

A woman with long brown hair, wearing a light blue tunic, is kneeling on a dusty floor. She is holding a small, broken clay jar and pouring its contents over the foot of a person whose leg and white robe are visible on the right. The scene is dimly lit, with a warm, golden light source in the upper left corner. The overall mood is one of devotion and humility.

# At the Feet of Jesus

- ◆ **[Jhn 12:1-4 NASB20]** 1 Therefore, six days before the Passover, Jesus came to Bethany where Lazarus was, whom Jesus had raised from the dead.
- ◆ 2 So they made Him a dinner there, and **Martha was serving; and Lazarus was one of those reclining [at the table] with Him.**
- ◆ 3 **Mary then took a pound of very expensive perfume of pure nard, and anointed the feet of Jesus and wiped His feet with her hair; and the house was filled with the fragrance of the perfume.**
- ◆ 4 But Judas Iscariot, one of His disciples, the one who intended to betray Him, said,

- ◆ **[Jhn 12:5-8 NASB20]** 5 "Why was this perfume not sold for three hundred denarii and [the proceeds] given to poor [people?]"
- ◆ 6 Now he said this, not because he cared about the poor, but because he was a thief, and as he kept the money box, he used to steal from what was put into it.
- ◆ 7 Therefore Jesus said, "Leave her alone, so that she may keep it for the day of My burial.
- ◆ 8 "For you always have the poor with you, but you do not always have Me."

# Declaration

Now to the King eternal,  
immortal, invisible, the only  
God, [be] honor and glory  
forever and ever. Amen.

1 Timothy 1:17

A woman with long brown hair, wearing a simple blue tunic, is kneeling on a dusty floor. She is holding a small, broken clay jar and pouring its contents over the foot of a person whose leg and white robe are visible on the right. The scene is dimly lit, with a warm, golden light source in the upper left corner, creating a dramatic and intimate atmosphere. The background is dark and textured, suggesting an indoor setting like a room or a cave.

# At the Feet of Jesus

# Posture

- ◇ **[Jhn 12:3 NASB20]** 3 Mary then took a pound of very expensive perfume of pure nard, and anointed the feet of Jesus and wiped His feet with her hair; and the house was filled with the fragrance of the perfume.

- ◆ **[Luk 10:39 NASB20]** 39 And she had a sister called Mary, who was also seated at the Lord's feet, and was listening to His word.
- ◆ **[Psa 95:6 NASB20]** 6 Come, let's worship and bow down, Let's kneel before the LORD our Maker.
- ◆ **[Jas 4:10 NASB20]** 10 Humble yourselves in the presence of the Lord, and He will exalt you.

# COST

- ◆ **[Jhn 12:5 NASB20]** 5 "Why was this perfume not sold for three hundred denarii and [the proceeds] given to poor [people?]"
- ◆ **[2Sa 24:24 NASB20]** 24 However, the king said to Araunah, "No, but I will certainly buy [it] from you for a price; for I will not offer burnt offerings to the LORD my God that cost me nothing." So David bought the threshing floor and the oxen for fifty shekels of silver.
- ◆ **[Rom 12:1 NASB20]** 1 Therefore I urge you, brothers [and sisters,] by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, [which is] your spiritual service of worship.

# ATMOSPHERE

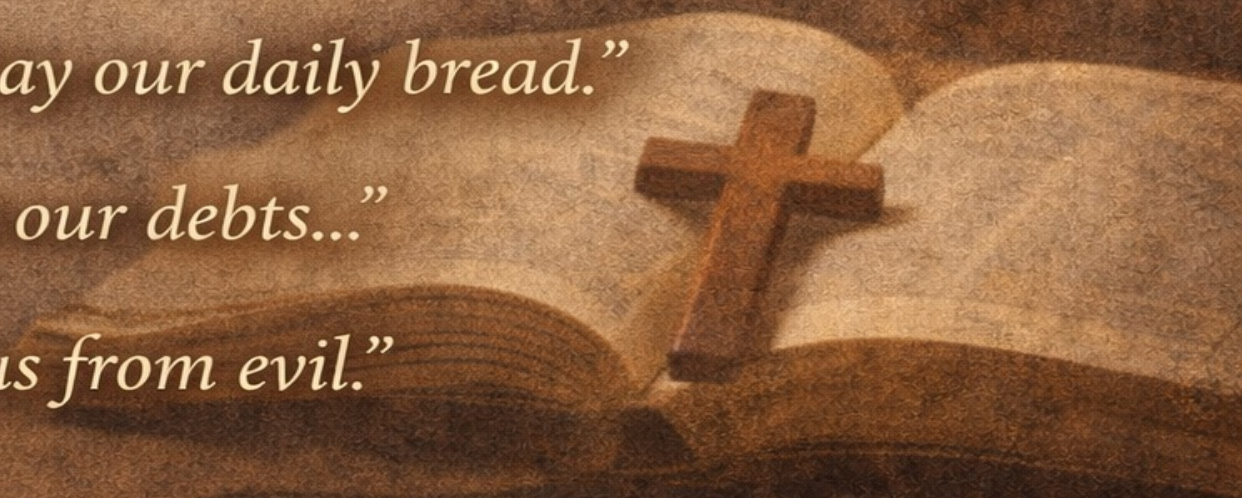
- ◆ **[Jhn 12:3 NASB20]** 3 .....and the house was filled with the fragrance of the perfume.
- ◆ **[Psa 22:3 NASB20]** 3 Yet You are holy, You who are enthroned upon the praises of Israel.
- ◆ **[Act 16:25-26 NASB20]** 25 Now about midnight Paul and Silas were praying and singing hymns of praise to God, and the prisoners were listening to them; 26 and suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened, and everyone's chains were unfastened.

# How to Pray

- ◆ **[Luk 11:1 NASB20]** 1 It happened that while Jesus was praying in a certain place, when He had finished, one of His disciples said to Him, "Lord, teach us to pray, just as John also taught his disciples."
- ◆ **Romans 8:15** - "You have received a spirit of adoption as sons and daughters by which we cry out, 'Abba! Father!'"
- ◆ **Hebrews 4:16** - "Let's approach the throne of grace with confidence..."

# A Simple Pattern for Prayer

- ① **Praise** — *“Our Father who is in heaven,  
hallowed be Your name.”*
- ② **Surrender** — *“Your kingdom come.  
Your will be done...”*
- ③ **Petition** — *“Give us this day our daily bread.”*
- ④ **Confession** — *“Forgive us our debts...”*
- ⑤ **Dependence** — *“Deliver us from evil.”*



# How to Start a Consistent Prayer Life

## ✓ Pick a Time

Set a daily appointment with God

## ✓ Pick a Place

Find a private space to meet with God

## ✓ Start Small

Short and consistent beats long and sporadic

## ✓ Use Scripture

Let the Bible guide your prayer

