

“Take My Yoke”

Matthew 11:28-30 (NKJV) 28 Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 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. 30 For My yoke is easy and My burden is light.”

Christ’s Yoke

1

2 1. What “rest” do we receive in coming to Christ!

3 Rest From Uncertainty

4 The promise is large and far-reaching. Rest for the soul is comprehensive. It
5 implies much. It means deliverance from constant perplexing uncertainty.
6 The word rest is repeated. “I will give you rest.” In wearing Christ’s yoke
7 and learning of Him His meekness and lowliness, “ye shall find rest to your
8 souls.” Here is a giving by Christ; and on our part, an acceptance of the
9 promise, a conscious finding, a sense of relief from all perplexing doubt.
10 {Lt130-1898.6} Christ give rest to all who receive Him by faith. You are
11 not to conjure up a variety of objects that you must enter into in order to
12 find rest, assurance, confidence. Just leave that work, which none of the
13 wisest of the human family can do, and put your trust in One who has
14 promised rest to your souls. Do just what He has told you to do, and be
15 assured that God will do all that He has engaged to do. The invitation is,
16 Come unto me, and I will give you rest. Have you come to Him renouncing
17 all your makeshifts, all your unbelief, all your self-righteousness? Come
18 just as you are, weak, helpless, and ready to die. What is the “rest?” It is the
19 consciousness that God is true, that He never disappoints a soul who comes
20 unto Him. His pardon is full and free, and His acceptance of you means rest
21 to your soul, rest in His love. {Lt130-1898.8} But be sure that you act your
22 part; co-operate with the One who has promised. By some the promise is
23 grasped so eagerly that it becomes their own, and peace and joy in the Holy
24 Spirit is their experience. Others suppose that they must wait to become
25 worthy. Never, never will you become worthy, for if this were possible the
26 Prince of heaven would never have come to our world. He in this action
27 shows before all the universe of heaven that He has united humanity to
28 Himself in order that humanity may stand on vantage ground through co-
29 operating with Christ, that man may have his test, his trial. Through the
30 merits of the Son of God he becomes a partaker of the divine nature.
31 {Lt130-1898.9}

32 “Jesus has said, “Come unto me, all ye that labor and are heavy laden.”
33 This invitation is certainly for those who are burdened with unbelief;

34 and his assurance is, “Ye shall find rest unto your souls.” It is not,
35 “May be you shall find rest.” Oh, no; it is positive and certain: “Ye
36 shall find rest.” Why do we misinterpret our heavenly Father when he
37 says “Take my yoke upon you, and learn of me; for I am meek and
38 lowly in heart, and ye shall find rest unto your souls.” Take his yoke
39 upon you, and he will bear the heaviest part himself. Is he not good
40 company? do you object to association with him? He says, “I am at thy
41 right hand to help you,” “my yoke is easy, and my burden is light.” {ST
42 March 18, 1889, par. 7}

43

44 Rest From Sorrows

45 Jesus invites all the weary and heavy laden to come to him. There is no
46 one excluded from the school of Christ, no one debarred from the
47 privilege of learning the precious lessons he would teach his followers.
48 But notwithstanding the fact that Christ has promised rest to all who are
49 heavy laden, how many of us cling to our griefs, and will not part with
50 our sorrows, and refuse the comfort and hope he assures to those who
51 will come to him. The condition upon which we shall find rest to our
52 souls is in coming and in taking upon us the yoke of Christ, and in
53 learning of him who is meek and lowly of heart. He says: “Take my
54 yoke upon you, and learn of me; ... and ye shall find rest unto your
55 souls. For my yoke is easy, and my burden is light.” {ST January 19,
56 1891, par. 4}

57 Rest of Forgiveness

58 Christ is able to do all that he has promised to do for the sin-sick soul.
59 Those who have an experimental knowledge of Christ can testify to his
60 faithfulness and truth. We may have an appreciation of our sinfulness,
61 and realize that we are full of uncleanness, but as the light of heaven
62 reveals the heart’s depravity, we should not become discouraged, for
63 there is help in Jesus for the vilest sinner. The promises of God are for
64 all who will accept them, and Jesus says, Come, and I will give you
65 rest. He does not say, Come, and perhaps I will give you rest, but the
66 promise is positive, “Ye shall find rest.” As we take his yoke, and learn
67 of him, we find sweet solace in his promises, and our hope of eternal
68 life grows stronger and brighter. {ST January 19, 1891, par. 7}

69

70 1. What is a cause of our perplexities?

