

Take My **YOKE** upon You

A useful tool for harnessing animals became a central image in the Savior's invitation to come unto Him.

A Double Yoke

Purpose: To harness oxen so that they can drag a load as efficiently as possible. Used for plowing soil.

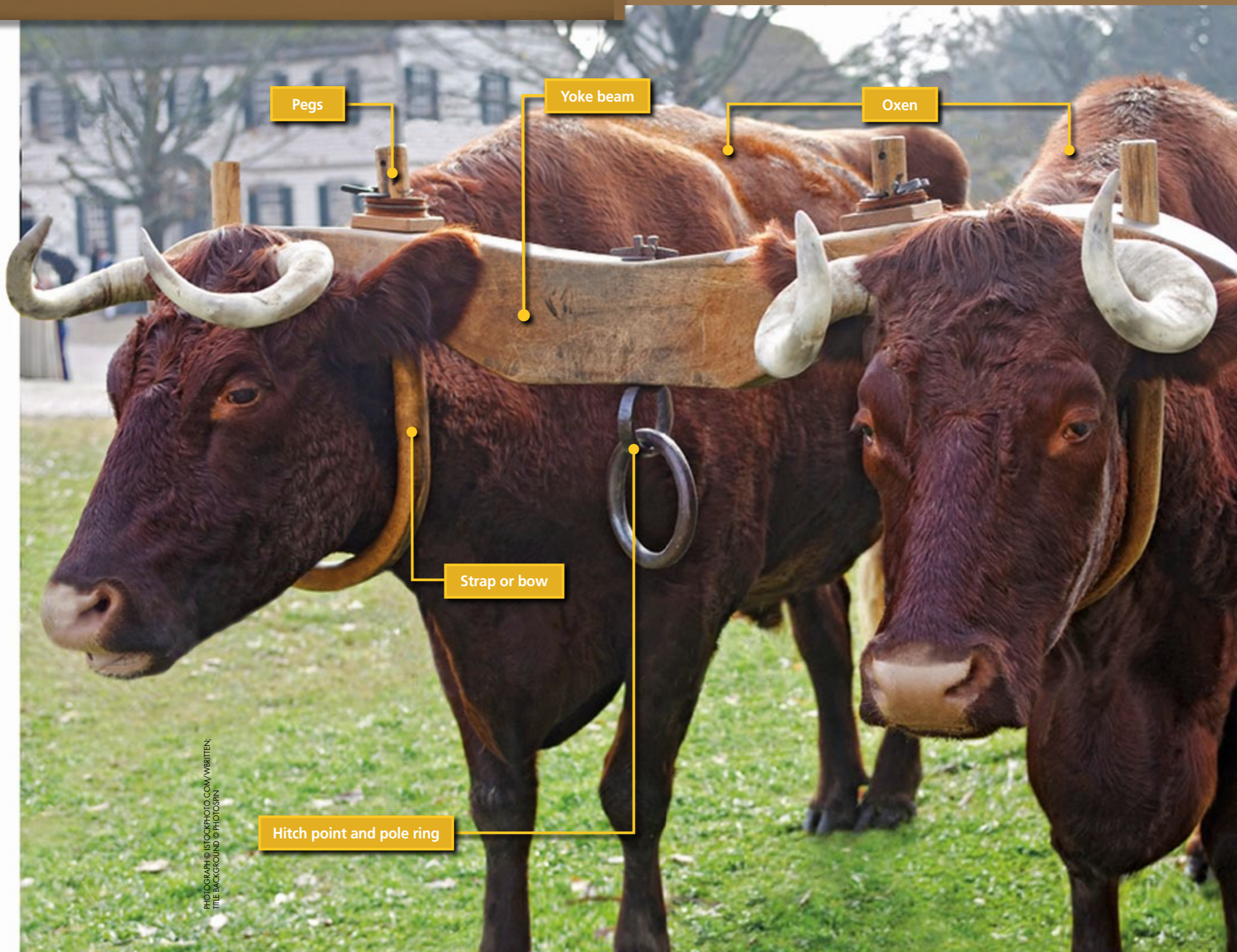
How it's made: A beam carved from a single piece of wood is fitted to a particular ox's shoulders, maximizing comfort and pulling force. The strap of the neck is attached to the yoke. The hitch point connects to what's being pulled.

How it works: The beam (in front of the shoulder hump), distributing weight naturally and comfortably. Custom fitting each side of oxen of unequal size or to pull together without being dragged by the other.

Yoked with His Power

"You come unto Christ to be yoked so that you're not pulling life's load. Yoked with the Savior and Redeemer, your problems, no matter how serious, are solved."

Elder Russell M. Nelson of the Church of Jesus Christ of Latter-day Saints
"The Mission and Ministry of the Atonement"



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“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.”

Matthew 11:28–30

What We Can Learn

A YOKE IS:

- **Designed to carry burdens.** Why drag the heavy weight of sin around? (see Isaiah 5:18). When we repent and come unto the Savior, He takes that burden away and gives us peace and healing.
- **Intended to help get work done.** With the Lord's yoke, we can help do His work (see Moses 1:39), and He will work with us (see Jacob 5:72). It's still work, but in it we find rest to our souls.
- **Custom fitted.** It's His yoke we take upon us—the one best suited for us, because His ways help us live in harmony with our true nature, “the nature of happiness” (Alma 41:11), and because the Savior knows us and can succor us individually (see Alma 7:12).