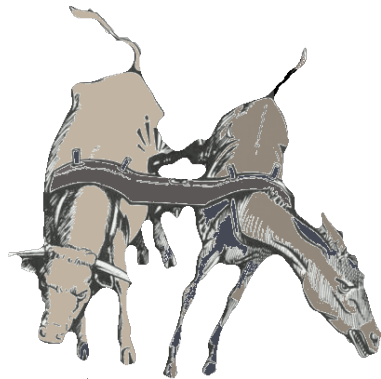


## Take My Yoke Upon You



This FHE is probably more geared toward older kids. However, showing lots of pictures can make it of more interest to younger ones. Pick and choose what out of the following you want to share. (Fyi...Notice in one of the pictures above what is happening when there are two unequally yoked.)

### Song Choices

1. Come Unto Jesus [#117 HS](#)
2. Come Unto Him [#114 HS](#)
3. I Feel My Savior's Love [#74 PS](#)
4. He Sent His Son [#34 PS](#)
5. To Think About Jesus [#17 PS](#)
6. I Lived in Heaven [#4 PS](#)
7. Cast Thy Burden Upon the Lord [#110 HS](#)

PS = Primary songbook FS = Traditional familiar children's song HS = Hymns

### Activity

Before FHE, get a jigsaw puzzle that has at about 100 pieces.

- Put the puzzle together on a board or book or something transportable.
- Now, remove about 1/3 of the pieces. Return these pieces to the box and close it.
- Now remove another 1/3 of the pieces. Put these in a Ziploc bag. When you go to teach the FHE lesson, these should be nearby but not visible to other family members.

- Take the remaining 1/3 that are on the board and are still hooked together and put it in a place you can easily remember to find them later but a place where your family members won't easily come upon them.

To begin this activity, bring out the puzzle box. Show the picture and make a big deal about how awesome the finished product will be. Now, open the box and ask the family to create the wonderful picture you showed them.

Some may say that it is impossible and that there are not enough pieces (or other similar statements). Little ones may not notice the problem and get right to work.

To the skeptics, give a reminder that they can at least get started and have them do so.

After they have put some pieces together and are beginning to have difficulty adding more, tell them you are going to help them out a little bit and then go ahead and add a few pieces from your hidden bag of pieces to those they already have.

The skeptics may think they have things figured out and that you will just keep giving them pieces until they have them all.

However, the bag will become empty and you won't be able to give them any more from it.

Now is the time to refer to the scripture and have a discussion about what it talks about. (See also discussion questions.)

After your discussion, talk about the puzzle and how that relates to the scripture you have just talked about. As you are talking about it, show how God makes up the difference by bringing out the rest of the puzzle that has been completed that you can then attach to what has been done.

### Scripture

[Matthew 11:28-30](#)

28 ¶ **Come** unto me, all ye that **labour** and are heavy laden, and I will give you **rest**.

29 Take my [yoke](#) upon you, and [learn](#) of me; for I am [meek](#) and [lowly](#) in [heart](#): and ye shall find [rest](#) unto your souls.

30 For my yoke *is* [easy](#), and my burden is light.

How does this work?

1. If you are burdened heavily, come unto the Savior for needed rest.
2. Take His yoke upon you
3. You can do this by learning of Him—scripture study, prayer, changing yourself
4. As you learn of Him, you will become more like him—meek and lowly in heart
5. It is then you will find rest to your soul
6. The yoke that He places on you is His. It is light because He is sinless, perfect in every way. He will take yours that you are struggling with. You take His and choose to become more like Him and you get a light burden while He takes care of your heavy one.

This process should be repeated regularly. We get new burdens in life and we need to go through the process again and again. Each time, as we become more like Christ, we can settle more comfortably in that place of peace that only He can bring.

What great power there is here!

From Howard W. Hunter (see link below) “In our own great times of need we must not leave unrecognized this unfailing answer to the cares and worries of our world. Here is the promise of personal peace and protection. Here is the power to remit sin in all periods of time. We, too, must believe that Jesus Christ possesses the power to ease our burdens and lighten our loads. We, too, must come unto him and there receive rest from our labors.

Of course, obligations go with such promises. “Take my yoke upon you,” he pleads. In biblical times the yoke was a device of great assistance to those who tilled the field. It allowed the strength of a second animal to be linked and coupled with the effort of a single animal, sharing and reducing the heavy labor of the plow or wagon. A burden that was overwhelming or perhaps impossible for one to bear could be equitably and comfortably borne by two bound together with a common yoke. His yoke requires a great and earnest effort, but for those who truly are converted, the yoke is easy and the burden becomes light.