71 Matthew 11:29 “Take My yoke upon you....”

72 The reason why so many are in perplexity is because they take their cases
73 into their own hands, and manufacture yokes that are not pleasant for them
74 to wear. They worry and plan and devise, when Christ stands inviting,

75 "Take my yoke." {GH, April 23, 1902 par. 1} If you have not found the
76 rest that Christ has offered to give you upon condition that you learn of him
77 who is meek and lowly of heart, would you not better without delay yoke
78 up with Christ, bear only his burdens, and not pile upon your shoulders
79 burdens that weigh you down to the earth? ... Christ says, Try my yoke, it is
80 easy; lift my burdens, for they are light. {GH, April 23, 1902 par. 2}

81 Does He not tell us the truth when He says, "My yoke is easy"? If we
82 manufacture yokes for ourselves, as many are doing, we shall find them
83 extremely galling; but if we take the yoke that Christ has prepared for us,
84 and become meek and lowly in heart, self will be hid with Christ in God.
85 This is the correct position for us to occupy. {2SAT 275.1}¹

86 We often think we are having a hard time in bearing burdens, and it is too
87 often the case, because God has not made any provision for us to carry
88 these burdens; but when we bear His yoke and carry His burdens, we can
89 testify that the yoke of Christ is easy and His burdens are light, because He
90 has made provision for these. {5BC 1091.2}

91 Men frame for their own necks yokes that seem light and pleasant to wear,
92 but they prove galling in the extreme. Christ sees this, and he says, Take my
93 yoke upon you. The yoke you would place upon your own neck, thinking it
94 a precise fit, will not fit at all. {RH October 23, 1900, par. 5 }

95 If you are bearing a yoke of your own manufacture, just lay it aside, and
96 take the yoke of Christ, and nothing will disturb your peace, for you will
97 have the peace of Christ that passeth all understanding. {ST May 20, 1889,
98 par. 4}

99 When you have a yoke that is galling to the neck, you may know it is not
100 Christ's yoke; for He says His yoke is easy. {5BC 1091.3}

101 2. What are examples of galling yokes?

102 Selfishness

103 True happiness is to be found, not in self-indulgence and self-pleasing, but
104 in learning of Christ, taking His yoke, and bearing His burden. Those who
105 trust to their own wisdom and follow their own ways, go complaining at
106 every step, because the burden which selfishness binds upon them is so
107 heavy and its yoke so galling. They might change all this if they would but
108 come to Jesus and by His grace put off the yoke that links them to Satan, . .
109 . take the burden which Christ gives them, and let His yoke bind them to
110 Him in willing, happy service. {TMK 121.3}

111 Worldly Perplexities and Customs

112 Instead of taking the yoke of Christ, how many bind upon their souls a

1. Unless indicated otherwise, Scriptures come from the King James Bible. All the other quotations come from the writings of Mrs. Ellen G. White.

113 galling yoke, a grievous burden. Many wear a load of care, worldly
114 perplexities are accepted, worldly customs are followed, worldly fashions
115 practiced, and their character is marred, their life made a weariness. Jesus
116 would have them lay aside this yoke of bondage, and take upon them his
117 yoke of love, that they may learn to be meek and lowly in heart. The
118 weakest soul, wearing Christ's yoke, bearing his burden, may become
119 strong in his grace, and he will find the yoke easy, the burden light. {ST
120 January 19, 1891, par. 5}

121 Worldly Treasures

122 Oh, how many galling yokes, how many unnecessary burdens, are borne
123 because men will grasp this world and this world's treasures, because they
124 choose things that are of no importance, while things of eternal importance
125 are considered of little or no value! {ST July 28, 1887, par. 6}

126 Fashion

127 Jesus invites the restless, the murmuring, the oppressed and sorrowing, to
128 come to him. He even invites this class of fashionable martyrs, who are
129 heavily laden under their self-imposed burdens, to come to him, that they
130 may find rest. He invites them to take his yoke upon them, which imposes
131 no such sufferings as they subject themselves to endure in being the slaves
132 of fashion. {HR December 1, 1871 Par. 9}

133 2. Is Christ's "Yoke" a blessing?

134 John 8:36 "36 If the Son therefore shall make you free, ye shall be free
135 indeed."

136 1 John 5:3 "For this is the love of God, that we keep his commandments:
137 and his commandments are not grievous."

138 This yoke, [which] you are afraid [to] put upon your neck because you fear
139 it will gall, Jesus says is easy. The burden you dare not touch—it is light.
140 All that is required on your part is to resolutely lay hold upon it, and you
141 will find it a support rather than a grievous burden. That cross which seems
142 to you so inconvenient an instrument to lift, which seems too heavy to be
143 raised, when you cheerfully lay hold upon it and lift it, it will lift you and be
144 a support and strength to you.... {UL 376.4}

145 3. What Is Christ's Yoke?

146 A Yoke of Obedience—Constant Submission To His Father

147 John 4:34 "Jesus said to them, "My food is to do the will of Him who sent
148 Me, and to finish His work."

149 John 6:38 "For I have come down from heaven, not to do My own will, but
150 the will of Him who sent Me."

151 Rom. 12:1 I beseech you therefore, brethren, by the mercies of God, that ye
152 present your bodies a living sacrifice, holy, acceptable unto God, which is

153 your reasonable service. 2 And be not conformed to this world: but be ye
154 transformed by the renewing of your mind, that ye may prove what is that
155 good, and acceptable, and perfect, will of God.

