear Your Burdens

SEEK

[Matthew 11:28-30](#)

Jesus' compassion is displayed repeatedly throughout the Gospel accounts, and in today's passage, He shows loving concern by inviting us to come to Him for relief. Is there anything more needed in this world than the feeling of being set free from whatever is weighing us down?

Jesus invites us to come, take His yoke upon us, and learn from Him. At first glance, a yoke may sound like an additional burden, but to understand what Jesus means, we must look at these verses from their historical context. A yoke was a bar that fit over the neck and shoulders of two animals. When a heavy load had to be transported, two oxen were yoked together, thereby distributing the weight evenly between them.

What our Lord is describing is a lifelong process that encompasses coming to Him for salvation and learning to know Him—His perfect character, His priorities for life, and His plans for us and the world. Jesus is asking us to place ourselves under the yoke of His lordship. He promises that a life of submission will fit us well and provide relief.

Our Savior offers to be with us in every trial we face. Sometimes He removes the difficulties that weigh us down, while at other times, He lifts the burdensome feelings that accompany our trials. But there will be occasions when He walks with us through the hardships and suffering, giving us the grace and strength to endure. Even then we will discover that His yoke is easy and His burden is light because His compassion and mighty power carry us through.