



FIRST CUP READINGS

JANUARY, 2023

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

Dear Family in Christ,

First Cup is designed to assist you in the habit of daily Bible reading and prayer. The name is to remind you that as you reach for your first cup of morning coffee or tea, reach also for your Bible and prayer list. The prayers at the beginning of each week are taken from hymns, sometimes found in obscure hymnals in my library. They are intended to be read as your beginning prayer, to focus your mind on the daily readings that follow. May this spiritual discipline strengthen you as you face each day.

Blessings and
love in Christ,

Sandy Sturch

Morning has broken like the first morning, Blackbird has spoken like the first bird. Praise for the singing! Praise for the morning! Praise for them, springing fresh from the Word! Sweet the rain's new fall sunlit from heaven, Like the first dewfall on the first grass. Praise for the sweetness of the wet garden, Sprung in completeness where His feet pass. Mine is the sunlight! Mine is the morning Born of the one light Eden saw play! Praise with elation, praise every morning, God's recreation of the new day! (The Hymnbook, No. 464)

- 1 Genesis 1-2; John 1:1-14; Colossians 1:15-20
- 2 Genesis 3; Romans 1:18-32; Romans 5:12-21; 1 Corinthians 15:20-28
- 3 Genesis 4; Hebrews 11:1-4; 1 John 3
- 4 Genesis 5-6; Psalm 14; 53:1-3; Hebrews 11:7; Romans 3:9-31
- 5 Genesis 7; Psalm 36; 1 Peter 3:8-22; 2 Peter 2
- 6 Genesis 8; Jeremiah 5; Psalm 111
- 7 Genesis 9; Isaiah 54; Luke 17:20-37

The God of Abraham praise, all praised be His name, Who was, and is, and is to be, for aye the same! The one eternal God, ere aught that now appears; The First, the Last: beyond all thought His timeless years! He hath eternal life implanted in the soul; His love shall be our strength and stay, while ages roll. Praise to the living God! All praised be His name Who was, and is, and is to be, for aye the same! (The Hymnbook, No. 89)

- 8 Genesis 10-11; Jeremiah 17:9; Luke 1:51; James 3:1-12
- 9 Genesis 12-13; Hebrews 11:8-10; Psalm 105
- 10 Genesis 14; Hebrews 7-8:13
- 11 Genesis 15-17; Hebrews 11:11-16; Romans 4
- 12 Genesis 18:1-15; Jeremiah 32:17; Jeremiah 1
- 13 Genesis 18:16-33; Lamentations 3:21-26
- 14 Genesis 19:1-29; Romans 1:18-32; Romans 6

I need Thee every hour, most gracious Lord; No other voice but Thine can peace afford. I need Thee every hour; stay Thou nearby; Temptations lose their power when Thou art nigh. I need Thee every hour; teach me Thy will, And Thy rich promises in me fulfill. I need Thee every hour, Most Holy One; O make me Thine indeed, Thou blessed Son. I need Thee, O I need Thee, Every hour I need Thee! O bless me now, my Saviour—I come to Thee! (The Hymnbook, No. 324)

- 15 Genesis 19:30-38; Leviticus 18:6-18; 20:11-12; Hebrews 13:4

- 16 Genesis 20; Psalm 36
- 17 Genesis 21-22; Hebrews 11:17-19; 6:13-20
- 18 Genesis 23; Psalm 116:15
- 19 Genesis 24; Isaiah 65:24; Psalm 61
- 20 Genesis 25; Hebrews 11:8-19; Psalm 40
- 21 Genesis 26; read again Genesis 17

Far off I see the goal—O Saviour, guide me; I feel my strength is small—be Thou beside me; With vision ever clear, with love that conquers fear, and grace to persevere, O Lord, provide me. When-e'er Thy way seems strange, go Thou before me; And, lest my heart should change, O Lord, watch o'er me; But, should my faith prove frail, and I through blindness fail, O let Thy grace prevail, and still restore me. Should earthly pleasures wane, and joy forsake me, And lonely hours of pain at length o'ertake me, My hand in Thine hold fast till sorrow be o'er past, And gentle death at last for heaven awake me. There, with the ransomed throng who praise forever The love that made them strong to serve forever, I too would seek Thy face, Thy finished work retrace, And magnify Thy grace, redeemed forever. (The Hymnbook, No. 337)

- 22 Genesis 27-28:9; Hebrews 12:14-17
- 23 Genesis 28:10-22; Deuteronomy 26
- 24 Genesis 29:1-30:24; Psalm 127
- 25 Genesis 30:25-43; 2 Corinthians 9:8; Ephesians 3:21
- 26 Genesis 31; Psalm 25; 85
- 27 Genesis 32-33; 1 Chronicles 16:7-18; Psalm 20
- 28 Genesis 34; Leviticus 19:18; Romans 12:17-21

O Lord, my God, most earnestly my heart would seek Thy face, Within Thy holy house once more to see Thy glorious grace. Apart from Thee I long and thirst, and nought can satisfy; I wander in a desert land where all the streams are dry. The loving kindness of my God is more than life to me; So I will bless Thee while I live and lift my prayer to Thee. In Thee my soul is satisfied, my darkness turns to light, and joyful meditations fill the watches of the night. My Saviour, 'neath Thy sheltering wings my soul delights to dwell; Still closer to Thy side I press, for near Thee all is well. (The Hymnbook, No. 327)

- 29 Genesis 35; Ruth 4:11-17; Micah 5:1-9; Matthew 1:1-17; Luke 1:46-55
- 30 Genesis 36:1-8; Isaiah 34; Jeremiah 49:7-22; Ezekiel 25:12-14; Malachi 1:4
- 31 Genesis 37; 1 John 2:9-10; 4:19-21; John 8:44



FIRST CUP READINGS

FEBRUARY, 2023

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

Dear Family in Christ,

First Cup is designed to assist you in the habit of daily Bible reading and prayer. The name is to remind you that as you reach for your first cup of morning coffee or tea, reach also for your Bible and prayer list. The prayers at the beginning of each week are taken from hymns, sometimes found in obscure hymnals in my library. They are intended to be read as your beginning prayer, to focus your mind on the daily readings that follow. May this spiritual discipline strengthen you as you face each day.

Blessings and
love in Christ,

Sandy Sturch

- 1 Deuteronomy 25:5-10; Genesis 38; Matthew 1:1-6
- 2 Genesis 39; Proverbs 2
- 3 Genesis 40; Psalm 105:16:22
- 4 Genesis 41; Daniel 1:17-20; Acts 2:17-18;
Hebrews 1:1-2; 4:12; Colossians 3:16

Praise, my soul, the King of heaven; to His feet thy tribute bring; Ransomed, healed, restored, forgiven, Evermore His praises sing; Alleluia! Alleluia! Praise the everlasting King. Praise Him for His grace and favor to our fathers in distress; Praise Him still the same as ever, slow to chide, and swift to bless: Alleluia! Alleluia! Glorious in His faithfulness. Father-like He tends and spares us; well our feeble frame He knows; In His hands He gently bears us, Rescues us from all our foes. Alleluia! Alleluia! Widely yet His mercy flows. Angels, help us to adore Him; ye behold Him face to face; Sun and moon, bow down before Him, dwellers all in time and space. Alleluia! Alleluia! Praise with us the God of grace. (The Hymnbook, No. 31)

- 5 Genesis 42-43; Matthew 6:12-15; 18:21-35; Psalm 25
- 6 Genesis 44:1-46:7; Romans 8:28-39; Psalm 16
- 7 Genesis 46:26-47:31; Psalm 65; Proverbs 3
- 8 Genesis 48-49; Acts 7:2-26; Hebrews 11:21;
Isaiah 46:3-4; Psalm 116:15
- 9 Genesis 50; Hebrews 11:22; Deuteronomy 33:13-17;
Proverbs 22:1; Psalm 116:15
- 10 Exodus 1; Acts 7:17-19; 2 Thessalonians 3:1-3
- 11 Exodus 2; Hebrews 11:24-26; Psalm 5

Now Israel may say, and that in truth, If that the Lord had not our right maintained, If that the Lord had not with us remained, When cruel men against us rose to strive, We surely had been swallowed up alive. Yea, when their wrath against us fiercely rose, The swelling tide had o'er us spread its wave, The raging stream had then become our grave, The surging flood, in proudly swelling roll, Most surely then had overwhelmed our soul. Blest be the Lord, who made us not their prey; As from the snare a bird escapeth free, Their net is rent and so escaped are we; Our only help is in God's holy name, Who made the earth and all the heavenly frame. (The Hymnbook, No. 357).

