



The Yoke of Jesus - Invitation For Those Struggling

The Lectio Divina Way

Lectio Divina is Latin for “divine reading” or “sacred reading”. It’s origins go back to the 6th Century Benedict of Nursia and has continued to be used as a spiritual practice. The passage is read three times with a pause in between to reflect, pray or journal. In this guide you will find **suggested** prompts to go with each pause.

A Little About the Passage

Jesus is speaking to those who have been burdened by all of the religious legalism put on them by the scribes and Pharisees. The yoke is a wooden frame used to join two animals in order to pull a heavy load. This was a metaphor used for relationships between people but also common when speaking about the law. The Pharisees interpretation of the law brought a crushing burden on the people with their intensive list of rules. Jesus’ yoke was of discipleship and brought rest through a life committed to Him, not the law.

Matthew 11:28-30

28 "Come to Me, all who are weary and burdened, and I will give you rest.

29 "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.

30 "For My yoke is comfortable, and My burden is light."

Prompts for Prayer, Journaling or Conversation

Read (lectio)

- Read scripture/passage once without stopping.
- Take notice of what stands out to you? A phrase, word, or image.
- Consider who is invited to come to Jesus in this passage.

Reflect (meditatio)

- Read the scripture/passage a second time.
- What stands out to you? A phrase, word, or image.
- Consider what Jesus is offering in this passage.

Respond (oratio)

- Read the scripture/passage a third time.
- Consider what His yoke and His character is like?

Rest (contemplatio)

- What do you feel?
- Notice the posture of your heart.
- What do you want to express to God at this moment?