



Come Follow Me



“Take My Yoke upon You, and Learn of Me”

- How far could you carry this burden before stopping to rest?
- What arrangements would you have to make to carry the burden a great distance?

Jesus invites us to take his yoke upon us and learn of him. (Matthew 11:28–30.)

- What does it mean to *“labour and [be] heavy laden”*? (Matthew 11:28).
- What are some examples of *burdens we bear in this life*?
- *How can the Lord “give [us] rest” from these burdens*?
- What is a yoke? (see Jeremiah 28:2; Alma 44:2.)
- What does it mean *to take Christ’s yoke upon us*?
- The Lord states, *“My yoke is easy, and my burden is light”* (Matthew 11:30). In what sense is the Savior’s yoke easy?
- Why do some people think that the Lord’s teachings are *too restrictive*?
- How does *obeying and serving the Lord make our burdens light*?

Jesus declares that he is Lord of the Sabbath. (Matthew 12:1–13 and Luke 13:10–17.)

- ★ What did the Pharisees do when they saw Jesus’ disciples pick corn on the Sabbath? (See Matthew 12:1–2.)
- ★ What did the Lord teach as he responded to their accusation? (See Matthew 12:3–8.)
- ★ What did Jesus mean when he said, *“I will have mercy, and not sacrifice”*? (Matthew 12:7.)
- ★ How can we use this principle to *guide our Sabbath activities*?
- ★ What did Jesus teach about the *purpose of the Sabbath* when he healed the man with the withered

hand and the woman bound by an infirmity? (See Matthew 12:10–13; Luke 13:10–17.)

- ★ What did he teach about the Sabbath in Mark 2:27–28? (JST Mark 2:26)
- ★ What can we do on the Sabbath day **to glorify God**?
- ★ How can *keeping the Sabbath day holy make our burdens light and bring us rest*?

Jesus forgives a woman in the house of Simon the Pharisee. (Luke 7:36–50.)

- ◆ The woman who entered the house of Simon the Pharisee carried the burden of sin (Luke 7:37).
- ◆ *What did the woman do that allowed Jesus to take away her burden*? (See Luke 7:38, 44–50.)
- ◆ **What can we do so the Savior will remove the burden of sin from our lives?**
- ◆ How did the sinful woman and Simon the Pharisee **differ in their attitudes toward Jesus**?
- ◆ Why are *the qualities that the woman possessed* important as we repent and seek forgiveness?
- ◆ How do the *qualities* that Simon possessed **keep us from repenting**?
- ◆ How would *Simon’s attitude* toward the woman have *made her burden seem heavier*?
- ◆ How might *we sometimes make another person’s burden of sin seem heavier*?
- ◆ What can we learn from *the Savior’s response to the woman*?
- ◆ Even though she had not been invited and would risk being treated unkindly by Simon and his household, *the woman came directly to Christ as soon as she knew where to find him* (Luke 7:37). What can we learn from her example?
- ◆ What **obstacles** might **keep us from repenting** and coming unto Christ?
- ◆ How can we **overcome these obstacles**?
- ◆ What can we learn from *the parable of the two*

debtors? (See Luke 7:41–50.)

- ◆ How is *sin comparable to debt*? (See Luke 7:44–50.)
- ◆ How can *having Christ as our “creditor” make our burdens light*?

The importance of unity (Matthew 12:22–30.)

- How are we sometimes *divided against ourselves* in our families, homes, or wards?
- What can we do to *become more united*?
- Jesus told the Pharisees, *“He that is not with me is against me”* (Matthew 12:30). Why is this so?

“Every idle word” (Matthew 12:33–37)

- ★ *What do the words we speak reveal about us*?
- ★ Why did Jesus *place such importance* on the words we speak?
- ★ What are some *examples of “idle words”*?
- ★ How can we strengthen our *commitment to speak only in good ways*?

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NEXT WEEK LESSON 11

Matthew 13

- What is the meaning of the parable of the sower? (See Matthew 13:3–8, 18–23.) Why do you think the parable focuses more on the ground than on the sower or the seed?
- What invitation did Jesus extend after he presented the parable of the sower? (See Matthew 13:9.) What do you think the word *hear* means in this invitation? What does it mean to see but see not and to hear but hear not? (See Matthew 13:13–15.)
- The Prophet Joseph Smith taught that the parables of the mustard seed and the leaven are about The Church of Jesus Christ of Latter-day Saints (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [1976], 98–100). How have you seen the work of God increase as illustrated by these parables?

Suggestion for Family Discussion

the following phrases relate to the parable of the wheat and the tares: (1) *the sower*, (2) *the Lord and his Apostles*, (3) *the good seed*, (4) *the righteous members of the Church*, (5) *the field*, (6) *the world*, (7) *the tares*, (8) *the wicked*, (9) *the enemy*, (10) *the devil*, (11) *the harvest*, (12) *the end of the world*, (13) *the reapers*, and (14) *the angels*.

You may want to read Matthew 13:24–30, 36–43 and Doctrine and Covenants 86:1–7 as you conduct this discussion.

Scripture Chain: “Ears to Hear”

Matthew 13:9–16 Alma 10:2–6
Mosiah 2:9 Alma 12:9–11