- 12 Exodus 3; Romans 8:31-39
- 13 Exodus 4; Acts 7:20-22; Matthew 10:19-20;
1 Corinthians 2:4-5
- 14 Exodus 5; Matthew 10:32-39; 1 Peter 2:19
- 15 Exodus 6:1-7:7; Romans 9:14-18
- 16 Exodus 7:8-24; Psalm 2
- 17 Exodus 8; Psalm 142
- 18 Exodus 9; Proverbs 16:4; Jeremiah 10:1-16

O for a closer walk with God, a calm and heavenly frame, A light to shine upon the road that leads me to the Lamb! Return, O holy Dove, return, sweet messenger of rest! I hate the sins that made Thee mourn and drove Thee from my breast. The dearest idol I have known, what-e'er that idol be, Help me to tear it from Thy throne, and worship only Thee. (The Hymnbook, No. 319)

- 19 Exodus 10; Psalm 105
- 20 Exodus 11-12; Deuteronomy 16:1-8; Psalm 103
- 21 Psalm 139
- 22 Exodus 13; Hebrews 11:24-29
- 23 Exodus 14; Ephesians 6:10-18
- 24 Exodus 15:1-21; Ephesians 5:19-20
- 25 Exodus 15:22-16:35; Matthew 6:28-34;
1 Timothy 6:6-10

Most perfect is the law of God, restoring those that stray; His testimony is most sure, proclaiming wisdom's way. The precepts of the Lord are right; with joy they fill the heart; The Lord's commandments all are pure, and clearest light impart. The fear of God is undefiled and ever shall endure; The statutes of the Lord are truth and righteousness most pure. The words which from my mouth proceed, the thoughts within my heart, Accept, O Lord, for Thou my Rock and my Redeemer art. (The Hymnbook, No. 257)

- 26 Exodus 17; 1 Corinthians 10:1-13; 1 Timothy 2:8
- 27 Exodus 18; Acts 6:1-4; 1 Timothy 3:1-12
- 28 Exodus 19; Psalm 24



FIRST CUP READINGS

MARCH, 2023

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Blessings and
love in Christ,

Sandy Sturch

Far off I see the goal—O Saviour, guide me; I feel my strength is small—be Thou beside me; With vision ever clear, with love that conquers fear, And grace to persevere, O Lord, provide me. When-e'er Thy way seems strange, go Thou before me; And, lest my heart should change, O Lord, watch o'er me; But, should my faith prove frail, and I through blindness fail, O let Thy grace prevail, and still restore me. (The Hymnbook, No. 337).

- 1 Jonah 3:1-4, 10; Hebrews 12:1-14; Luke 18:9-14
- 2 Deuteronomy 7:6-11; Titus 1:1-16; John 1:29-34
- 3 Deuteronomy 7:12-16; Titus 2:1-15; John 1:35-42
- 4 Deuteronomy 7:17-26; Titus 3:1-15; John 1:43-51

God of grace and God of glory, on Thy people pour Thy power; Crown Thine ancient Church's story; bring her bud to glorious flower. Cure Thy children's warring madness, bend our pride to Thy control; Shame our wanton, selfish gladness, rich in things and poor in soul. Grant us wisdom, grant us courage, Lest we miss Thy Kingdom's goal, lest we miss Thy Kingdom's goal. (The Hymn Book, No. 358)

- 5 Jeremiah 9:23-24; 1 Corinthians 1:18-31; Mark 2:18-22
- 6 Deuteronomy 8:1-20; Hebrews 2:11-18; John 2:1-12
- 7 Deuteronomy 9:4-12; Hebrews 3:1-11; John 2:13-33
- 8 Deuteronomy 9:13-21; Hebrews 3:12-19; John 2:23-3:15
- 9 Deuteronomy 9:23-10:5; Hebrews 4:1-10; John 3:16-21
- 10 Deuteronomy 10:12-22; Hebrews 4:11-16; John 3:22-36
- 11 Deuteronomy 11:18-28; Hebrews 5:1-10; John 4:1-26

Immortal, invisible, God only wise, In light inaccessible hid from our eyes, Most blessed, most glorious, the Ancient of Days, Almighty, Victorious, Thy great name we praise. To all, life Thou givest, to both great and small; In all life Thou livest, the true life of all; Thy wisdom so boundless, Thy mercy so free, Eternal Thy goodness for naught changeth Thee. Great Father of Glory, pure Father of Light, Thine angels adore Thee, all veiling their sight. All laud we would render. Oh help us to see 'Tis only the splendor of light hideth the Thee. (Worship in Song, No. 29)

- 12 Jeremiah 1:1-10; 1 Corinthians 3:11-23; Mark 3:31-4:9
- 13 Jeremiah 1:11-19; Romans 1:1-15; John 4:27-42
- 14 Jeremiah 2:1-13, 29-32; Romans 1:16-25; John 4:43-54
- 15 Jeremiah 3:6-18; Romans 1:28-2:11; John 5:1-8
- 16 Jeremiah 4:9-10; Romans 2:12-24; John 5:19-29
- 17 Jeremiah 5:1-9; Romans 2:25-3:18; John 5:30-47
- 18 Jeremiah 5:20-31; Romans 3:19-31; John 7:1-13

Open my eyes, that I may see glimpses of truth Thou hast for me; Place in my hands the wonderful key that shall unclasp and set me free. Open my ears, that I may hear voices of truth Thou sendest clear; And while the wave notes fall on my ear, everything false will disappear. Open my mouth, and let me bear gladly the warm truth everywhere; Open my heart, and let me prepare love with Thy children thus to share. Silently now I wait for Thee, ready my God, Thy will to see. (The Hymnbook, No. 390)

- 19 Jeremiah 5:9-15; 1 Corinthians 6:12-20; Mark 5:1-20
- 20 Jeremiah 7:1-15; Romans 4:1-12; John 7:14-36
- 21 Jeremiah 7:21-34; Romans 4:13-25; John 7:37-52
- 22 Jeremiah 8:4-7, 8:18-9:5; Romans 5:1-11; John 12-20
- 23 Jeremiah 10:11-24; Romans 5:12-21; John 8:21-32
- 24 Jeremiah 11:1-8, 14-17; Romans 6:1-11; John 8:33-47
- 25 Jeremiah 13:1-11; Romans 6:12-23; John 8:47-59

Be not dismayed whate'er betide; God will take care of you. Beneath His wings of love abide; God will take care of you. Thro' days of toil when heart doth fail; God will take care of you; When dangers fierce your path assail, God will take care of you. No matter what may be the test, God will take care of you. Lean, weary one, upon His breast; God will take care of you. Thro' ev'ry day, o'er all the way. He will take care of you; God will take care of you. (Worship in Song, No. 450)