156 Christ's yoke is a yoke of submission and obedience. {Lt 64, 1900, par. 3}

157 What is "My yoke"? It is perfect submission to God. {1SAT 152.3}

158 The yoke and the cross are symbols representing the same thing,—the
159 giving up of the will to God. — {RH October 23, 1900. par. 3}

160 "Take My yoke upon you," Christ said, as in human nature He lived and
161 worked upon this earth. Constantly He wore the yoke of submission,
162 meeting the difficulties that human beings must meet, bearing the trials that
163 they must bear. {Ms 88, 1903, par. 7}

164 When you give up your own will, your own wisdom, and learn of Christ as
165 He has invited you, then you shall find entrance to the kingdom of God.
166 Entire, unreserved surrender He requires. Give up your life for Him to
167 order, mold, and fashion; take upon your neck His yoke; submit to be led
168 and taught as well as to lead and teach. Learn that unless you become as a
169 little child you will never enter the kingdom of heaven. Abide in Him, to be
170 and do only what He wills. These are the conditions of discipleship.
171 {Lt130-1898.18}

172 Holiness is not rapture: it is an entire surrender of the will to God; it is
173 living by every word that proceeds from the mouth of God; it is doing the
174 will of our heavenly Father; it is trusting God in trial, in darkness as well as
175 in the light; it is walking by faith and not by sight; it is relying on God with
176 unquestioning confidence, and resting in His love. — {AA 51.2}

177 "Learn of Me; for I am meek and lowly in heart: and ye shall find rest unto
178 your souls." (Matthew 11:29). This rest is not found in inattention and
179 idleness, but in yielding the will to the will of Jesus; for, says Christ, "My
180 yoke is easy, and My burden is light" (Matthew 11:30.) Therefore your will
181 must become God's will. ... When you love to do the requirements of God,
182 there is sweet enjoyment, not in idleness, but enjoyment identified with, and
183 realized through, the exercise of all your powers on the Lord's side. —
184 {3MR 213.1}

185 Shall we obtain strength from God, and win victory after victory, or shall
186 we try in our own strength, and at last fall back defeated, worn out by vain
187 efforts? Let us, by unreserved surrender to God, obtain the power that
188 everyone must have who conquers in the battle against evil.—Manuscript 2,
189 1903.

190 God will accept nothing less than unreserved surrender. Half-hearted, sinful
191 Christians can never enter heaven. There they would find no happiness, for
192 they know nothing of the high, holy principles that govern the members of
193 the royal family. —The Review and Herald, May 16, 1907. — {LDE 191.5}

194 To respond to [Christ's] invitation, we must let go all self-importance, all

195 feeling of superiority, and bow in submission to the will of God. {UL
196 271.3}

197 It Is Also A Yoke of Service —Finishing The Father's Work

198 Matt. 20:26-28 "Yet it shall not be so among you; but whoever desires to
199 become great among you, let him be your servant. 27 And whoever desires
200 to be first among you, let him be your slave— 28 just as the Son of Man did
201 not come to be served, but to serve, and to give His life a ransom for
202 many."

203 The yoke of service Christ Himself has borne in humanity. He said, "I
204 delight to do Thy will, O My God: yea, Thy law is within My heart." Psalm
205 40:8. "I came down from heaven, not to do Mine own will, but the will of
206 Him that sent Me." John 6:38. Love for God, zeal for His glory, and love
207 for fallen humanity, brought Jesus to earth to suffer and to die. This was the
208 controlling power of His life. This principle He bids us adopt. {DA 329.2,
209 .3, 330}

210 If with gladsome consent of heart to His gracious call you come wearing
211 the yoke of Christ,—the yoke of obedience and service,—all your
212 murmurings will be stilled, all your difficulties will be removed, all the
213 perplexing problems that now confront you will be solved. {MB 101.3}

214 The yoke is an instrument of service. Cattle are yoked for labor, and the
215 yoke is essential that they may labor effectually. By this illustration Christ
216 teaches us that we are called to service as long as life shall last. We are to
217 take upon us His yoke, that we may be co-laborers with Him. — {ST June
218 29, 1904 Par. 3}

219 He would have them lay aside the heavy burdens of worldly care and
220 perplexity, and take His yoke, which is self-denial and sacrifice for others.
221 This burden will prove to be light. — {1TT 363.1}

222 The Master, Jesus Christ, has placed His yoke upon the neck of every
223 disciple. The life service is pledged to Him in accepting His yoke. Anything
224 that will mar or hinder his perfect service to God is to be broken off,
225 whatever its nature or character may be. {HP 201.4}

226 It is in doing Christ's work that the church has the promise of His presence.
227 Go teach all nations, He said; "and, lo, I am with you alway, even unto the
228 end of the world." To take His yoke is one of the first conditions of
229 receiving His power. The very life of the church depends upon her
230 faithfulness in fulfilling the Lord's commission. To neglect this work is
231 surely to invite spiritual feebleness and decay. Where there is no active
232 labor for others, love wanes, and faith grows dim. — {DA 825.2}

233 The yoke that binds to service is the law of God. The great law of love
234 revealed in Eden, proclaimed upon Sinai, and in the new covenant written
235 in the heart, is that which binds the human worker to the will of God. If we
236 were left to follow our own inclinations, to go just where our will would

237 lead us, we should fall into Satan's ranks and become possessors of his
238 attributes. Therefore God confines us to His will, which is high, and noble,
239 and elevating. He desires that we shall patiently and wisely take up the
240 duties of service. {DA 329.3}

241 He says to us: "Peace I leave with you, my peace I give unto you." "Take
242 my yoke upon you, and learn of me; for I am meek and lowly in heart, and
243 ye shall find rest." Bear with Me the yoke of service for the glory of God
244 and the uplifting of humanity, and you will find the yoke easy, and the
245 burden light. . . . {SD 104.2}

246 4. How is Christ's Yoke to be worn?

