

Double Yoke: No Burden is Carried Alone

By Whitney Stager, M.S.

Recently, I heard a story about the use of a double yoke for farming purposes. This double yoke enabled farmers to put two oxen together, thereby accomplishing even more work in the fields. But what really caught my attention was the description of how the yoke worked. The yoke had to be very strong to keep the two powerful animals together. Once the oxen were placed in the double yoke, the two were inseparable. No amount of pulling or moving could separate these two animals. They now had to work together, as if one.

Usually when we hear the word yoke we automatically think of a burden. What yoke do you have that is bearing on you now? Stress, work, or other worries? Addictions or out-of-control behavior? Is there a feeling that this load must be carried alone? Do you feel unable to share this burden with anyone else? Is there a stubborn part of you (like an ox) that wants to go it alone?

Examine why you feel you have to bear this burden alone. Remember that Jesus tells us to “take my yoke upon you and learn from me...” (Mt 11:29). No matter what your burden is, nothing can separate the love of God from you (Rom 8:38-39). When the load is too heavy, ask Jesus to share the load with you. “...for I am meek and humble of heart, and you will find rest for yourselves, for my yoke is easy and my burden light” (MT 11:29).

Envision yourself taking up your burden with Jesus in the double yoke. You are now inseparable from Him, no matter what. He is helping you carry your burden, every step of the way. He is working with you and you with Him as if you were one.

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P.O. Box 1676, Appleton, WI 54912 (920) 720-8920*

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