- 26 Jeremiah 14:1-9, 17-22; Galatians 4:21-5:1; Mark 8:11-21
- 27 Jeremiah 16:10-21; Romans 7:1-12; John 6:1-15
- 28 Jeremiah 17:19-27; Romans 7:13-25; John 6:16-27
- 29 Jeremiah 18:1-11; Romans 8:1-11; John 6:27-40
- 30 Jeremiah 22:13-23; Romans 8:12-27; John 6:41-51
- 31 Jeremiah 23:1-8; Romans 8:28-39; John 6:52-59



FIRST CUP READINGS

APRIL 2023

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Sandy Sturch

1 Jeremiah 23:9-15; Romans 9:1-18; John 6:60-71

O Love of God most full, O Love of God most free, Come warm my heart, come fill my soul, Come lead me unto Thee! Warm as the glowing sun so shines Thy love on me, It wraps me round with kindly care, it draws me unto Thee. The wildest sea is calm, The tempest brings no fear, The darkest night is full of light, Because Thy love is near. O Love of God most full, O Love of God most free, Thou warmest my heart, Thou fillest my soul, With might Thou strengthenest me. Amen. (The Hymnbook, No. 118)

2 Jeremiah 23:16-32; 1 Corinthians 9:19-27;
Mark 8:31-9:1

3 Jeremiah 24:1-10; Romans 9:19-33; John 9:1-7

4 Jeremiah 25:8-17; Romans 10:1-13; John 9:18-41

5 Jeremiah 25:30-38; Romans 10:14-21; John 10:1-18

6 Jeremiah 26:1-16; Romans 11:1-12; John 10:19-42

7 Jeremiah 29:1, 4-14; Romans 11:13-24; John 11:1-27

8 Jeremiah 31:27-34; Romans 11:25-36; John 11:28-44

Hosanna, loud Hosanna, the little children sang; through pillared court and temple the lovely anthem rang; To Jesus, who had blessed them close folded to His breast, the children sang their praises, the simplest and the best. "Hosanna in the Highest!" that ancient song we sing, For Christ is our Redeemer, the Lord of Heaven our King. O may we ever praise Him with heart and life and voice, and in His blissful presence eternally rejoice! (The Presbyterian Hymnal, No. 89)

9 Mark 11:1-11; Luke 19:28-44; John 12:12-19

10 Matthew 21:12-22; Mark 11:12-19

11 Matthew 21:23-27; Mark 11:27-12:44; Luke 20:1-8

12 Matthew 26:14-16; Mark 14:10-11; Luke 22:1-6

13 Matthew 26:17-29, 36-46; Mark 14:12-42;

Luke 22:7-46; John 13:1-38

14 Matthew 27; Mark 14:43-15:15; Luke 22:37-23:25;

John 18:2-19:16

15 Isaiah 53; Psalm 22

Beneath the cross of Jesus I fain would take my stand.—The shadow of a mighty Rock within a weary land; A home within the wilderness, a rest upon the way, from the burning of the noonday heat, and the burden of the day. Upon the cross of Jesus mine eye at times can see the very dying form of One Who suffered there for me: And from my stricken heart with tears

two wonders I confess—the wonders of redeeming love and my unworthiness. (The Hymnbook, No. 190)

16 Matthew 28:1-15; Luke 24:1-49; Matthew 16:19

17 John 20; John 3:16-18, 14:6

18 John 21; 1 Peter 5:1-4; Matthew 16:13-19

19 Matthew 28:16-20; Mark 16:9-20; Luke 24:50-52;
Acts 1:1-11; Matthew 16:24-28

20 1 Corinthians 15; John 5:24

21 Hebrews 1; John 1:1-14; Galatians 3:26-4:4; Psalm 103

22 Hebrews 2; Philippians 2:1-11; 2 Timothy 1:8-12

Crown Him with many crowns, the Lamb upon His throne; Hark, how the heavenly anthem drowns all music but its own: Awake my soul and sing of Him who died for thee, and hail Him as thy matchless King through all eternity. Crown Him the Lord of love; behold His hands and side, rich wounds, yet visible above, in beauty glorified: All hail, Redeemer, hail! For Thou hast died for me: Thy praise shall never, never fail throughout eternity. (The Hymnbook, No. 213)

23 Hebrews 4:1-13; Exodus 20:8-11; Ephesians 2:8-10;
Romans 4:1-8

24 Hebrews 4:14-5:10; 1 Corinthians 10:13; Romans 6

25 Hebrews 5:11-6:6; 1 Peter 2:2; 1 Corinthians 3:1-4;
Matthew 7:21-23, 26:47-49

26 Hebrews 6:7-20; Isaiah 5:1-7, 44, 55:10-13;
Matthew 13:1-30

27 Genesis 14:17-20; Psalm 110; Hebrews 7;
Romans 8:26-27

28 1 Peter 2; Revelation 1:4-6, 5:6-10, 20:4-6

29 Hebrews 8 (see Exodus 25-31); Jeremiah 31; 2
Corinthians 5:17

Blessed assurance, Jesus is mine! Oh what a foretaste of heaven divine! Heir of salvation, purchase of God, born of His Spirit, washed in His blood. Perfect submission, perfect delight! Visions of rapture now burst on my sight; angels descending bring from above echoes of mercy, whispers of love. Watching and waiting, looking above, filled with His goodness, lost in His love. This is my story, this is my song, praising my Saviour all the day long. (The Hymnbook, No. 139)

30 Hebrews 9:1-10; Exodus 40; Leviticus 16;
Romans 3:21-26



FIRST CUP READINGS

MAY 2023

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Sandy Sturch

- 1 Lev. 8, 17; Hebrews 9:11-28; Matt. 5:17; Romans 8:1-17
- 2 Hebrews 10:1-25, 7:26-28, 9:11-14; Matt. 26:26-29;
1 Cor. 11:23-26
- 3 Hebrews 10:26-39; 2 Peter 2; Matthew 12:31-32;
Ephesians 4:30-32
- 4 Hebrews 11; Isaiah 7:9b; Revelation 6:9-11;
1 Peter 1:1-12
- 5 Hebrews 12:1-3; 1 Corinthians 9:24-27; Philippians 2;
Galatians 6:9
- 6 Hebrews 12:4-13; 2 Corinthians 4-5:10; Psalm 94

More like the Master I would be, More of His meekness, More humility; More zeal to labor, more courage to be true, More consecration for work He bids me do. More like the Master is my daily prayer; More strength to carry crosses I must bear; More earnest effort to bring His kingdom in; More of His Spirit, the wanderer to win. More like the Master I would live and grow; More of His love to others I would show; More self denial like His in Galilee; More like the Master I long to ever be. (Worship in Song, No. 277)

- 7 Hebrews 12:14-17; Ephesians 4:17-5:20
- 8 Hebrews 12:18-29 (see Exodus 19-20);
Philippians 3:7-4:1; 2 Peter 3:10-18
- 9 Hebrews 13:1-6; Romans 12:9-21;
1 Corinthians 5:1-12, 6:9-11; Matthew 6:24
- 10 Hebrews 13:7-25; 1 Thess. 4-5
- 11 James 1:1-8; Romans 5:1-5; Job 28:20-28; Psalm 90:12;
Proverbs 1:7-8, 21:30
- 12 James 1:9-11; Psalm 49; Mark 4:1-20; Luke 18:18-30;
1 Timothy 6:6-10, 17-19
- 13 James 1:12-18; Matt. 6:9-13; 1 Cor. 9:24-27, 10:12-13;
Galatians 6:1-5

