

Reflection Thursday week 15 2022

The yoke we read about in the gospel was essentially a harness used by oxen and other animals to ease the work of hauling a load. It was also seen as sign of servitude and carrying the burden of a task or a mission.

In reality, therefore, a yoke is nothing more than a tool to do a job. A well-designed yoke allows the user to work at maximum capacity and efficiency. Jesus, *our Saviour has offered us His yoke*. Since Jesus knows us so well no other yoke could ever fit more perfectly?

Just as two oxen may work together in the yoke, Jesus chooses to work closely with each of us. We need to picture ourselves sharing the same yoke as Jesus, like a couple of oxen with a load to pull. We should also add to this scene God the Father as the one who unites us, as we read verse 27, that He has given Christ "all things" needed to get the job done. Jesus is right beside us in the yoke, working diligently to guide us and pull His share of the load to ensure that we finish the job. Working with Jesus is far better than working on our own!!

Those who
let Jesus' yoke
rest on them
without resistance,
will find the burden
they must bear
to be light.

In the gentle pressure
of this yoke they
will receive the
strength to walk
along the right
path without
becoming weary
sad or indifferent. **Dr Antony Theodore**