

Christ House of Glory International Spiritual Development Program

MEDITATION 2: BURDENS AND YOKE

A. DEFINITION

Yokes and burdens are situations or conditions that cause severe pressures, pain and stress thus eating away life slowly. Such conditions as joblessness, wrong relationships, debt, sickness, sick dependent, strife etc... constitutes as burdens and yokes. Addiction has to do with us and things. What burden and yoke mostly deal with us and others. Usually addictions lead to burden and yoke. Addiction may give body pleasure but yoke and burden give it pain and sorrow to the soul.

B . ROOTS OF BURDEN AND YOKE

Burden and yoke stems from sinful and addictive lifestyles, demonic affliction and other parties with whom we have ties.

C. EFFECT OF BURDEN AND YOKE

Burden and Yoke cause stress, pain and dehumanizing feelings. A typical experience of life of burden and yoke is the experience of the children of Israel in Egypt **Ex 1:14 Ex 2:23-24**. Bondage and yoke causes groaning, pains and tears.

D. Make a list of bondages/ yokes in your life that must not be carried over into new life.

CONFESSION:

Memory Verse: Heb 4:9

I am born of God, with the spirit of Christ by the Spirit of God. Jesus Christ was wounded for my transgressions and was bruised for my iniquities. The burden and the yoke of sin is destroyed. I have the rest of God in my spirit, and it shall manifest in my body and soul and all my affairs in Jesus Name.

Next Week

We will be looking at deliverance from curses, household enemies , evil inheritance and demonic attacks.