Out in the highways and byways of life, Many are weary and sad. Carry the sunshine where darkness is rife, making the sorrowing glad. Tell the sweet story of Christ and His love; Tell of His power to forgive. Others will trust Him if only you prove true every moment you live. Give as was given to you in your need; Love as the Master loved you. Be to the helpless a helper indeed; Unto your Mission be true. Make me a blessing, O Saviour, I pray. Make me a blessing to someone today. (Worship in Song, No. 342)

- 14 James 1:19-27; Psalm 119: 97-112; 4:4;
Ephesians 4:17-32; Proverbs 15:1, 29:11

- 15 James 2:1-13; Lev. 19:15; Prov. 3, 14:21; Luke 10:25-37
- 16 James 2:14-26; Ephesians 2:8-10; Matt. 7:21-27, 25
- 17 James 3:1-12; Proverbs 4; 12:19, 16:23-30, 18:6-8,
26:20-28, 27:2; Psalm 12, 141
- 18 James 3:13-18; Proverbs 29:23;
Matthew 20:20-28, 23:1-12; Luke 22:24-30
- 19 James 4:1-12; Proverbs 10:18-21; Matthew 15:10-20;
Titus 2:11-15; 1 John 2:1-17
- 20 James 4:13-17; Matthew 6:34;
Proverbs 3:27-28, 16:9, 19:21, 27:1; Psalm 139

While passing through this world of sin, And others your life shall view, Be clean and pure without, within, Let others see Jesus in you. Your life's a book before their eyes, They're reading it through and through; Say, does it point them to the skies, Do others see Jesus in you? Then live for Christ both day and night. Be faithful, be brave, be true, And lead the lost to life and light; Let others see Jesus in you. Keep telling the story, be faithful and true, Let others see Jesus in you. (Baptist Hymnal, No. 348)

- 21 James 5:1-6; Lev. 19:9-13, 24:14-15; Matt. 6:19-21;
Hebrews 11:24-26
- 22 James 5:7-12; Job 1:1-2:10, 42; Romans 12:6-21
- 23 James 5:13-20; 1 Kings 17; 2 Kings 4:1-37; Acts 9:36-43;
Romans 8:26-28
- 24 1 Peter 1; Romans 12:1-2; Ephesians 4:17-5:21
- 25 1 Peter 2:1-12; Romans 13:8-14; 1 Cor. 3:16-17, 6:19;
Psalm 65:1-4
- 26 1 Peter 2:13-3:22; Ephesians 5:22-6:9; Romans 13
- 27 1 Peter 4; Philippians 1:27-30; Revelation 2:10

Savior, like a shepherd lead us, Much we need Thy tender care; In Thy pleasant pastures feed us, For our use Thy folds prepare; We are Thine, do Thou befriend us, Be the guardian of our way; Keep Thy flock, from sin defend us, keep us when we go astray; Thou hast promised to receive us, Poor and sinful though we be; Blessed Lord and only Savior, With Thy love our bosoms fill: Blessed Jesus, Blessed Jesus, Thou hast loved us, love us still. (The Methodist Hymnal, No. 121)

- 28 Jeremiah 10:21, 23:1-4; Matt. 9:36; John 10:1-18;
1 Peter 5
- 29 Matt. 17:1-8; 2 Peter 1; 2 Timothy 3:16-17; Psalm
119:105; 2 Cor. 4:6
- 30 2 Peter 2; Hebrews 6:4-6; Jude
- 31 Matt. 24; 2 Peter 3; 2 Thess. 1:3-12



FIRST CUP READINGS

JUNE 2023

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love in Christ,

Sandy Sturch

- 1 Revelation 1:1-8; John 1:1-18; Revelation 21:6; 22:6-21
- 2 Revelation 1:9-20; Daniel 7:13-14;
Matthew 5:14-15; 16:13-20; 17:1-7; 24
- 3 Acts 19:1-20; 20:13-36; Revelation 2:1-7; 1 John 4:1-6;
2 Corinthians 11:14-15

Am I a soldier of the Cross, a follower of the Lamb, And shall I fear to own His cause, Or blush to speak His name? Must I be carried to the skies on flowery beds of ease, While others fought to win the prize, and sailed through bloody seas? Are there no foes for me to face? Must I not stem the flood? Is this vile world a friend to grace, to help me on to God? Sure, I must fight if I would reign, Increase my courage, Lord. I'll bear the toil, endure the pain, supported by Thy Word. (Worship in Song, No. 194)

- 4 James 2:5; Revelation 2:8-11; 1 Corinthians 9:24-27;
Romans 5:3-5; James 1:1-12
- 5 Revelation 2:12-17 (see Num. 22-25); 2 Peter 2;
Ephesians 3:14; Revelation 3:12
- 6 1 Kings 16:29-34, 18:1-4, 17-21, 19:1-4, 21:5-23;
Revelation 2:18-29; 2 Peter 3:9
- 7 John 15:1-8; Luke 12:35-40; Revelation 3:1-6, 7:9-17; 2
Timothy 3:1-5
- 8 Revelation 3:7-13; Matthew 23:13-39; 1 Cor. 3:16-17;
Ephesians 2:19-22
- 9 Revelation 3:14-22; Matthew 19:16-30; James 1:9-11;
Hebrews 12:1-13
- 10 Isaiah 6:1-5; Ezekiel 1; Revelation 4, 1:4-6; Genesis 1:1;
Colossians 1:15-23

Lead on, O King Eternal, The day of march has come; Henceforth in fields of conquest Thy tents shall be our home. Through days of preparation The grace has made us strong. And now, O King Eternal, We lift our battle song. Lead on, O King Eternal, We follow; not with fears, For gladness breaks like morning where'er Thy face appears. Thy cross is lifted o'er us; We journey in its light; The crown awaits the conquest; Lead on, O God of might. (Worship in Song, No. 28)

- 11 John 1:29-39; Rev. 5; Psalm 33; Philippians 2:1-11
- 12 Zechariah 1:8-17; 6:1-8; Revelation 6; Hebrews 11;
Matthew 24
- 13 Revelation 7:8-5; 21:3-5; Psalm 23:1; John 10:11-18;
Colossians 2:2-4, 12
- 14 Revelation 8:6-9:21; Romans 1:18-32; 2 Timothy 3:1-5;
1 Corinthians 10:1-13
- 15 Revelation 10-11; Daniel 2:44; 7:14, 27; Psalm 2

- 16 Matthew 2; 4:1-11; Revelation 12-13:1a; Job 1:9-11;
Luke 10:18; 1 Peter 5:8-9
- 17 Rev. 13:1b-18; Luke 21:8-19; Romans 5:3-4; 15:4-5;
2 Corinthians 6:3-10

Crown Him with many crowns, The Lamb upon his throne; Hark! How the heavenly anthem drowns all music but its own. Awake, my soul, and sing of Him who died for thee, And hail Him as thy matchless King through all eternity. Crown Him the Lord of life, who triumphed o'er the grave, and rose victoriously in the strife for those He came to save; His glories now we sing Who died and rose on high, Who died eternal life to bring, and lives, that death may die. Crown Him the Lord of love; Behold His hands and side, Those wounds, yet visible above, in beauty glorified. All hail, Redeemer, hail! For Thou hast died for me; Thy praise and glory shall not fail throughout eternity. (Worship in Song, No. 163)

