

**My Yoke is Easy**  
**Outline – Mike Baird**

My yoke is easy, and my burden is light..... 1  
Thoughts as to what these versus really mean ..... 1  
    Lift burden of sin ..... 1  
    "He doth immediately bless you" ..... 1  
    "Swallowed up in Joy" ..... 2  
    "That he may know how to succor his people" ..... 2  
    Service gives us rest and peace ..... 2

**My yoke is easy, and my burden is light**

- Matt 11:28-30  
    "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 my burden is light."

**Thoughts as to what these versus really mean**

<<<Add thought about being yoked to Christ>>>

***Lift burden of sin***

When we are "heavy laden" with sin, when we "come unto [him]" and give up the burden of our sins:

- No more weighed down – we find "rest unto [our] souls"

***"He doth immediately bless you"***

Mosiah 2:24

"he doth require that ye should do as he hath commanded you;"

- To take upon us the yoke of Christ we must submit to his will and keep the commandments

"for which if ye do, he doth immediately bless you;"

- The Lord in turn "doth immediately bless [us]" - making that yoke light indeed

## **"Swallowed up in Joy"**

- Alma 31:38 (Alma, Sons of Mosiah, Zeezrom, Amulek, Alma's sons)  
"And the Lord provided for them that they should hunger not, neither should they thirst; yea, and he also gave them strength, that they should suffer no manner of afflictions, *save it were swallowed up in the joy of Christ.*"
  - The refining heat may come but our pain may be "swallowed up in the joy of Christ" making the burden light that we may endure it well
  - rest - D&C 19:23

## **"That he may know how to succor his people"**

- Alma 7:11-12 (Alma the Younger)  
"he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that *he may know according to the flesh how to succor his people* according to their infirmities."
  - succor: go to the aid of; relieve
  - Atonement allows us to give away the pain – receive succor
  - He understands
    - When we have someone who understands us it lightens our minds
  - He has been there
    - We have a companion in our trials and burdens

## **Service gives us rest and peace**

- Mike Baird:  
"As I was listening to President Thomas S Monson's Sunday morning address of the October 2009 general conference titled "What have I done for someone today" I was struck by a new insight regarding Mat 11:28-30. His talk is about serving others yet he concluded his talk by quoting Matt 11:28-30. As he was quoting those words I asked myself – why is he quoting that scripture at the end of a talk on service? Then my mind flashed to earlier in his talk where President Monson had quoted David O McKay as follows:  
"Man's greatest happiness comes from losing himself for the good of others"  
And I thought also of earlier in the talk when President Monson said:  
"Those who live only for themselves eventually shrivel up and figuratively lose their lives, while those who lose themselves in service to others grow and flourish—and in effect save their lives"

My conclusion was that a way to find 'rest in our souls' when we are 'heavy laden' is to provide service for others because when we are in the service of our fellow beings we are only in the service of our God (Mosiah 2:17-18) and thus we come unto Christ through our service and he gives us His rest and His peace" (March 2012)