247 In Meekness and lowliness

248 Isaiah 57:15 "For thus saith the high and lofty One that inhabiteth eternity,
249 whose name is Holy; I dwell in the high and holy place, with him also that
250 is of a contrite and humble spirit, to revive the spirit of the humble, and to
251 revive the heart of the contrite ones."

252 Ps. 25:9 "The meek will he guide in judgment: and the meek will he teach
253 his way."

254 Ps. 18:35 "Thy gentleness hath made me great."

255 Ps. 37:11 "But the meek shall inherit the earth, and shall delight themselves
256 in the abundance of peace."

257 Ps. 149:4 "For the Lord taketh pleasure in his people: he will beautify the
258 meek with salvation."

259 Micah 6:8 "He has shown you, O man, what is good; And what does the
260 Lord require of you But to do justly, To love mercy, And to walk humbly
261 with your God."

262 Matt. 5:5 "Blessed are the meek, for they shall inherit the earth."

263 Eph. 4:2 "... with all lowliness and gentleness, with longsuffering, bearing
264 with one another in love, ..."

265 Philippians 2:3-4 (NKJV) 3 "Let nothing be done through selfish ambition
266 or conceit, but in lowliness of mind let each esteem others better than
267 himself. 4 Let each of you look out not only for his own interests, but also
268 for the interests of others."

269 Philippians 2:5-11 (NKJV) 5 "Let this mind be in you which was also in
270 Christ Jesus, 6 who, being in the form of God, did not consider it robbery to
271 be equal with God, 7 but made Himself of no reputation, taking the form of
272 a bondservant, and coming in the likeness of men. 8 And being found in
273 appearance as a man, He humbled Himself and became obedient to the
274 point of death, even the death of the cross. 9 Therefore God also has highly
275 exalted Him and given Him the name which is above every name, 10 that at
276 the name of Jesus every knee should bow, of those in heaven, and of those

277 on earth, and of those under the earth, 11 and that every tongue should
278 confess that Jesus Christ is Lord, to the glory of God the Father.”

279 1 Peter 3:4 “But let it be the hidden man of the heart, in that which is not
280 corruptible, even the ornament of a meek and quiet spirit, which is in the
281 sight of God of great price.”

282 We are to take his yoke of submission, restraint, and obedience, in
283 meekness and lowliness of heart. {GH, December 1, 1899 par. 6}

284 In our separation from God, in our pride and darkness, we are constantly
285 seeking to elevate ourselves, and we forget that lowliness of mind is power.
286 Our Saviour’s power was not in a strong array of sharp words that would
287 pierce through the very soul; it was His gentleness and His plain,
288 unassuming manners that made Him a conqueror of hearts. Pride and self-
289 importance, when compared with lowliness and humility, are indeed
290 weakness. {3T 477.1}

291 The meekness and lowliness of Christ is the Christian’s power. It is indeed
292 more precious than all things which genius can create or wealth can buy. –
293 {CH 403.1}

294 All the real power that man has comes through the meekness and lowliness
295 that he has learned from Christ. {Lt197-1902, par. 12}

296 Here is revealed the secret of the Christian’s rest. It is found only in Christ.
297 If we possess his meekness of spirit, we shall find peace and joy in him.
298 {ST December 17, 1885 Par. 2}

299 A connection with Christ in God will establish principles in youthful
300 disciples, and in those who claim a longer experience, that will enable them
301 to reveal that they have walked with Christ to some purpose. They have
302 loved His ways, and learned His meekness and lowliness, and have
303 cultivated purity of speech. The soul-temple has been cleansed, and they
304 can speak good, wholesome words to the young. The love of God is the
305 crowing glory of their characters. {Lt 96, 1898, par. 26}

306 What a diligent, constant work is the work of the true Christian. Ever he
307 wears the yoke of Christ. Evil surmisings are not allowed to take root in his
308 heart. He has genuine modesty, and does not talk of his qualifications and
309 accomplishments. Self-admiration is not a part of his experience. {RH
310 October 23, 1900, par. 13 }

311 True humility is evidence that we behold God, and that we are in union
312 with Jesus Christ. Unless we are meek and lowly, we cannot claim that we
313 have any true conception of the character of God. Men may think that they
314 are serving God faithfully; their talents, learning, eloquence, or zeal may
315 dazzle the eye, delight the fancy, and awaken the admiration of those who
316 cannot see beneath the surface; but unless these qualifications are humbly
317 consecrated to God, unless those to whom these gifts are entrusted seek that
318 grace which alone can make their work acceptable, they are regarded by

319 God as unprofitable servants. – {RH May 11, 1897 Par. 12}

320 Meekness and lowliness of heart serve as a shield, and break the fierce darts
321 of the enemy. The meek often have a thorny path to travel; for meekness is
322 often set down as weakness or insensibility, while those who lose self-
323 control conclude that their pride is sensitiveness. But Jesus is our pattern,
324 and it is from him that we receive strength and grace to walk in humility
325 and contrition before God. But whatever may be our trials, God understands
326 them, and invites us to share the blessing that he has pronounced upon the
327 meek and lowly in heart. – {ST August 22, 1895 Par. 6}