- 18 Rev. 14; Jeremiah 25:15-38; Matthew 13:24-30, 36-43;
Galatians 6:7-8
- 19 Revelation 15-16; Luke 12:35-40; Joel 2:13-14;
Hebrews 12:14-29
- 20 Rev. 13:1-9; Rev. 17; John 16:33; Psalm 33, 37
- 21 Revelation 18, 6:9-11; Hebrews 11
- 22 Revelation 19; Isaiah 63; Matthew 22:1-14; 25:1-13;
2 Thessalonians 2; John 3:19
- 23 Revelation 20; Matthew 25:31-46; Romans 2:1-16;
2 Corinthians 5:10
- 24 Isaiah 60, 62; John 14:1-6; Revelation 21; 1 Cor. 15

At the name of Jesus every knee shall bow, every tongue confess Him King of Glory now; 'Tis the Father's pleasure we shall call Him Lord, who from the beginning was the mighty Word. Brothers, this Lord Jesus shall return again, with His Father's glory o'er the earth to reign; For all wreaths of empire meet upon His brow, and our hearts confess Him King of Glory now. (The Hymnbook, No. 143)

- 25 Genesis 3:21-24; Revelation 22, 7:3, 2:16, 3:11; 1
Corinthians 6:9-10
- 26 Esther 1; Proverbs 20:1-2, 23:19-21, 29-35;
Ecclesiastes 2; Luke 14:7-35
- 27 Esther 2; Psalm 45
- 28 Esther 3; Proverbs 14:16, 26:8; Psalm 91
- 29 Esther 4; Ecclesiastes 3:7; Isaiah 43
- 30 Esther 5-6; Proverbs 26:1, 3:29-35; Psalm 62



FIRST CUP READINGS

JULY 2023

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

Dear Family in Christ,

First Cup is designed to assist you in the habit of daily Bible reading and prayer. The name is to remind you that as you reach for your first cup of morning coffee or tea, reach also for your Bible and prayer list. The prayers at the beginning of each week are taken from hymns, sometimes found in obscure hymnals in my library. They are intended to be read as your beginning prayer, to focus your mind on the daily readings that follow. May this spiritual discipline strengthen you as you face each day.

Blessings and
love in Christ,

Sandy Sturch

1 Job 1; 1 Peter 5:8-11; Psalm 37:23-40; Rev. 12:10-12

O God of earth and altar, Bow down and hear our cry; Our earthly rulers falter, Our people drift and die; The walls of gold entomb us, The swords of scorn divide; Take not Thy thunder from us, But take away our pride. From all that terror teaches, From lies of tongue and pen; From all the easy speeches That comfort cruel men; From sale and profanation Of honor and the sword; From sleep and from damnation, Deliver us, good Lord! Tie in a living tether The prince and priest and thrall; Bind all our lives together, Smite us and save us all; In ire and exultation Aflame with faith, and free, Lift up a living nation, A single sword to Thee. (The Hymnbook, No. 511)

2 Job 2:1-10; Matt. 4:1-11; 2 Cor. 12:7-10; Ps. 88
3 Job 2:11-13; Psalm 22:1-11; Prov. 17:17; 18:24; 27:6-10
4 Job 3; Jeremiah 20:14-18; Psalm 63
5 Job 4-5; 1 Cor. 3:18-20; Heb. 12:1-13
6 Job 6-7; Lamentations 3:1-26; Psalm 38
7 Job 8; Jeremiah 29:11-13; Psalm 25
8 Job 9-10; James 5:7-20

O gracious God, forsake me not when I am old and gray, that unto those that follow me I may Thy might display. Thou who has sent me many griefs wilt yet my soul restore, and out of sorrow's lowest depths wilt bring me forth once more. O turn again and comfort me, my waning strength increase, and for Thy faithfulness, O God, my praise shall never cease. (The Hymnbook, No. 396)

9 Job 11; Prov. 3:5-8; Psalm 23
10 Job 12-13; Jeremiah 32:17-19; Heb. 9:27-28
11 Job 14-15; Psalm 37; 116
12 Job 16-17; Psalm 31
13 Job 18-19; Psalm 41
14 Job 20-21; Prov. 11:28, 23:5, 20:7-9; 1 Tim. 6:6-10; Luke 18:18-30
15 Job 22-23; Psalm 116; Prov. 8:17

He leadeth me: O blessed thought! O words with heavenly comfort fraught! What-e'er I do, wher-e'er I be, still 'tis God's hand that leadeth me. Sometimes 'mid scenes of deepest gloom, sometimes where Eden's bow-ers bloom, by waters calm, o'er troubled sea, still 'tis His hand that leadeth me. Lord, I would clasp Thy hand in mine, nor ever murmur nor repine; content, what-ever lot I see, since 'tis my God that leadeth me. (The Hymnbook, No. 338)

16 Job 24-25; Ps. 139:11-12; John 8:12; Eph. 5:8-14
17 Job 26-28; Psalm 51:6; Prov. 2; James 1:2-8
18 Job 29-31; James 1:9-26; Eph. 2:8-10
19 Job 32-33; 1 Tim. 4:12; 2 Cor. 10:12; 1 Cor. 1:18-31
20 Job 34-35; Ecclesiastes 12:14; Romans 2:5-11; Psalm 103:8-18
21 Job 36-37; Jer. 46:27-28; Heb. 12:4-11; Isa. 40:17-31
22 Job 38-39; John 1:3; Col. 1:15-17; Isa. 29:13-16; 49:9-14

God of our life, through all the circling years, We trust in Thee; In all the past, through all our hopes and fears, Thy hand we see. With each new day, when morning lifts the veil, We own Thy mercies, Lord, which never fail. God of the past, our times are in Thy hand; With us abide. Lead us by faith to hope's true Promised Land; Be Thou our guide. With Thee to bless, the darkness shines as light, And Faith's fair vision changes into sight. God of the coming years, though paths unknown we follow Thee; When we are strong, Lord, leave us not alone; Our refuge be. Be Thou for us in life our Daily Bread, Our heart's true Home when all our years have sped. (The Hymnbook, No. 108)

23 Job 40-42:6; Romans 14:4; Matt. 7:1-6; Prov. 20:27; Psalm 139:23-24
24 Job 42:7-17; Matt. 5:21-24; Col. 3:12-17; 1 Peter 5:6-11
25 John 17; 1 Cor. 1:1-17; Gal. 5:16-26; James 3:13-18
26 1 Cor. 1:18-2:5; Isa. 29:13-14; Psalm 111:10; Col. 1:9-14
27 1 Cor. 2:6-16; John 14:15-31; Romans 16:25-27
28 1 Cor. 3; Heb. 5:11-6:3; Luke 6:46-49
29 1 Cor. 4; Luke 12:42-48; Heb. 3:1-6; 2 Tim. 3:10-17

Yield not to temptation, for yielding is sin. Each victory will help you some other to win. Fight manfully onward; dark passions subdue, look ever to Jesus, He will carry you through. To him that o'er cometh, God giveth a crown. Through faith we shall conquer, tho' often cast down. He, who is our Savior, our strength will renew. Look ever to Jesus: He will carry you through. Ask the Savior to help you, comfort, strengthen and keep you. He is willing to aid you, He will carry you through. (Worship in Song, No. 436)

30 1 Cor. 5; Leviticus 18; 1 Thess. 4:1-12; Eph. 5:1-17
31 1 Cor. 6:1-11; Matt. 18:15-20; Jude 4-25; Rev. 20:11-15



FIRST CUP READINGS

AUGUST 2023

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

Dear Family in Christ,

First Cup is designed to assist you in the habit of daily Bible reading and prayer. The name is to remind you that as you reach for your first cup of morning coffee or tea, reach also for your Bible and prayer list. The prayers at the beginning of each week are taken from hymns, sometimes found in obscure hymnals in my library. They are intended to be read as your beginning prayer, to focus your mind on the daily readings that follow. May this spiritual discipline strengthen you as you face each day.

