Matthew 11:29

Authorized King James Version (KJV)

> 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.

Analysis

Jesus invites the weary: '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' (Greek: ἄρατε τὸν ζυγόν μου ἐφ' ὑμᾶς καὶ μάθετε ἀπ' ἐμοῦ, 'take my yoke upon you and learn from me'). A 'yoke' (ζυγός) is wooden frame joining oxen for work - it symbolizes discipleship, teaching, and burden. Jesus invites exchange - leave Pharisaical legalism's crushing yoke for His yoke. 'Learn from me' (μάθετε) makes Jesus both teacher and curriculum. His character is 'meek and lowly' (πραΰς καὶ ταπεινός) - gentle strength and humble service. 'Rest for souls' (ἀνάπαυσιν ταῖς ψυχαῖς) promises internal peace amidst external labor.

Historical Context

Jewish teachers spoke of Torah's 'yoke' - rabbinic interpretation and legal requirements. Pharisaical tradition added extensive oral law creating 'heavy burdens' (Matthew 23:4). Jesus offers alternative yoke - relationship with Him rather than legal performance. 'Meek and lowly' contrasts with Pharisaical pride and religious elitism. Early Christians found this invitation liberating from legalistic Judaism while maintaining obedience rooted in grace. The promise echoes Jeremiah 6:16 where ancient paths offer rest.

Related Passages

Romans 10:9 — Confession and belief for salvation

John 3:16 — God's love and salvation

Genesis 1:1 — Creation of heavens and earth

Colossians 1:16 — All things created through Christ

Study Questions

1. What 'yokes' or burdens are you carrying that Jesus invites you to exchange for His yoke?
2. How does Jesus' meekness and humility shape what discipleship to Him looks like?
3. What is the difference between the rest Jesus offers and merely reduced activity?

Interlinear Text

ἄρατε	τὸν	ζυγόν	μου	ἐφ'	ὑμᾶς	καὶ	μάθετε	ἀπ'	ἐμοῦ
Take	G3588	yoke	my	upon	you	and	learn	of	me
G142		G2218	G3450	G1909	G5209	G2532	G3129	G575	G1700

ὅτι	πρᾷός	εἰμι	καὶ	ταπεινὸς	τῇ	καρδίᾳ	καὶ	εὑρήσετε
for	meek	I am	and	lowly	G3588	in heart	and	ye shall find
G3754	G4235	G1510	G2532	G5011		G2588	G2532	G2147

ἀνάπαυσιν	ταῖς	ψυχαῖς	ὑμῶν·
rest	G3588	souls	unto your
G372		G5590	G5216

Additional Cross-References

Jeremiah 6:16 (Parallel theme): Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein.

1 John 2:6 (Parallel theme): He that saith he abideth in him ought himself also so to walk, even as he walked.

John 13:15 (Parallel theme): For I have given you an example, that ye should do as I have done to you.

Matthew 7:24 (Parallel theme): Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:

Hebrews 5:9 (Parallel theme): And being made perfect, he became the author of eternal salvation unto all them that obey him;

Zechariah 9:9 (Parallel theme): Rejoice greatly, O daughter of Zion; shout, O daughter of Jerusalem: behold, thy King cometh unto thee: he is just, and having salvation; lowly, and riding upon an ass, and upon a colt the foal of an ass.

Matthew 28:20 (Parallel theme): Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.

2 Corinthians 10:1 (Parallel theme): Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you:

Numbers 12:3 (Parallel theme): (Now the man Moses was very meek, above all the men which were upon the face of the earth.)

Philippians 2:5 (Parallel theme): Let this mind be in you, which was also in Christ Jesus: