

MY YOKE IS EASY, MY BURDEN IS LIGHT
SABBATH SCHOOL LESSON

Say - Welcome to Sabbath School, let's bow our heads and ask God for understanding as we study today.

Say - The verses we are studying today are found in Matthew 11. A "yoke" is a wooden harness which is placed around the neck of oxen and is the means by which the oxen are put under "subjection" or "control" by his master. In our lesson today, Christ used the "Yoke" figuratively in comparing the controlling "yoke" or bondage sin puts one in, in contrast to His "yoke" of FREEDOM when we follow Him because He is the perfect Master!

Say - In studying Matthew 11, Christ condemned a generation of people in the cities of Charazin, Bethsaida and Capernaum who, no matter what He taught, as He preached the Good News of the coming Kingdom of God and repentance, they would not listen.

Say - Here is how He said it, "But whereunto shall I liken this generation? It is like unto children sitting in the markets, and calling unto their fellows, and saying, we have piped unto you (played the flute for you), and ye have not danced; we have mourned (shown our sincerest grief and sadness over your sinful lives) unto you, and ye have not lamented (shown any signs of repentance or sorrow for your sins)" Matt. 11:16, 17.

Say - Can you imagine hearing Christ speak and having no response whether He told us good or bad news! They simply were not interested in hearing the Truth of God and making a change in their life to become a follower of God and unfortunately that is how much of the world is today. No wonder Christ "mourned" for His people which brought Him to say, "O that they were wise, that they understood this, that they would consider their latter end" Deut. 32:29!

Say - Finally Christ began "... to upbraid (rebuke or shame) the cities wherein most of his mighty works were done, because they repented not (of their sins, remember "...sin is the transgression (disobedience) of God's laws" I John 3:4). Christ told the people, "Woe unto thee, Chorazin (a city near Capernaum whose name means a "furnace of smoke)! Woe unto thee, Bethsaida (the small village of Andrew, Phillip and John and means, "house of fish") for if the mighty works (the power and influence which belong to the rich and wealthy), which were done in you (your cities), had been done in Tyre (a large, magnificent, but pagan Phoenician city situated on the Mediterranean which flourished in commerce) and Sidon (another ancient, wealthy, but pagan Phoenician

city 20 miles north of Tyre and on the border of Judea), they would have repented (changed their minds and abhorred their sins) long ago in sackcloth and ashes (symbolizing mourning over their past sins)" Matt. 11:2-21. (See "Note" at end of lesson).

Say - Therefore Christ continued, "I say unto you, it shall be more tolerable (better odds) for Tyre and Sidon (were cities, along with Sodom which had been destroyed by God for their wickedness, Gen. 17, 18), at the day of judgment, than for you" Matt. 11:22". (In fact the "God" of the Phoenician cities was Molech to whom they offered their firstborn children in sacrificing rituals. (See "Molech" at end of lesson.)

Say - Christ said, "And thou, Capernaum, which art exalted unto heaven (they were prideful as Sodom, arrogant and wise in their own eyes, looked down on others, rich and mighty and could care less about the truth of God) shalt be brought down to hell: for if the mighty works, which have been done in thee, had been done in Sodom, it would have remained until this day (would not have been destroyed")! Matt. 11:23. "But I say unto you, that it shall be more tolerable for the land of Sodom in the day of judgment, than for thee" Matt. 11:24.

Say - Why did Christ say this about all the above cities? It is because the cities of Tyre and Sidon and Sodom had no knowledge of the laws of the true God but they will in the future, pictured by the holy day called "The Last Great Day", in God's plan of salvation. In contrast, Chorazin, Capernaum and Bethsaida, had knowledge of God's laws and had heard the Truth of God but would not repent.

Say - Here is the prayer of Christ to God the Father which followed the above condemnation to His chosen people. "At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes (it is the same today, God calls the humble and lowly to Him because they are the ones who will listen)" Matt. 11:25.

Say - (Therefore) "Come unto me (come now!), all ye that labor (exhausted with worry, discouraged, and lonely from a sinful life) and are heavy laden (with the cares and temptations of this world), and I will give you rest (in spite of the turmoil and terror in the land, I will, with your efforts or labor, refresh you with peacefulness and purpose and a promise of eternal life)" Matt. 11:28.