Blessings and
love in Christ,

Sandy Sturch

- 1 1 Cor. 6:12-20; Rom. 6; 1 Peter 1:13-23; Gal. 5:16-25
- 2 1 Corinthians 7; Colossians 3:18-19; 1 Peter 3:1-7
- 3 1 Cor. 8; Isaiah 44:9-20; Romans 14:1-8;
Psalm 135:15-21
- 4 1 Corinthians 9; Phil. 4:10-20; Luke 10:1-23
- 5 Exodus 16:1-17:7; 32; Heb. 2; 1 Corinthians 10:1-13;
James 1:12-15

Behold th' amazing gift of love the Father hath bestowed on us, the sinful sons of men, to call us sons of God! Concealed as yet this honor lies, by this dark world unknown, a world that knew not when He came, even God's eternal Son. Our souls, we know, when He appears, shall bare His image bright; for all His glory, full disclosed, shall open to our sight. A hope so great, and so divine, may trials well endure; And purge the soul from sense and sin, as Christ Himself is pure. (The Hymnbook, No. 120)

- 6 Deut. 32:16-21; 1 Cor. 10:14-22; 2 Cor. 6:14-7:1
- 7 1 Cor. 10:23-11:1; Romans 14:1-15:13; 1 Tim. 4:4-8
- 8 Exodus 12:1-28; Matt. 26:26-30; 1 Cor. 11:2-34;
Colossians 3:1-17
- 9 Acts 1:6-8; Romans 1:11; 1 Corinthians 12:1-31;
Ephesians. 4:1-7; Romans 12
- 10 1 Corinthians 13; 1 John 3; Matt. 5:43-48
- 11 Genesis 11:1-9; Mark 16:14-20; 1 Corinthians 14;
1 John 4:1-6; Ephesians 4:8-16
- 12 Matt. 27:57-28:20; John 20:19-31; 1 Cor. 15:1-11;
Acts 22:2b-21

Jesus lives, and so shall I! Death, thy sting is gone forever! He for me hath designed to die; Lives the bands of death to sever. He shall raise me from the dust; Jesus is my hope and trust. Jesus lives and by His grace, vict'ry o'er my passions giving, I will change my heart and ways. Ever to His glory living. Me He raises from the dust: Jesus is my hope and trust. None of all His saints is lost: Jesus is my hope and trust! (Christian Gellert, 1715-1769)

- 13 1 Cor. 15:12-34; 2 Tim. 2:1-13; Micah 4:1-5;
1 Thess. 4:13-18
- 14 1 Cor. 15:35-58; Genesis 1:1-2:3; Ezekiel 37:1-14;
Philippians 3:7-11
- 15 1 Cor. 16:1-4; Deut. 15:7-11; Acts 4:32-35;
2 Corinthians 8:16-21
- 16 1 Corinthians 16:5-24; John 15:1-17
- 17 2 Corinthians 1:1-11; Psalm 71; 34
- 18 2 Cor. 1:12-2:11 (see 1 Cor. 5); 1 John 2:1-11, 3:7-10;
1 Peter 5:8-11; Psalm 130

- 19 1 Corinthians 1:18; 2 Corinthians 2:12-16;
John 3:16-18, 5:24; Romans 5:12-21

Standing on the promises of Christ, my King! Through eternal ages let His praises ring. "Glory in the Highest!" I will shout and sing, standing on the promises of God. Standing on the promises that cannot fail! When the howling storms of doubt and fear assail, by the living Word of God I shall prevail, standing on the promises of God. Standing on the promises of Christ, the Lord, bound to Him eternally by loves' strong cord, Overcoming daily with the Spirit's Sword, standing on the promises of God. (Worship in Song, No. 472)

- 20 2 Corinthians 2:17-3:18; Exodus 34:1-28;
Jeremiah 31:31-37; Hebrews 8
- 21 2 Corinthians 4; Hebrews 11:1, 6; Romans 8:18-27
- 22 2 Corinthians 5:1-10; 1 Corinthians 3:11-15;
Romans 14:10-12; Colossians 1
- 23 2 Corinthians 5:11-6:2; Romans 5:1-6:14, 4:7-8
- 24 2 Cor. 6:3-7:1; Eph. 5:1-21; 1 Cor. 5:9-13; Psalm 1
- 25 2 Corinthians 7:2-16; Proverbs 28:13-14; Psalm 32
- 26 2 Corinthians 8:1-15; Phil. 4:10-20; James 2:14-17;
Matt. 6:25-34

Be not dismayed what-e'er betide: God will take care of you. Beneath His wings of love abide; God will take care of you. Through days of toil when heart doeth fail; God will take care of you. When dangers fierce your path assail, God will take care of you. All that you need, He will provide; God will take care of you. Nothing you ask will be denied, God will take care of you. God will take care of you, through every day, o'er all the way. He will take care of you. (Worship in Song, No. 450)

- 27 2 Corinthians 8:16-9:15; Proverbs 11:24-25; 22:9;
Luke 6:38
- 28 1 Corinthians 1:20-31; 2 Corinthians 10;
Jeremiah 9:23-24; Galatians 6:14
- 29 2 Corinthians 11:1-15; 1 Corinthians 2:1-5;
Matthew 7:15-20; 2 Peter 2:1-3
- 30 2 Corinthians 11:16-12:10; Hebrews 11:32-34;
Romans 8:26-39; Phil. 3
- 31 2 Corinthians 12:11-21; Eph. 5:1-21; Gal. 5:13-26;
Colossians 3:5



FIRST CUP READINGS

SEPTEMBER 2023

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

Dear Family in Christ,

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Blessings and
love in Christ,

Sandy Sturch

- 1 2 Cor. 13; 1 Peter 4; Romans 6:18; Ephesians 6:10-18
- 2 1 Timothy 1; Romans 5:21, 7:7-8:17; Hebrews 5:11-14;
James 3:1; 1 Peter 2:1-3

He giveth more grace when the burdens grow greater, He sendeth more strength when the labor increases; to added affliction He addeth His mercy, to multiplied trials, His multiplied peace. His love has no limit, His grace has no measure, His power has no boundary known unto men; For out of His infinite riches in Jesus, He giveth, and giveth, and giveth again! (Hymns for the Family of God, No. 112)

- 3 1 Timothy 2; Genesis 3; Proverbs 31, 11:16, 22; 14:1
- 4 1 Timothy 3; Romans 12; Hebrews 13:17
- 5 1 Timothy 4, 1:7; John 13:1-17; 1 Corinthians 11:1
- 6 1 Timothy 5:1-6:2; 1 Corinthians 7:8; James 1:27;
Ephesians 6:5-9; Psalm 68:4-5
- 7 1 Timothy 6:3-21; Ecclesiastes 4:4-8; Luke 12;
Revelation 3:14-22
- 8 2 Timothy 1; Mark 8:34-38; Romans 1:8-17;
Philippians 1:12-30; 1 Peter 4:12-19
- 9 2 Timothy 2; Romans 6:1-14; Ephesians 4:1-3

A charge to keep have I, a God to glorify, another dying soul to save and fit it for the sky. To serve the present age, my calling to fulfill; O may it all my power engage to do my Master's will! Help me to watch and pray, and on Thyself rely, and let me ne'er my trust betray, but press to realms on high. (The Hymnbook, No. 301)

