

LEARNING TO BEAR THE YOKE (1)

Lamentation 3:27 (S.R. 3:25-31)

INTRODUCTION:

- A. There are many valuable lessons to be learned from the Old Testament according to Rom 15:4
- B. Jeremiah's words are very desperately needed in our society today.
- C. One of the problems of this generation is that parents have failed to train their children to "bear the yoke".
- D. As the young Ox or Horse has to be trained to "bear the yoke" or "wear the harness" so the young person must learn the practical and valuable lesson of submission and endurance
- E. In this lesson I want us to look at three ideas suggested by the statement of Jeremiah from which we can make some practical applications to our lives.

DISCUSSION:

I. YOKE OF PERSONAL SUFFERING AND AFFLICTIONS

- A. "He sitteth alone and keepeth silence" v. 28
 1. Don't argue with or become despondent about your situation
 2. We must silence all discontented, distrustful thoughts
 3. We must learn to patiently endure Gal 6:5
- B. In the afflictions of youth one learns the limitations of his own power and his need for God
 1. Listening to a recent talk show (I think Sally Jessie) individuals were talking about how they had been verbally assaulted in high school and the problems this had caused.
 2. Children can be very cruel to one another, but parents can help these children use these assaults as learning experiences, which will make the child stronger
- C. By endurance of suffering and affliction patience is worked in one's life Note: Jas 1:2-5; Rom 5:3,4; 2Cor 4:17
- D. Obedience is learned by suffering Heb 5:8

II. THE YOKE OF HUMILITY

- A. "He putteth his mouth in the dust" V 29
 1. A token of sorrow, shame and self-loathing, at the remembrance of sin
 2. Shows humility - be meek and mild toward those who cause trouble
- B. Note the example of Jesus
 1. When he suffered he threatened not 1Pet 2:21-23
 2. To the disciples in washing their feet Jhn 13:14-16
 3. One the cross Lk 23:34

C. The teaching of Jesus Matt 11:29; 18:4, 20,26; 23:12

D. The teaching of Paul Eph 4:2; 5:21; Phil 2:3,5-9

III. THE YOKE OF SELF-DENIAL OR SELF-RESTRAINT

- A. "He giveth his cheek to him that smiteth him" V 20
 1. This indicates a restraint on temper
 2. We must be able to bear contempt and reproach without retaliating. Note again Jesus 1Pet 2:21-23
 3. Jesus taught non-resistance to evil Matt 5:39-41
Note also 1Thess 5:15; 1Pet 3:9
- B. Not only must there be restraint on temper but on all other fleshly desires
 1. All, especially when we are young, must learn to bear this yoke
 2. Thoughts can and must be controlled Prov 23:7
 3. Bodies can and must be controlled 1Cor 9:27
 - a. Sexual desire have their proper realm, marriage 1Cor 7:1-5; Heb 13:4
 - b. One must flee from youthful lusts 2Tim 2:22
 - c. This is accomplished by: not petting, dancing, dressing immodestly, listening to music and watching movies that glamorize fornication
 4. Must be restraint in desire for material things
 - a. Acquiring things cannot satisfy longing of the soul
 - b. Striving for "things" is a very empty life
 - c. Note Jesus' teaching Lk 12:15; Matt 6:33

CONCLUSION:

- A. It is the responsibility of parents to put the "yoke" on their children Eph 6:4
- B. Just as it is easier to train a young animal to "bear the yoke" it is much easier to train children to do right than it is to reform those who have grown up without being taught to "bear the yoke."
- C. Jeremiah's statement in Lam 3:27 is still true. Indeed it is good for a man that he learn to bear the yoke in his youth.
- D. When one has learned these lessons well, it makes for a much smoother transition from youthfulness to adulthood and the responsibilities that are attendant thereto. This likewise applies in the spiritual realm.
- E. It is a fact that for one to come to God he must humble himself, be willing to endure suffering and exercise the proper control of himself, otherwise he cannot come to God.