328 All who would work for the Master must submit to the yoke of Christ. This
329 submission involves self-sacrifice and entire consecration of body, soul, and
330 spirit. As they learn of Christ, His meekness and lowliness, they will find
331 that His yoke is easy and His burden is light. They will not become weary
332 in His service. . . . {CTr 360.2}

333 You may be tall and well-proportioned in self, but you cannot enter here.
334 None can enter who are grown-up children, carrying with them the
335 disposition, the habits, and the characteristics which pertain to children. If
336 you have nurtured suspicions, criticism, temper, self-dignity, you cannot be
337 admitted; for you would spoil the feast. ... Those who educate themselves to
338 pick flaws in the characters of others, reveal a deformity that makes
339 families unhappy, that turns souls from the truth to choose fables. Your
340 leaven of distrust, your want of confidence, your power of accusing, closes
341 against you the door of admittance. Within this door nothing can enter that
342 could possibly mar the happiness of the dwellers by marring their perfect
343 trust in one another. ... When you give up your own will, your own wisdom,
344 and learn of Christ, you will find admittance into the kingdom of God. He
345 requires entire, unreserved surrender. Give up your life for Him to order,
346 mold, and fashion. Take upon your neck His yoke. Submit to be led and
347 taught by Him. – {1SM 110.2}

348 He says, “Make straight paths for your feet.” What must we do to make
349 straight paths for our feet? We must speak no unkind word, either at home
350 or abroad; we must be gentle and considerate toward all. We cannot be
351 fretful and impatient, and still be Christians; for a fretful, impatient spirit is
352 not the Spirit of Christ. With such a spirit, you are making crooked paths,
353 and some one else will follow you; and so you are not only making crooked
354 paths for your own feet, but for the feet of others. {RH August 14, 1888
355 Par. 6}

356 Many who profess to be disciples of Christ know not the path in which He
357 traveled. They have lost sight of Him who said, “He that will come after
358 Me, let him deny himself, and take up his cross, and follow Me.” [Mark
359 8:34.] Men are not called by God to care for the spiritual health of His
360 church until they have put on the yoke of Christ and learned His meekness
361 and lowliness of heart. It is by wearing His yoke that men will be fitted for

362 great and noble deeds. It is through the influence of the Holy Spirit, and by
363 looking unto Jesus, who gave His life that we might be fashioned after
364 God's own image, that we shall be changed into His likeness. {Ms89-
365 1906.13}

366 If a brother does you a wrong, you are not to retaliate by doing him a
367 wrong. If you have done him a wrong, you must go to him, and ask him to
368 forgive you. You must not let an injury to your brother remain unrepented
369 of, and unforgiven, for even one night. You must say, "I will get this out of
370 the way. I will have harmony between my soul and my brother's." In
371 pursuing this course, you are giving others an example. {RH August 14,
372 1888 Par. 7}

373 If meekness and love are not a part of our character, we are not the disciples
374 of the Lord Jesus Christ, and our whole experience is feeble and uncertain.
375 – {ST August 22, 1895 Par. 2}

376 Meekness and humility will characterize all who are obedient to the law of
377 God, all who will wear the yoke of Christ with submission. And these
378 graces will bring the desirable result of peace in the service of Christ. In
379 learning Christ's meekness and lowliness, we shall submit the entire being
380 to his control. Then the transforming grace of Christ will work upon heart
381 and character, making human beings, fallen in sin, complete in him. {ST,
382 July 22, 1897 par. 3}

383 In the heavenly courts there will be no song sung, "To me that loved
384 myself, and washed myself, redeemed myself, unto me be glory and honor,
385 blessing and praise." But this is the keynote of the song that is sung by
386 many here in this world. They do not know what it means to be meek and
387 lowly in heart, and they do not mean to know this if they can avoid it. The
388 whole gospel is comprised in learning of Christ His meekness and
389 lowliness. – {20MR 117.2}]

390 "Come," He says, "learn of Me. Don't you make My way hard; don't make
391 My cross so burdensome that it is impossible to carry it; no," He says,
392 "come yoke up with Me; exchange the yoke that you made for your own
393 neck; yoke up with Me. My yoke is easy; My burden is light." [Matthew
394 11:28-30.] The meekness and lowliness of Christ make His yoke easy.
395 {Ms50-1894.}

396 5. What is meekness on a practical basis?

397 Meekness is a precious grace, willing to suffer silently, willing to endure
398 trials. Meekness is patient and labors to be happy under all circumstances.
399 Meekness is always thankful and makes its own songs of happiness, making
400 melody in the heart to God. Meekness will suffer disappointment and
401 wrong, and will not retaliate. {3T 335.1}

402 In the world the Christian will be slighted and dishonored, and will consent
403 to be least of all and servant of all. He will submit to be injured, to be

404 despitefully used and persecuted, but wearing the yoke of Christ he will
405 find rest unto his soul, and the yoke will not be galling. {ST August 22,
406 1895 Par. 5}

407 To bear insult, reproach, and abuse without retaliating and without arraying
408 themselves in opposition to those who would injure them, is the lesson he
409 would teach them. He would have them lay off the yoke of pride, so galling
410 to the neck, and take his yoke, which is easy, for it is the meekness and
411 gentleness of Christ. – {RH September 8, 1885 Par. 8}