- 10 2 Timothy 3; Jeremiah 12:10-11, 23:1-4;
John 10:1-16; Acts 20:25-31
- 11 2 Timothy 4; 1 Cor. 9:24-27; Philippians 3:7-4:1
- 12 Titus 1; 1 Timothy 1:1-7; 1 Corinthians 4:1-2;
Philippians 1:9-11
- 13 Titus 2; Deuteronomy 6:1-9, 11:18-21;
Psalm 25; Proverbs 9:9, 22:17-21
- 14 Titus 3; Romans 13; 1 Peter 2:17
- 15 Philemon; 1 Peter 3:15-16; Luke 9:26; Matthew 6:14;
Luke 17:1-4; Romans 16
- 16 1 John 1-2:14; Matthew 5:14-16;
John 3:19-21, 8:12, 12:35-50

My Father is rich in houses and lands; He holdeth the wealth of the world in His hands! Of rubies and diamonds, of silver and

gold, His coffers are full. He has riches untold. I once was an outcast stranger on earth, A sinner by choice, an alien by birth! But I've been adopted; my name's written down. I'm heir to a mansion, a robe, and a crown! A child of the King! A child of the King! With Jesus, my Saviour, I'm a child of the King! (Worship in Song, No. 377)

- 17 1 John 2:15-27; John 15:1-17; Titus 2:11-14
- 18 1 John 2:28-3:24; Romans 8:1-17, 12:9-21; 1 Cor. 13
- 19 1 John 4:1-21; 1 Cor. 1:18-25; Matthew 7:15-20;
2 Peter 2:1-3
- 20 1 John 5; Jer. 7:1-29; 1 Cor. 11:23-32; James 5:13-20
- 21 2 John; Romans 16:17-20; Colossians 1:21-23, 2:6-8;
Hebrews 10:35-38
- 22 3 John; Romans 12:13; 1 Tim. 5:9-10;
1 Peter 4:8-10; Philemon 8-22
- 23 Jude; 2 Timothy 3:1-5; 2 Peter 3

Search me, O God, and know my heart today. Try me, O Saviour; know my thoughts, I pray. See if there be some wicked way in me; cleanse me from every sin, and set me free. I praise Thee, Lord, for cleansing me from sin. Fulfill Thy Word, and make me pure within; Fill me with fire, where once I burned with shame. Grant my desire to magnify Thy name. Lord, take my life, and make it wholly Thine; Fill my poor heart with Thy great love divine. Take all my will, my passion, self, and pride. I now surrender; Lord, in me abide. (Worship in Song, No. 297)

- 24 Leviticus 1; 1 Peter 1
- 25 Leviticus 4; Romans 3
- 26 Leviticus 5:1-6:7; Acts 5:1-11; Colossians 3:9
- 27 Leviticus 11; Acts 10:1-11:18
- 28 Lev. 13:1-45, 14:1-32; Mark 1:40-45; Luke 17:11-19
- 29 Leviticus 15; Numbers 5; John 8:1-11; Mark 5:21-34
- 30 Leviticus 16; Hebrews 9:1-14

Depth of mercy! Can there be mercy still reserved for me? Can my God His wrath forebear? Me, the chief of sinners, spare? I have long withstood His grace, long provoked Him to His face; would not hearken to His calls, grieved Him by a thousand falls. Still for me the Savior stands, shows His wounds, and spreads His hands. God is love! I know, I feel; Jesus weeps, and loves me still. (The Hymnbook, No. 273)



FIRST CUP READINGS

OCTOBER 2023

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

Dear Family in Christ,

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Blessings and
love in Christ,

Sandy Sturch

- 1 Leviticus 17; Hebrews 9:15-28
- 2 Leviticus 18; Romans 1:18-32; 1 Corinthians 6:9-11
- 3 Leviticus 19; Matthew 5:17-20
- 4 Leviticus 20; Hebrews 12
- 5 Leviticus 26; 1 John 1
- 6 Numbers 6; Judges 13; Luke 1:5-55;
- 7 Numbers 8-9; Psalm 85

Guide me O Thou great Jehovah, Pilgrim through this barren land. I am weak, but Thou art mighty; Hold me with Thy powerful hand. Bread of Heaven, Bread of Heaven, Feed me till I want no more. Feed me till I want no more. Open now the crystal Fountain, Whence the healing stream doth flow. Let the fire and cloudy pillar lead me all my journey through. Strong Deliverer, Strong Deliverer, Be thou still my strength and shield, Strong Deliverer, Strong Deliverer, Be Thou still my strength and Shield. (Worship in Song, No. 64)

- 8 Numbers 10-12; Hebrews 13:7; Romans 12:12; James 5:13-16
- 9 Numbers 13-14; Proverbs 3:5-6; Psalm 20
- 10 Numbers 15; Leviticus 4:13-14, 5:14-19
- 11 Numbers 16-17; Proverbs 17:11; Hebrews 9:1-15
- 12 Numbers 20; Psalm 95; Hebrews 12:1-13
- 13 Numbers 21, 25; 1 Corinthians 10:1-13
- 14 Deuteronomy 1-2; 2 Corinthians 6:3-10, 10:4-6

O God, beneath Thy guiding hand, our exiled fathers crossed the sea; And when they trod the wintry strand, with prayer and psalm they worshipped Thee. Laws, freedom, truth, and faith in God, came with those exiles over the waves; and, where their pilgrim feet have trod, the God they trusted guards their graves. And here thy name, O God of love, their children's children shall adore, till these eternal hills remove, and spring adorns the earth no more. (The Hymnbook, No. 523)

- 15 Deuteronomy 4, 6, 8; Romans 1:18-2:29; Proverbs 3:11-12
- 16 Deuteronomy 9-11; John 14:23-24
- 17 Deuteronomy 29-30; Psalm 1
- 18 Deuteronomy 31; Psalm 14:2-3
- 19 Psalm 107, 116

- 20 Deuteronomy 32; Galatians 6:7-10
- 21 Deuteronomy 33-34; Psalm 116:15; 2 Corinthians 5:8-10

Come, we that love the Lord, and let our joys be known. Join in a song with sweet accord, join in a song with sweet accord, and thus surround the throne, and thus surround the throne. The hill of Zion yields a thousand sacred sweets before we reach the heavenly fields, before we reach the heavenly fields, Or walk the golden streets, or walk the golden streets. We're marching to Zion, beautiful, beautiful Zion. We're marching upward to Zion, the beautiful city of God. (Worship in Song, No. 75)

- 22 Joshua 1; Psalm 119:89-112; Hebrews 4:12-13
- 23 Joshua 2; Matthew 1:1-6; Ephesians 2:11-22; James 2:25-26
- 24 Deuteronomy 11:26-32; Joshua 3-4; Psalm 42
- 25 Joshua 5-6; Hebrews 11:30; 1 Corinthians 1:25, 3:18-23
- 26 Joshua 7; Deuteronomy 17:2-7; Acts 5:1-11
- 27 Joshua 8; Deuteronomy 4:1-2, 6, 8:1; 2 Timothy 3:14-17
- 28 Joshua 9; Psalm 15

Lead on O King Eternal, the day of march has come; Henceforth in fields of conquest Thy tents shall be our home: Through days of preparation Thy grace has made us strong, and now, O King Eternal, we lift our battle song. Lead on O King Eternal, We follow, not with fears, for gladness breaks like morning where-e'er Thy face appears; Thy cross is lifted o'er us; We journey in its light; The crown awaits the conquest; Lead on, O God of might. (Baptist Hymnal, No. 417)