Why face life’s burdens alone, Christ asks, or why face them with temporal support that will quickly falter? To the heavy laden it is Christ’s yoke, it is the power and peace of standing side by side with a God that will provide the support, balance, and the strength to meet our challenges and endure our tasks here in the hardpan field of mortality.

Obviously, the personal burdens of life vary from person to person, but every one of us has them. Furthermore, each trial in life is tailored to the individual’s capacities and needs as known by a loving Father in Heaven. Of course, some sorrows are brought on by the sins of a world not following the counsel of that Father in Heaven. Whatever the reason, none of us seems to be completely free from life’s challenges. To one and all, Christ said, in effect: As long as we all must bear some burden and shoulder some yoke, why not let it be mine? My promise to you is that my yoke is easy, and my burden is light. (See [Matt. 11:28–30](#).)

“Learn of me,” he continued, “for I am meek and lowly in heart.” ([Matt. 11:29](#).) Surely the lessons of history ought to teach us that pride, haughtiness, self-adulation, conceit, and vanity contain all of the seeds of self-destruction for individuals, cities, or nations. The ashes and rubble of Chorazin, Bethsaida, and Capernaum are the silent witnesses of the Savior’s unheeded warnings to that generation. Once majestic and powerful cities, they no longer exist. Would we add our names or the names of our families to such a list? No, of course not; but if we would not, we must be truly meek and lowly. By taking the yoke of Jesus upon us and feeling what he felt for the sins of the world, we learn most deeply of him, and we especially learn how to be like him.

President Ezra Taft Benson has said:

“That man is greatest and most blessed and joyful whose life most closely approaches the pattern of the Christ. This has nothing to do with earthly wealth, power, or prestige. The only true test of greatness, blessedness, joyfulness is how close a life can come to being like the Master, Jesus Christ. He is the right way, the full truth, and the abundant life.” (*Ensign*, Dec. 1988, p. 2.)”

Moroni 7:42 Wherefore, if a man have <sup>a</sup>[faith](#) he <sup>b</sup>[must](#) needs have hope; for without faith there cannot be any hope.

43 And again, behold I say unto you that he cannot have faith and hope, save he shall be <sup>c</sup>[meek](#), and lowly of heart.

Moroni 8:25 And the first fruits of <sup>a</sup>[repentance](#) is <sup>b</sup>[baptism](#); and baptism cometh by faith unto the fulfilling the commandments; and the fulfilling the commandments bringeth <sup>c</sup>[remission](#) of sins;

26 And the remission of sins bringeth <sup>a</sup>[meekness](#), and lowliness of heart; and because of meekness and lowliness of heart cometh the visitation of the <sup>b</sup>[Holy Ghost](#), which <sup>c</sup>[Comforter](#) <sup>d</sup>[filleth](#) with hope and perfect <sup>e</sup>[love](#), which love endureth by <sup>f</sup>[diligence](#) unto <sup>g</sup>[prayer](#), until the end shall come, when all the <sup>h</sup>[saints](#) shall dwell with God.

### Articles

Talk by Howard W. Hunter entitled “Come Unto Me”

<http://www.lds.org/general-conference/1990/10/come-onto-me?lang=eng&query=take+my+yoke+upon+you>

Article in Ensign with picture of oxen that outlines each part of the yoke.

<http://www.lds.org/ensign/2013/09/take-my-yoke-upon-you?lang=eng>

### Story

[Ether chapters 1 & 2](#) In this story, the message of the Matt 11:28 scripture is applied several times.

Carl B. Cook, “[It Is Better to Look Up](#)”, October 2011 Ensign

At the end of a particularly tiring day toward the end of my first week as a General Authority, my briefcase was overloaded and my mind was preoccupied with the question “How can I possibly do this?” I left the office of the Seventy and entered the elevator of the Church Administration Building. As the elevator descended, my head was down and I stared blankly at the floor.

The door opened and someone entered, but I didn’t look up. As the door closed, I heard someone ask, “What are you looking at down there?” I recognized that voice—it was President Thomas S. Monson.

I quickly looked up and responded, “Oh, nothing.” (I’m sure that clever response inspired confidence in my abilities!)