412 His heart of sympathizing love longs to quiet restless, oppressed, and
413 suffering minds that can find peace only in learning the lessons of his
414 meekness and lowliness. Their fluctuating, changeful, mournful experience
415 is anything but rest. It is labor, pain, and sorrow. To bear insult, reproach,
416 and abuse without retaliating and without arraying themselves in opposition
417 to those who would injure them, is the lesson he would teach them. {RH
418 September 8 1885 Par 8}

419 We should not allow our feelings to be easily wounded. We are to live, not
420 to guard our feelings or our reputation, but to save souls. As we become
421 interested in the salvation of souls we cease to mind the little differences
422 that so often arise in our association with one another. Whatever others may
423 think of us or do to us, it need not disturb our oneness with Christ, the
424 fellowship of the Spirit. {MH 485.2}

425 Revengeful thoughts and words are contrary to the spirit of the meek and
426 lowly Jesus. It is not always easy to bring our feelings under control. The
427 human heart needs to be guarded continually, that we may not cherish a
428 spirit unlike that of our divine Lord. It will be impossible for us to bear
429 insult and harshness with loving forbearance and patience unless we drink
430 of the spirit of Him “who, when he was reviled, reviled not again.” It is
431 natural for us to think when we are falsely accused that we must retaliate
432 and show our contempt of the traducers, but this is foreign to the meekness
433 of our Redeemer. We must not allow one revengeful thought to arise.
434 Sorrow and indignation may fill our hearts for a season, because souls are
435 deceived and misled by these falsehoods; but it will not help matters to
436 cherish unholy anger, and it will not be cherished where the forgiving love
437 of Christ has imbued the soul. {ST January 13, 1888, par. 9}

438 Meekness is not a species of cowardice. It is the spirit which Christ
439 manifested when suffering injury, when enduring insult and abuse. To be
440 meek is not to surrender our rights; but it is the preservation of self-control
441 under provocation.... Meekness will not allow passion to take the lines. –
442 {ST August 22, 1895 Par. 3}

443 This lesson of our Saviour’s is for you and for me. No resentment must
444 come into our hearts. When reviled, we must not revile again. ... The great
445 difficulty is, there is so little meekness and lowliness that the yoke galls and
446 the burden is heavy. When we possess true meekness and lowliness we are

447 so lost in Christ that we do not take neglect or slights to heart; we are deaf
448 to reproach and blind to scorn and insult. {2T 566.2}

449 6. How do we learn meekness?

450 We must learn His meekness and lowliness before we realize the fulfillment
451 of the promise, “Ye shall find rest unto your souls.” [Matthew 11:29.] It is
452 by learning the habits of Christ, His meekness, His lowliness, that self
453 becomes transformed—by taking Christ’s yoke upon you and then
454 submitting to learn. There is no one who has not much to learn. All must
455 come under training by Jesus Christ. When they fall upon Christ, their own
456 hereditary and cultivated traits of character are taken away as hindrances to
457 their being partakers of the divine nature. When self dies, then Christ lives
458 in the human agent. He abides in Christ, and Christ lives in him. {Lt130-
459 1898.12} Christ desires all to become His students. He says, Yield
460 yourselves to My training; submit your souls unto Me. I will not extinguish
461 you, but will work out for you such a character that you shall be
462 transformed from the lower school to the higher grade. Submit all things to
463 Me. Let My life, My patience, My longsuffering, My forbearance, My
464 meekness, My lowliness, be worked out in your character, as one that
465 abides in Me and I in him. Then you have the power. Not only, “I will
466 give,” but, “You shall find rest to your souls.” [Verses 28, 29.] {Lt130-
467 1898.13}

468 How can we learn the lessons he would teach us?—We can learn them by
469 looking constantly unto Jesus, the Author and Finisher of our faith. As we
470 study the Example, as we behold the character of Christ, note his life of
471 humility, patience, self-denial, and love, we become changed. If we do not
472 keep the Pattern before us, we shall make a failure of the Christian life; we
473 shall make crooked paths for our feet, and others will follow in our steps,
474 and many be turned out of the right path. {ST January 26, 1891, par. 1}

475 Meekness is a precious, Christian attribute. The meekness and lowliness of
476 Christ are only learned by wearing Christ’s yoke. {HP 236.2}

477 A knowledge of the attributes of the character of Christ Jesus cannot be
478 obtained by means of the highest education in the most scientific schools.
479 This wisdom is learned from the great Teacher alone. The lessons of
480 Christlike meekness, lowliness of heart, reverence for sacred things, are
481 taught nowhere effectively except in the school of Christ. {Lt 47, 1895, par.
482 26}

483 Jesus was meek and lowly of heart, and we must earnestly strive to be like
484 him. If we are indeed learning of him who is meek and lowly of heart, we
485 shall be afflicted. Trials will come upon us, but day by day we must come
486 to Christ and find rest, for he will lift the soul above the daily sorrow and
487 perplexity into a realm of peace. We must remember that Jesus endured
488 insult and mockery and false accusation. He has told us that we must learn
489 to endure suffering, as he has endured it in our behalf. When we have his

490 Spirit, we shall bring our trials to him and find rest unto our souls. Those
491 who are seeking peace and rest will find it alone in Jesus. We are to come
492 to him trusting implicitly that he will give us all that he has promised. The
493 experience I have had for the past forty years proves to me that the
494 promises of God are unfailing. {ST January 26, 1891, par. 3}

495 7. Does Christ expect us to manifest His meekness?

