

YPM Disciplines

These seven spiritual disciplines have shaped the Yokefellow movement and you are invited to prayerfully consider how you might make these practices a part of your life.

Discipline of Prayer - pray daily.

Dan 6:10; Psalm 5:1-3, 55:16,17; Matt 6:5-15, Luke 11:1-13, 18:1-14; John 14:12-14; Acts 2:42, 3:1; Rom 8:26,27; Phil 4:6, 1 Thess 5:16-18; 1 Tim 2:8

Discipline of Scripture - read reverently and thoughtfully a portion of Scripture daily, following a definite plan.

Psalm 19:7-11, 119:105, 130; Luke 24:25-32; John 8:31-32; Acts 17:1-11; 1 Tim 4:13, 2 Tim 3:14-17, 2 Pet 1:10-21

The Discipline of Worship - to share, at least weekly, in the public worship of God.

Psalm 29:1-2, 95:1-6, Luke 4:5-8,16; John 4:19-24, Acts 20:7; Heb 10:24-25

Discipline of Money - give a definite portion of my income to the promotion of Christ's cause and as an act of worship.

Deut 26:10-12; 2 Chron 31:4-6; Ecc 5:10, Mal 3:8-10; Matt 6:1-4; Luke 6:38, 12:13-34; Acts 20:35; 1 Cor 16:2; 2 Cor 9:5-8

Discipline of Time - use my time as a sacred gift, not to be wasted, striving to make my daily work, whatever it may be, a Christian vocation.

Psalm 69:13, Ecc 3:1-17; John 7:6, Acts 17:21, Rom 13:11-14; Eph 5:15-21; Col 4:5; 1 Peter 4:1-5

Discipline of Service - daily lift some human burden.

Matt 23:1-11; Mark 9:33-35; Luke 10:25-37; John 13:1-17; Acts 2:44-47; Rom 12:3-13; 1 Peter 4:8-11; 1 John 3:10-17

Discipline of Study - develop mental powers by careful reading and study.

Joshua 1:8; Ezra 7:10, Psalm 1:2; 119:8, 18, 97-104; John 5:31-47; Acts 8:30-35; 18:24-28; 2 Tim 2:15, 2 Peter 3:14-18

You Are Invited

Would you like to learn more about God and the Bible? Would you like to be a part of a caring fellowship that studies the Bible together, prays together and engages in vibrant discussion over matters of life and the Christian faith? If so, we invite you to seek out the Yokefellowship group at this institution.

Jesus said,

"Come to me, all you who are weary and burdened, and I will give you rest."

MATTHEW 11:28

In a YPM group you will find Christian brothers and sisters who will help you learn about Jesus and if you would so choose, help you come to faith in Jesus. If you have already come to a saving faith in Jesus they will help you grow into all that God has for you.

"Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me."

PHILIPPIANS. 3:12

Saving Faith

Not everyone who calls themselves a Christian is truly saved. Jesus said,

"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven."

MATTHEW 7:21

We believe there are four biblical principles that one must understand and follow in order to be truly right with God.

1. God loves you and has a wonderful plan for your life – John 3:16
2. In your sinful condition you are separated from God – Romans 3:23
3. Jesus is God's only provision to atone for our sins and make us pure – John 14:6
4. We must place our faith in Jesus Christ as Savior in order to receive the gift of salvation and know God's wonderful plan for our lives. - John 1:12.

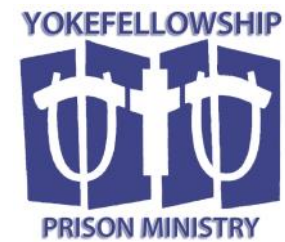
If you would like to know more about a relationship with Jesus, you are encouraged to seek a mature Christian and/or plug into one of the Christian ministries at this institution.

Yoked to Christ



Our Mission is helping at risk youth, inmates and returning citizens yoke themselves to Christ for salvation and changed lives.

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YOKEFELLOWSHIP PRISON MINISTRY (YPM)

Yokefellowship Model



The YPM model sees God's Word studied and His will being discovered in a small group through conversations that focus on three goals: building caring fellowship, disciplined living, and intentional ministry.

CARING FELLOWSHIP - The first goal is to create a warm, accepting and caring fellowship where everyone feels comfortable and free to participate. This is Christ at work in the midst. His Spirit is present, bringing a sense of love, understanding and care to the group. He creates a unity in which discussion, sharing and mutual support stimulate spiritual growth.