But he had seen my subdued countenance and my heavy briefcase. He smiled and lovingly suggested, while pointing heavenward, “It is better to look up!” As we traveled down one more level, he cheerfully explained that he was on his way to the temple. When he bid me farewell, his parting glance spoke again to my heart, “Now, remember, it is better to look up.”

### Possible Discussion Questions

1. What is this scripture talking about? How does this work?
2. What is the back story surrounding the scripture?
3. Why is the Lord’s burden light?
4. If we apply this scripture to our life, what will be the result? Will we have no burden? Will all burdens become easy by applying this method? What is for certain promised? (*rest unto your soul*)
5. Why is it so important to “Learn of me?” Take my [yoke](#) upon you, and [learn](#) of me; for I am [meek](#) and [lowly](#) in [heart](#): and ye shall find [rest](#) unto your souls.
  - a. In order for a yoke to work well, both parties must work together! We need to adjust ourselves to be like Jesus for the yoking to be an equal yoking. If we learn of Him, if we follow his example, if we become like Him, we are more equally yoked. When there is an unequal yoking, the animals do not work well together. For instance, if you yoke a donkey and an ox, they do not work well together. They are of different sizes, breeds and temperaments. The more like the Savior we become, the better.
  - b. President Ezra Taft Benson said, “That man is greatest and most blessed and joyful whose life most closely approaches the pattern of the Christ. This has nothing to do with earthly wealth, power, or prestige. The only true test of greatness, blessedness, joyfulness is how close a life can come to being like the Master, Jesus Christ. He is the right way, the full truth, and the abundant life.” (*Ensign*, Dec. 1988, p. 2.)

- c. Also, yokes are customized to the wearer. If we are to take His yoke upon us, then we must become like Him in order for it to fit properly.
  - d. See also Moroni scriptures above this section
6. In yoked oxen, there is one of the animals that is the dominant one, or the leader. What is the significance of this fact to the scripture?
- a. Interesting fact... the word subjugate, meaning to make submissive, has its roots in the word “yoke”. Latin *subjugātus*, past participle of *subjugāre* to subjugate, equivalent to *sub-* + *jug ( um ) yoke*<sup>1</sup> + *-ātus -ate*<sup>1</sup>
  - b. Should we submit to the will of the Lord?
7. When we talk about where our burdens lie, we often say we have a heavy burden on our shoulders. The oxbow, a part of the yoke, is designed to take advantage of the strength of force from the oxen’s shoulders. If you have the “weight of the world” on your shoulders, what would it mean to you to “Take My yoke upon you”?
8. Yokes are generally custom fit to the ox. Food for thought... So, if you have your own customized yoke (complete with burden) to bear..
- 9.
10. What are other instances in which the word “yoke” is used in the scriptures? And how does that affect your outlook on the “Take My yoke upon you” scripture. There are 80 different scriptures that talk mention the word.
- a. Yokes of bondage are mentioned many times. [Gal. 5:1](#), [Alma 44:2](#)
  - b. We are cautioned not to be unequally yoked with unbelievers. [2 Cor. 6:14](#);
  - c. [Isaiah 10:27](#) tells us that our burden will be taken away and yoke destroyed because of Jesus.
  - d. [2 Nephi 19:4](#)
  - e. [Galatians 5:1](#) “Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”
  - f. [1 Kings 12:9](#) and [D&C 109:32](#) talk of a desire to have the yoke be lighter or taken away.
  - g. [1 Samuel 14:14](#) uses yoke of oxen as a reference.
  - h. Some scriptures tell of the yokes put on people by various kings. [Jeremiah 28:2](#),
  - i. [Lamentations 1:14](#) talks of the yoke of transgressions.
  - j. [Numbers 19:2](#) The children of Israel were instructed to bring a sacrificial heifer that “never came yoke”.

- k. [Leviticus 26:13](#) The Lord broke the bands of their yokes and brought them out of Egypt.
  - l. [D & C 109:47](#) mentions a “yoke of affliction”.
  - m. [1 Nephi 13:5](#) a “yoke of iron” is mentioned in several scripture verses, generally talking about when Satan has someone firmly and is taking them to hell.
  - n. [Alma 30:28](#) talks of being yoked to your desires.
11. [Matthew 11:28-30](#) is a personal invitation from Christ himself. These are not words delivered through a second party suggesting that we can come unto Christ for relief. It is an offer stated directly by our Savior. What is the significance of this?