

# COS Growth Group Study

**Series:** Simplify

**Week 2:** Simplify Your Time

**Scripture:** Matthew 11:28–30

## Opening Prayer

God of grace, we come to you tired, distracted, and often overwhelmed. As we gather tonight, help us slow down enough to be present with you and with one another. Teach us how to receive your rest, trust you with our time, and live wisely in the days you have given us. We open ourselves to your gentle and humble way. Amen.

## Icebreaker

Choose one:

- When you have a few free minutes, what do you instinctively reach for first?
- When was the last time you felt truly rested?
- Do you consider yourself more “busy” or more “hurried”? Why?

## Sermon Summary

In Simplify Your Time, we explored why stillness and rest feel so uncomfortable in our culture. Many of us live hurried lives, filling every moment with activity, noise, or screens. Jesus offers a surprising invitation in Matthew 11:28–30: “Come to me... and I will give you rest.” His way is gentle, humble, and light — not heavy or guilt-driven.

Through the life and teachings of Moses, we are reminded to live for today, trust God daily, practice Sabbath rest, and number our days wisely. Jesus echoes this wisdom, inviting us to exchange our heavy yokes of busyness and pressure for His lighter way of living.

## Key Takeaways

- Busyness can become an addiction, not a necessity.
- Trusting God daily leads to peace; hoarding control leads to stress.
- Rest is commanded and life-giving, not optional.
- Our days are limited and sacred.
- Jesus offers rest, not more weight.

## Understanding the Vision

1. Why does rest feel uncomfortable in our culture?
2. How does Jesus' description of His yoke challenge your view of faith?
3. What do Moses' teachings reveal about God's intention for our time?

## Personal Reflection

1. Where do you feel most rushed or overloaded right now?
2. Which idea stood out most: daily trust, Sabbath rest, or numbering your days?
3. What might it look like to trust God more fully with your time?

## Living It Out This Week

Choose one:

- Begin each morning with the prayer: "God, help me trust you with today."
- Schedule a short, intentional time of rest this week.
- Put your phone away for one quiet moment each day.
- Ask for help with something you don't need to carry alone.
- Each night ask: "Did I treat today as a gift?"

## Closing Prayer

Jesus, thank you for inviting us into rest. We release our need to hurry, control, and prove ourselves. Teach us to walk at your pace, trust you daily, and live wisely with the time we've been given. Amen.