DISCIPLINED LIVING - Jesus' invitation to "take my yoke upon you and learn of me" is a call to discipleship. The Word tells the story: Disciple - learner; Discipline - commitment to learn; Christian Discipleship - learning Jesus' way. Yokefellowship seek to challenge one another to exercise their discipleship by seven basic disciplines of the Christian faith.

INTENTIONAL MINISTRY - Jesus' followers are ministers of His Kingdom. Jesus' yoke is also His mission - to redeem all of life and to transform persons and society into a divine community. D. Elton Trueblood, founder of YPM, describes it as **ministry in the common life**, i.e., make every aspect of life an arena in which we interpret and apply the ways of the Lord.

Yokefellowship is Christ-centered, Bible-based and prayer-oriented. Every Yokefellowship meeting should make use of prayer, the Bible, and open dialogue. But the essence of Yokefellowship is in creating a dynamic caring fellowship in which group members are challenged and encouraged through Bible study, sharing, and dialogue to live disciplined lives with intentional ministry always in mind.

The Yoke and the Cross

by David Bowen,
Former YPM Executive Director

THE CROSS REPRESENTS DEATH

When Jesus called His first disciples, the cross was "the emblem of suffering and shame". The Romans who crucified Jesus and some of His earliest disciples were not looking for a more humane method of execution. They were trying to maximize pain and shame. That is what the cross symbolized: pain, shame, and death. Dietrich Bonhoeffer, the German pastor-theologian, wrote, "When Jesus Christ calls a man, He bids him 'Come and die'". Jesus says, "*Deny yourself*". The world says, "Affirm yourself, assert yourself, actualize yourself. Be your own person. Do your own thing. It's all about you."



The Apostle Paul said, "*I have been crucified with Christ and I no longer live, but Christ lives in me....*" (Gal. 2:20). It is only those who have truly died to self who are able to live for Christ. Life in Christ is not about my security, my comfort, my pleasure, my ambitions. It is all about knowing and doing the will of God. That's why Jesus taught us to pray, "*Thy kingdom come, Thy will be done*" - not "my kingdom come, my will be done". The cross represents death to the self-centered life that we may become Christ-centered, seeking to know, love, and serve Him.

THE YOKE REPRESENTS SERVICE



What is a yoke? It is a tool made to bring oxen under the control of their master so the master could use them to serve him by pulling a plow, wagon, or some other load. So the yoke symbolizes service - accepting Jesus as our Master and submitting to His control so that He can use us to accomplish His will and His purposes.

The key verses for Yokefellowship are Matt. 11:28-30. When Jesus says, "*Take My yoke upon you*", it means to learn from Him how to live life His way. Jesus says, "*If you love Me, keep My commandments*" (John 15:10-14). So to "take His yoke" upon us and "learn from Him" means to learn His commandments and obey them. That is the evidence that we genuinely love Him.

"*Come to Me all you who labor and are heavy laden, and I will give you rest...*", what are the labor and the load Jesus is talking about? It is the heavy load of guilt, grief, pain and shame that we carry as a result of our sin. The good news of the gospel is that "*Christ Jesus came into the world to save sinners*" (1 Tim. 1:15). Jesus Himself said that His purpose in coming to this world was to "*seek and to save that which was lost*" (Lk. 19:10). When Jesus saves us, He gives us "rest" from both the guilt and power of sin.

The Cross represents death to the self-centered life that we may become Christ-centered, seeking to know, love, and serve Him.

The Yoke symbolizes service - accepting Jesus as our Master and submitting to His control so that He can use us to accomplish His will and His purposes.

YOKEFELLOWSHIP'S MISSION

YPM's mission is "*helping at-risk youth, inmates, and returning citizens yoke themselves to Christ for salvation and changed lives*". The Apostle Paul tells us that the gospel is "*the power of God unto salvation*" (Rom. 1:16). God not only forgives us for our sins (1 John 1:9), but He also sets us free from the power or control of sin over our lives (Rom. 6:1-23) so that we can be "*more than conquerors through Him who loved us*" (Rom. 8:37) or in Jesus' own words, "*...if the Son makes you free, you shall be free indeed*" (John 8:36).

It is the presence and power of the Holy Spirit in us that enables us to live "changed lives". Yokefellowship means getting together in small groups (in prison or out of prison) to "*learn of Him*" how to "*bear one another's burdens and so fulfill the law of Christ*" (Gal. 6:2) which is that we should love one another as He has loved us (John 13:34).

Yokefellowship is all about building relationships - our relationship to God and our relationships to other people so that His kingdom may come and His will be done on earth even as it is in heaven. That is our desire and that is our vision in Yokefellowship Prison Ministry.