

COURAGE

LESSON 11 - "THE COST OF TRUE WORSHIP"

MARCH 15, 2026

WORSHIP (15 MINS)

Venue: Home gatherings

Sing one or two songs or play a song from You Tube.

Venue: Public place (school, café, park, etc.) or **Via Online**,

Testimonies: **"What is your "high" or "your "low" this past week?"**

Ask someone to do the opening prayer.

WELCOME (10 MINS)

Welcome guests/first-time visitors.

Ice-breaker: 1. Who is the most generous person you know, and what's one thing they've done that really stood out to you?

2. What's the most "extra" or over-the-top act of kindness or generosity you've ever seen or experienced in your life?

WORD (30-45 MINS)

Main Text: John 12:1-8 NIV

Intro: Worship is more than a Sunday activity. It is meant to be a daily lifestyle that reflects love, gratitude, and surrender to God. What we express in church should overflow into how we live throughout the week, touching and influencing others. During this season, we are invited to slow down, reflect, and grow closer to God as we learn what true worship looks like through Jesus and the example of Mary of Bethany. Through her act of devotion to Jesus, she gives us five powerful examples of how to be a true worshipper of God.

1. She gave herself fully to the Lord -

Mary demonstrated what true worship, or surrender to God looks like, as shown by what she gave and what she did. True worship is fully surrendering oneself to God. **Read Romans 12:1**

True worship involves giving our whole selves to God, not just our thoughts but also our actions and lives. When we fully surrender ourselves to God, our love for Him naturally shows in what we do, no matter the cost. Mary's example demonstrates this kind of heartfelt and extravagant worship, reflected by her deep devotion, love, and service to the Lord.

Q: What does it practically look like to offer your "whole self" to God in your daily life (choices, habits, relationships, and priorities)?

Q: Mary displayed "extravagant" worship through her actions. What does "extravagant devotion" to God look like for you as a follower of Jesus?

2. She was willing to be misunderstood by others to please the Lord -

Mary did something that surprised everyone in the room, and some people even criticized her for it. Even Jesus allowing her to do it might have confused people, because it was such a bold and public act of love and devotion which is not allowed in their culture. But He didn't stop her or correct her. Instead, Jesus accepted her worship and defended her actions. This shows that God values sincere love and devotion, even when others don't understand it.

Q: Have you ever done something for God or others that people didn't understand or even criticized? How did that make you feel?

Q: Why do you sometimes think it can be hard to fully express our love and devotion to God in public or in front of others?

3. The Lord honored her actions and stood up for her- Read Luke 10:41-42

Jesus showed that His approval matters more than people's opinions. He defended Mary's actions of worship and corrected those who criticized her, honoring her sincere devotion. Earlier, He also affirmed Mary when she chose to sit and listen to His teaching instead of being distracted by busyness (like her sister Martha). Through both situations, Jesus taught that prioritizing Him and spiritual growth is more important than being busy or focused on activities or living up to other people's expectations instead of the Lord's.

Q: In your weekly routine (school, work, church, or home), what are some things that sometimes tend to distract you from spending quiet time with God?

Q: What are some simple, real-life ways you can prioritize being with Jesus (like prayer, reading Scripture, or reflection) even when your schedule is busy?

Conclusion:

Jesus said that Mary's act of worship would be remembered wherever the Gospel is preached. This showed how valuable true worship is to Him. The Gospel or the good news about our Lord Jesus Christ is meant not only to be believed but to change us into people who sincerely worship God like Mary did.

However, distractions and life's pressures are a reality and those things can pull us away from our true focus. Real change begins when we honestly examine our hearts and allow God to change us from within.

What is true worship?

True worship is about our heart attitude. Whether we are like Mary or like Judas. Mary showed real love for God by giving her best without holding back, while Judas was more focused on himself. If we care more about people's opinions or holding onto what we have, we can miss true worship. Our main goal should be about pleasing God and giving Him our best even when our actions may not be acceptable to others. What is important is that our worship is acceptable to God.

Reflection:

True worship is not measured by how much we do, but by how fully we give our hearts to God. When we choose to love and honor Him without holding back, we experience worship that truly pleases Him.

WORK (15 MINS)

Application

1. Find a partner. Ask what you can pray for him/her then pray for each other.
2. Pray and prepare a Hit List (max. of 5-10 names of family, relatives, friends, schoolmates, workmates, neighbors, etc.) of possible people you desire to invite in the next life group gathering.

What is your take-away from this lesson? Closing Prayer