496 Jesus expects that his gentleness and condescension will be reproduced in
497 those whom he blesses. Jesus came to our world, and chose the lowliest life,
498 took the humblest position, leaving us an example that we should follow in
499 his steps. The Majesty of heaven was meek and lowly in heart, and he
500 expects all his followers to catch his spirit of meekness and lowliness....
501 {ST August 22, 1895 Par. 1}

502 If meekness and love are not a part of our character, we are not the disciples
503 of the Lord Jesus Christ, and our whole experience is feeble and uncertain.
504 {ST August 22, 1895, par. 2}

505 8. Is Christ's "Yoke" easy and His burden light?

506 It was the spirit of uncomplaining submission in which our Saviour did His
507 duty that made His yoke easy and His burden light. He conformed to the
508 law of obedience and service, and the same principle that made Him so
509 useful everywhere, He requires His followers to obey. In this way every
510 man must be educated before he can love God supremely and his neighbor
511 as himself. {ST, June 16, 1898 par. 9}

512 When you find your work hard, when you complain of difficulties and
513 trials, when you say that you have no strength to withstand temptation, that
514 you cannot overcome impatience, and that the Christian life is uphill work,
515 be sure that you are not bearing the yoke of Christ; you are bearing the yoke
516 of another master. {CG 267.3}

517 When they submit to His yoke, when they give up the struggle that has been
518 unprofitable for themselves and for the cause of God, they will find peace
519 and rest. When they become sensible of their own weakness, their own
520 deficiencies, they will delight to do God's will. {SD 69.3}

521 Submit your neck to the yoke which Christ imposes and you will find in
522 this submission the very happiness that you have tried to gain to yourself in
523 your own way by following your own course. {3T 335.2, 336.1}

524 "Come unto Me, all ye that labor and are heavy-laden, and I will give you
525 rest." This is a prescription for the healing of all mental and physical and
526 spiritual ills. It is Christ's gift to those who seek Him in sincerity and in
527 truth. He is the Mighty Healer. Then comes another invitation: "Take My
528 yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye
529 shall find rest unto your souls. For My yoke is easy, and My burden is
530 light." Matthew 11:28-30. Wearing Christ's yoke and learning of Him the

531 lesson of meekness and lowliness, we find rest in faith, and confidence and
532 trust. We find that Christ's yoke is easy and His burden light. {9T 124.2}

533 9. How do we wear Christ's Yoke?

534 Take hold of the arm of God, and say, "I am nothing, and Thou art
535 everything. Thou hast said, 'Without me ye can do nothing.' Now, Lord, I
536 must have Thee abiding in me, that I may abide in Thee." Then advance
537 step by step, by living faith abiding in Jesus Christ. This is wearing His
538 yoke, the yoke of obedience (MS 85, 1901). {5BC 1092.1}

539 The abiding presence of meekness is an unmistakable evidence that we are
540 branches of the True Vine, and are bearing much fruit. Meekness is not a
541 species of cowardice. It is the spirit which Christ manifested when suffering
542 injury, when enduring insult and abuse. To be meek is not to surrender our
543 rights; but it is the preservation of self-control under provocation....
544 Meekness will not allow passion to take the lines. – {ST August 22, 1895
545 Par. 3}

546 Lowliness of heart, that meekness which is the fruit of abiding in Christ, is
547 the true secret of blessing. ... It was through the desire for self-exaltation
548 that sin entered into the world, and our first parents lost the dominion over
549 this fair earth, their kingdom. It is through self-abnegation that Christ
550 redeems that which was lost. And He says we are to overcome as He did.
551 Through humility and self-surrender we may become heirs with Him, when
552 the "meek shall inherit the earth." [49] – {SD 303.5}

553 The world would gladly forget eternity, but it can not wholly succeed in
554 doing this while there are men and women who cheerfully and gladly wear
555 Christ's yoke and bear His burden, singing as they carry them in His
556 strength. Linked up with Christ, they are channels of light. Full of
557 earnestness, love, and true Christlike sympathy, they reveal Christ to the
558 world. Christ fills them with His Spirit; and they are indeed living stones,
559 emitting the light of the Sun of Righteousness. – {ST April 28, 1898 Par.
560 11}

561 Satan has arranged matters to suit himself. He has declared the religious life
562 to be a life of exaction, of galling sacrifice. Shall we not strive to counteract
563 this by revealing Christ as He is,—a compassionate Redeemer, who is
564 constantly saying, "Come unto Me, all ye that labor and are heavy-laden,
565 and I will give you rest"? Show the world that you keep the commandments
566 of God because it is for your happiness to do so, even in this life. The
567 reward of obedience is indeed pledged, in this life and the next. "Blessed
568 are they that do His commandments, that they may have right to the tree of
569 life, and may enter in through the gates into the city." – {ST April 28, 1898
570 Par. 24}

