**Day 1: Understanding Extreme Worship**

**Scripture:** John 12:1-3
**Reflection:** In the sermon, we learned about Mary’s act of extreme worship when she anointed Jesus with expensive ointment. This act was not just about the physical anointing but a demonstration of her deep love and understanding of who Jesus was. Reflect on what extreme worship means in your life. Are there areas where you can express your love for Jesus more passionately?

**Prayer:** Lord, help me to worship You with all my heart, soul, and mind. Teach me to express my love for You in ways that honor Your sacrifice and presence in my life. Amen.

**Day 2: The Cost of Devotion**

**Scripture:** Matthew 26:6-13
**Reflection:** Mary’s act of devotion was costly, both in terms of the ointment’s value and her personal dignity. True worship often requires sacrifice. Consider what you hold dear that God might be asking you to surrender for His glory. What is your "nard" that you need to lay at Jesus' feet?

**Prayer:** Father, reveal to me what I need to surrender to You. Help me to let go of anything that holds me back from fully worshiping You. Amen.

**Day 3: Misunderstood Worship**

**Scripture:** John 12:4-6
**Reflection:** Judas and the disciples misunderstood Mary’s act of worship. Sometimes, our acts of devotion may not make sense to others. Reflect on how you can remain steadfast in your worship, even when others do not understand or support your actions.

**Prayer:** Jesus, give me the courage to worship You boldly, even when others do not understand. Let my devotion be a testimony of Your love and grace. Amen.

**Day 4: The Reminder of Christ’s Sacrifice**

**Scripture:** John 12:7-8
**Reflection:** Jesus accepted Mary’s act of worship as preparation for His burial. Her sacrifice served as a reminder of His impending sacrifice. Reflect on how your worship can serve as a reminder of Christ’s love and sacrifice to those around you.

**Prayer:** Lord, may my life be a reflection of Your sacrifice. Help me to live in a way that constantly points others to Your love and grace. Amen.

**Day 5: Living as a Living Sacrifice**

**Scripture:** Romans 12:1-2
**Reflection:** Worship is not just about singing or acts of devotion; it’s about living a life that is a living sacrifice. Consider how you can transform your daily life into an act of worship. How can you renew your mind and heart to align with God’s will?

**Prayer:** God, transform my heart and mind to be more like You. Help me to live each day as a living sacrifice, holy and pleasing to You. Amen.