Say - "Take my yoke (My way, My teachings and My commandments and turn away from the "Yoke" of bondage of the world's man-made religions and false doctrines filled with deception, and "submit" to Me) upon you, and learn of (from) me; for I am meek (gentle, not arrogant) and lowly in

heart: and ye shall find rest (in My "yoke", My laws) unto your souls. (Why?) For my yoke (My laws are laws of Love, Rom. 13:10) is easy (laws of liberty, James. 1:25, 2:12), and my burden is light (turns a meaningless, "heavy laden" lifestyle of sin filled with worry, grief and despair into a purposeful lifestyle with God and the promise of ETERNAL LIFE)" Matt. 11:29, 30!

MEMORY VERSE

Come unto me all ye that labor and are heavy laden and I will give you rest. 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. For my yoke is easy and by burden is light.
Matthew 11:28-30

MEMORY VERSE FOR TOTS

MEMORY VERSE

COME UNTO ME....LEARN OF ME...
MY YOKE IS EASY AND MY BURDEN IS LIGHT.
MATTHEW 11:28-30

"Note": For historical information on the cities of Tyre and Sidon go here:
<http://gorp.away.com/gorp/location/africa/phonicia.htm>

"Molech", (or Molek) was the chief god of the Phoenicians, and Canaanites, mentioned as the god of the Ammonites, Western Semitic, probably known to the Israelites before King Solomon. Human sacrifices were offered to him, mainly firstborn children, the victims were slowly burned to death in the outstretched arms of this idol, which were metal, hollow and could be heated on the inside. Some say they fell into the fire below. Manasech offered his son to Molech. Solomon erected an altar to this god on one of the summits of Mount Olivet. (1 Kings 11:7) This idol worshipping continued there and in Tophet until Josiah abolished it and defiled the altars. (2 Kings 23:30) Molech was also worshipped in Carthage, where at one times about 200 little boys were sacrificed in hopes of saving that city from siege. Molech was synonymous with the Hebrew god Moloch of the *Vetus Testamentum* to whom the Israelite children were sacrificed. A.G.H. <http://www.themystica.com/mythical-folk/articles/molech.html>

BELOW IS THE SABBATH SCHOOL LESSON FOR TOTS

MY YOKE

GOD IS CALLING THE HUMBLE AND MEEK TO
COME AND FOLLOW HIM;
"REPENT", LEARN OF MY WAYS; "COME OUT"
FROM A LIFESTYLE "HEAVY LADEN" WITH
SIN".

"HURRY; COME UNTO ME, AND TO YOU, "REST"
I WILL GIVE;
WITH HAPPINESS AND LAUGHTER YOUR LIFE
WILL BE FILLED AND IN PEACE YOU'LL
BEGIN TO LIVE"!

"TURN TO ME WITH ALL YOUR HEART, AWAY
FROM ALL EVIL AND LEARN OF MY LAWS
OF LOVE;
FOR I AM MEEK AND GENTLE AND MERCIFUL
SHOWING THE LOVE OF OUR FATHER
ABOVE"!

"COME; TAKE MY "YOKE", MY LAWS OF
LIBERTY;
IT'S EASY, IT'S FREE; IT'S WHERE I WANT MY
PEOPLE TO BE AND THE REWARD IS
ETERNAL LIFE WITH ME"!

By B. R. B

MY YOKE IS EASY AND MY BURDEN IS LIGHT
MATTHEW 11:30

PLEASE FIND AN APPROPRIATE PICTURE TO COLOR WHICH
COMPLEMENTS THE STORY OR MEMORY VERSE. BELOW ARE THE
MEMORY VERSES TO BE CUT OUT AND PLACED WITH THE
APPROPRIATE PICTURE FOR THE SABBATH SCHOOL NOTEBOOK.

MEMORY VERSE

Come unto me all ye that labour and are heavy laden and I will
give you rest. 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. For my yoke is
easy and by burden is light.

Matthew 11:28-30

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