

Yoke-Sharing



"for my yoke is easy and my burden is light"

October 2009

Yokefellow Prison Ministry of North Carolina

Disciplines

The word "discipline" often feels a bit uncomfortable. We might connect it with "punishment" for doing wrong when we were a child. It brings up negative feelings. No one enjoys being disciplined.

But, we also know that we don't get very far in life, we don't achieve goals, we do not grow, unless we have discipline. To get wherever we are going takes commitment, dedication, and doing the right things one step at a time.

Disciples practice disciplines – everyday behaviors that, over time, help us to be followers (disciples) of Jesus Christ and to grow into his image.

Elton Trueblood, the founder of the Yokefellow movement, knew the importance of disciplines for the Christian life.

He developed seven disciplines for Yokefellows --seven things that we practice, and hold each other accountable to do.

The Yokefellow "yellow card" has the disciplines listed on the inside.

The "yellow card" says this:

"As one who seeks to wear Christ's yoke and learn from him, I accept with serious intention the following disciplines."

And, there is a place at the bottom for each person to sign their name, showing they are committed to practicing these disciplines.

(continued)

40th Anniversary Celebration

Yokefellow Prison Ministry of
North Carolina
Annual Meeting

Saturday, October 24, 2009
10:00 a.m. to 2:00 p.m.

First Baptist Church,
Burlington, NC

(registration information has
been sent to coordinators)

1001 Reynolda Road • Winston-Salem, NC 27101 • (336) 724-9801

Here are the Yokefellow Disciplines:

- 1. The Discipline of Prayer.** To pray every day, preferably at the beginning of the day.
- 2. The Discipline of Scripture.** To seek God's guidance through reverent reading of the Bible every day, following a definite plan.
- 3. The Discipline of Worship.** To participate, at least once a week, in public worship of God.
- 4. The Discipline of Money.** To return to God a definite portion of my income to support the Christian cause.
- 5. The Discipline of Service.** To invest a specific amount of my time in humble acts of love and service to others.
- 6. The Discipline of Witness.** To make an unapologetic witness in daily life, daily work, daily words.
- 7. The Discipline of Study.** To become a better informed Christian by careful study of Christian books.

In addition to these seven disciplines, Yokefellows commit themselves to participate in a **weekly Yokefellow meeting** for sharing, support, encouragement and accountability for Christian growth.

For reflection:

- As a Yokefellow volunteer, do I "practice what I preach"? Do I practice these disciplines even as I encourage the inmates I see each week to practice them?
- Which of the disciplines needs more attention in my life right now?
- The "eighth discipline" is participating in a weekly Yokefellow meeting. Do I practice the discipline of "showing up" – of being faithful to the weekly meeting in the facility I serve?
- In the small-group time at Yokefellows, am I ready to share (briefly!) my struggles and joys in practicing these disciplines?
- Am I ready to ask others how they are doing with these ways we grow as disciples of Jesus Christ, and then listen to and encourage them?