

## **SPIRITUAL TASK —THE LORD’S YOKE** (Matt 11)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** We are taught that we are to take the Lord’s yoke upon us and learn from Him. My yoke is easy and My burden is light.

**Meaning** Unfortunately, or perhaps realistically, we all struggle under burdens. Many of our burdens are unnecessary and painful. The burden the Lord asks us to bear is said to be easy and light—keeping His commandments and striving to be useful. The burdens the hells would have us carry are heavy and difficult—feelings of shame, self-loathing, anger, contempt, envy, etc.

**Task** This week we will begin to try breaking the yoke that we often are laboring under. The Heavenly Doctrines teach: That it is not so difficult to live the life of heaven as some believe can now be seen from this, that when any thing presents itself to you that you know to be dishonest and unjust, but to which your mind is borne, it is simply necessary for you to think that it ought not to be done because it is opposed to the Divine precepts. (*Heaven and Hell* 533)