

## Foundations of Christ - Part 7

### Matthew 11:29-30 (NKJV)

"Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

There are four things the Lord wishes us to learn so we can live as He lived. First, He wishes us to be yoked with Him, because if we are not yoked with Him we cannot be like Him. The yoke refers to several things: a coupling to put on cattle to pull loads, the burdensomeness of the Law, or in this instance, the connection that holds us to Him and gives balance and stability to our lives.

Second, only by our connectiveness to Him can we learn from Him. Apart from Him it is not possible. This learning comes by repeated use and practice of the lifestyle of Jesus. The things He said and did, His very character is to become ours.

Third, in His own words, Jesus describes Himself as meek and lowly. He mentions these first because He knows the human condition which is so very opposite of His. If we put these two words together, we have a person whose disposition is one of having an inward submission to God, which then works outwardly towards all men in gentleness, kindness, and tenderness. It never displays an aggressive, self-assertive, proud, superior, pretentious, arrogant demeanor. If we always have ourselves on our minds, we have little or no room for God or man.

Fourth, the result of being yoked with Jesus is to have rest for our souls. All humanity can be categorized as restless. Constantly in motion, men are always seeking to advance, preserve, protect, and promote themselves. There is never any rest in this type of life.

Jesus knew how to live in relation to His Father, in all humility, obedience and honor. He did only the works that His Father showed Him. He was at rest in life, whether in a rocking boat upon a stormy sea, or reclining at a table with His disciples. His trust was absolute. If we learn the Son, we know the Father.