

Taking the Yoke of Jesus

1 Peter 5:6-11

1 Peter 5:6-11 (NASB)

⁶Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,

⁷casting all your anxiety on Him, because He cares for you.

⁸Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

⁹But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.

¹⁰After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen *and* establish you.

¹¹To Him *be* dominion forever and ever. Amen.

Giving our burden to the Lord in order to take His yoke may sound like a contradiction. But the yoke of Jesus Christ is not some new kind of weight. In fact, it is a symbol of the believer's transformation: Submitting our burden to the Lord means submitting our very selves to Him as well.

The only way that Christ can share our load is for Him to exercise control of our life. However, human beings are reluctant to give up authority over themselves. The illusion of having control of our circumstances gives us a false sense of security. But the truth is that until we allow the heavenly Father to manage our life, we will be managed by our problems—chasing after the quickest solution or the easiest escape from pain.

Sacrificing control means that we cannot continue to rely on our previous survival techniques. Instead, through prayer, meditation, and daily Bible reading, we must learn how to walk in the same way our Lord and Savior Jesus Christ did. As our steps begin to align with His, our new yoke shifts the weight of our problems onto His shoulders.

The most important concept we must learn is to trust God. If we're certain He has a plan and purpose for our life, we can be confident that our burden—whether a troubled marriage, a child on drugs, or a harsh financial situation—will not drag us to the ground. [Psalms 55:22](#) says, “**He will never allow the righteous to be shaken,**” which means He is faithful to carry the weight and show us how to care for those affected by our burden. Trusting Him lightens the load.