571 Invite others to take on Christ's yoke.

572 We cannot be connected intimately with the things of the world without

573 catching the spirit of worldlings who have no respect for Christ or for
574 heaven. We do not say, Separate yourselves from worldly men and women
575 so completely that you will exert no influence over them. No; but as you
576 associate with them, hold firmly to Christ, and speak of Him often.
577 Introduce Christ to your friends. Tell them that you desire to introduce to
578 them the One who is the Prince of Life, the Lord of glory, and that you
579 would be glad to have them become acquainted with Him. Let them know
580 of His invitation to all those who are in perplexity and sorrow. He says,
581 “Come unto Me, all ye that labor and are heavy laden, and I will give you
582 rest.” [Matthew 11:28.] There are no “ifs” or “ands” about this promise.
583 Rest is assured to all who come. “Take My yoke upon you”—not a binding,
584 galling yoke, but one that will give rest in spirit. “Take My yoke upon you,
585 and learn of Me; for I am meek and lowly in heart; and ye shall find rest
586 unto your souls.” [Verse 29.] In the very act of taking this yoke—the yoke
587 of obedience—comes the rest—the rest that we shall find in our experience.
588 Then we shall realize more fully the truthfulness of the words that follow
589 this invitation: “For My yoke is easy, and My burden is light.” [Verse 30.]
590 {Ms 80, 1903, par. 18} As soon as we submit our will to God’s will, our
591 hearts are filled with the fulness of His love. How I long to have men and
592 women understand this! How I long to hold up the One altogether lovely,
593 the Chiefest among ten thousand! How I long to present Him in His
594 greatness and goodness, and then to show what He has endured for us! He
595 was “wounded for our transgressions, He was bruised for our iniquities: the
596 chastisement of our peace was upon Him; and with His stripes we are
597 healed”—healed of our sins. [Isaiah 53:5.] {Ms 80, 1903, par. 19}

598 10. What blessings come from wearing Christ’s Yoke In Meekness?

599 The blessings connected with Christ’s invitation can be realized and
600 enjoyed by those only who wear Christ’s yoke. Accepting this invitation,
601 you withdraw your sympathy, your affections, from the world, and place
602 them where you can enjoy the blessing of close fellowship and communion
603 with God. By coming to Christ, you bind up your interests with his. – {RH
604 October 23, 1900 Par. 10}

605 To all who reveal his meekness and lowliness, living lives of self-denial
606 and self-sacrifice, submitting themselves in humble obedience to his will,
607 he will manifest the glory of God. – {RH May 11, 1897 Par. 10}

608 Every one who takes upon him the yoke of Christ, with full determination
609 to obey the word of God, will have a healthy, symmetrical experience. He
610 will enjoy the blessings that come to him as a result of the hiding of his life
611 with Christ in God. {HP 185.2} He invites us, Come unto Me. Take My
612 yoke upon you. I require you to do nothing that I have not done before you.
613 All I ask you to do is to follow My example. Walk in the path I have
614 marked out. Place your feet in My footsteps. {HP 53.5}

615 In earnest, determined exercise as faithful soldiers, obeying the orders of

616 the Captain of our salvation, there is genuine enjoyment such as can be
617 obtained in no other employment. The peace of Christ will be in the heart of
618 the faithful soldier. There is rest for the soul in wearing Christ's yoke, in
619 lifting Christ's burdens. It seems a contradiction to say that there is no rest
620 for the soul except that which is found in continuous and devoted service.
621 But this is true. Happiness comes in willing, obedient service, where all the
622 powers of our being are moving in happy, healthy, harmonious action in
623 obeying our Captain's orders. The more responsible the task assigned to
624 Christ's soldiers, the more the soul exults in the Saviour's love and
625 approval. The soul realizes a freedom in the performance of the weightiest
626 and most taxing duties. – {YI December 22, 1886 Par. 5}

627 The moment the yoke is adjusted to your neck, that moment it is found
628 easy; and the heaviest labor in all spiritual lines can be performed, the
629 heaviest burdens can be borne, because the Lord gives the strength and the
630 power, and He gives gladness in doing the work. {Lt130-1898.19}

631 He who bears the yoke of Christ no longer follows his own way or does his
632 own pleasure. In times of difficulty he looks to his Master to direct his
633 course, and follows not the way of his own choosing. The more trying the
634 circumstances under which he is placed, the more closely he presses to the
635 side of Jesus. He finds that the heaviest labor can be performed, the
636 heaviest burdens borne, because the Lord gives strength, and He gives
637 gladness in doing the work. – {ST June 29, 1904 Par. 9}

638 The Lord is willing to do great things for those who have His mind and bear
639 His credentials. But man cannot meet the high purposes of God unless he
640 sinks self in Christ, and becomes a partaker of the divine nature, having
641 escaped the corruption that is in the world through lust. God is willing to
642 help every soul who will yoke up with Christ and learn His meekness and
643 lowliness of heart. When men learn of Christ, they will have the gentleness
644 of Christ, and Christ will not be ashamed to call them His brethren. He will
645 give them the richest experience, and bring them up to His lofty ideal.
646 {Ms115-1899.17}

647 Genuine Christians are the only really happy people in the world, and it is
648 because they have a living faith in a living Saviour. They have the
649 assurance that Jesus is by their side ready to help them in every time of
650 need, and they know that he will never leave them nor forsake them while
651 they trust in him. {ST January 26, 1891, par. 4}

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