- 29 Joshua 10-11; Psalm 56
- 30 Joshua 14, 20:1-22:34; Psalm 78:1-8
- 31 Joshua 23-24; Psalm 91; Psalm 116:15



FIRST CUP READINGS

NOVEMBER, 2023

Blessings and love in Christ,

Sandy Sturch

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- 1 Judges 1-2; Deuteronomy 4:1-14, 6:10-7:6; 2 Corinthians 6:14-18
- 2 Judges 3; Deuteronomy 8-9; Psalm 50
- 3 Judges 4-5; Psalm 89
- 4 Judges 6; Exodus 34:10-14; Ezekiel 13:13-23; Colossians 3:5-11; Ephesians 5:3-6

Depth of mercy! can there be mercy still reserved for me? Can my God His wrath forbear? Me, the chief of sinners, spare? I have long withstood His grace, long provoked Him to His face; Would not hearken to His calls, grieved Him by a thousand falls. Still for me the Saviour stands, shows His wounds, and spreads His hands; God is love! I know, I feel; Jesus weeps, and loves me still. (The Hymnbook, No. 273)

- 5 Judges 7-8; Deuteronomy 20:8; Psalm 76; 2 Corinthians 4:7-18
- 6 Judges 9; Jeremiah 17:9; Romans 6:15-23
- 7 Judges 10-12; Deuteronomy 20:1-4; Psalm 69
- 8 Judges 13-14; Proverbs 12:4, 16:9, 18:22, 20:24, 22:6; Jeremiah 10:23
- 9 Judges 15-16; Proverbs 6:20-26, 34, 14:1, 16:4, 9, 31:30; Ecclesiastes 7
- 10 Judges 17; Exodus 20:4, 23; Deuteronomy 4:16
- 11 Judges 18; Psalm 18

O Zion, haste, thy mission high fulfilling, To tell to all the world that God is Light; that He who made all nations is not willing one soul should perish, lost in shades of night. Proclaim to ev'ry people, tongue, and nation That God, in whom they live and move, is love. Tell how He stooped to save His lost creation, and died on earth that man might live above. Publish glad tidings, Tidings of peace; Tidings of Jesus, Redemption and release. (Worship in Song, No. 356)

- 12 Judges 19; Romans 1
- 13 Judges 20; Psalm 78
- 14 Judges 21; Deuteronomy 12:8-14
- 15 Deuteronomy 31:30-32:47; Isaiah 65
- 16 Psalm 103; Exodus 34:5-7; Hebrews 1:14; Psalm 150
- 17 Ruth 1; Psalm 88; 2 Corinthians 4:16-18
- 18 Ruth 2; Leviticus 19:9-10; Romans 12:9-21; James 2:14-26

Now thank we all our God with heart and hands and voices, Who wondrous things hath done, in whom His world rejoices; Who, from our mothers' arms, hath blessed us on our way With countless gifts of love, and still is ours today. Oh may this bounteous God through all our life be near us, With ever joyful hearts and blessed peace to cheer us; And keep us in His grace, and guide us when perplexed, And free us from all ills in this world and the next. (Worship in Song, No. 88)

- 19 Ruth 3; Proverbs 31:10; Psalm 37
- 20 Leviticus 25:23-25; Deuteronomy 25:5-10; Ruth 4; Matthew 1:1-17; Psalm 56:3-4
- 21 Psalm 145; Matthew 6:19-34; Philippians 4:4-20
- 22 Psalm 107; 115
- 23 Psalm 100; Colossians 3:1-17
- 24 Psalm 84; Matthew 10:29-31; Proverbs 3; Psalm 56:3
- 25 Psalm 106; Revelation 7:9-17

While passing thro' this world of sin, and others your life shall view, Be clean and pure without, within, let others see Jesus in you. Your life's a book before their eyes, they're reading it thro' and thro'; Say, does it point them to the skies, do others see Jesus in you? Let others see Jesus in you, let others see Jesus in you; Keep telling the story, be faithful and true, let others see Jesus in you. (The Baptist Hymnal, No. 348)

- 26 James 1:1-8; Romans 5:1-5; Job 28:20-28; Psalm 90:12; Proverbs 1:7; 8; 21:30
- 27 James 1:9-11; Psalm 49; Mark 4:1-20; Luke 18:18-30; 1 Timothy 6:6-10; 17-19
- 28 James 1:12-18; Matthew 6:9-13; 1 Corinthians 9:24-27; 10:12-13; Galatians 6:1-16
- 29 James 1:19-27; Psalm 4:4; Ephesians 4:17-32; Proverbs 15:1; 29:11
- 30 James 2:1-13; Leviticus 19:15; Proverbs 3; 14:21; Luke 10:25-37



FIRST CUP READINGS

DECEMBER, 2023

Blessings and love in Christ,

Sandy Sturch

Dear Family in Christ,

First Cup is designed to assist you in the habit of daily Bible reading and prayer. The name is to remind you that as you reach for your first cup of morning coffee or tea, reach also for your Bible and prayer list. The prayers at the beginning of each week are taken from hymns, sometimes found in obscure hymnals in my library. They are intended to be read as your beginning prayer, to focus your mind on the daily readings that follow. May this spiritual discipline strengthen you as you face each day.

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.— Psalm 143:8

- 1 1 Thessalonians 4; 1 Corinthians 15:35-58
- 2 1 Thessalonians 5; Ephesians 6:10-20;
1 Corinthians 1:8

"Thou wilt keep him in perfect peace, whose mind is stayed on thee." When the shadows come and darkness falls, He giveth inward peace. Oh He is the only perfect Resting Place, He giveth perfect peace. "Thou wilt keep him in perfect peace, whose mind is stayed on thee." 'Tis the promise of the Holy One, "My peace I give to thee." Tho' the storms of life in fury rage, thy Refuge sure is He. Oh, He is the only perfect Resting Place! He giveth perfect peace. "Thou wilt keep him in perfect peace, whose mind is stayed on thee." (Worship in Song, No. 418)

- 3 Isaiah 5:18-19; 2 Peter 3; Ezekiel 12:21-28;
Isaiah 14:24; 45:18-25
- 4 2 Thessalonians 1-2
- 5 Isaiah 9:6; 11; Micah 5:2-5; Romans 15:1-13
- 6 Psalm 62; 4
- 7 Luke 12:13-34; Philippians 4:6-7
- 8 Psalm 46; 9:7-10; 100:3; 4:8; John 14:26-27
- 9 Psalm 143; 27:11; John 14:23-27;
Romans 5:1-5; 8:6; 12:17-21; 14:19

Love divine, all loves excelling, Joy of heav'n, to earth come down! Fix in us Thy humble dwelling; all Thy faithful mercies crown. Jesus, Thou art all compassion; pure, unbounded love Thou art. Visit us with Thy salvation; enter ev'ry trembling heart. Come, Almighty, to Deliver; let us all Thy life receive. Suddenly return, and never, never-more Thy temples leave. Thee we would be always blessing, serve Thee as Thy hosts above, Pray, and praise Thee without ceasing, glory in Thy perfect love. (Worship in Song, No. 16)

- 10 Proverbs 29:17; Hebrews 12:1-14; James 3:17-18;
Ephesians 4:3; 6:14-15
- 11 Matthew 10; Ephesians 2:14-22; Romans 5:1-11
- 12 Psalm 25; Jeremiah 3:25; Ephesians 2:1-10;
Psalm 32
- 13 Psalm 86; Exodus 34:6; Joel 2:13; John 15:8-17
- 14 John 13:1-17; 1 John 1; 2
- 15 1 John 3; John 13:34-35
- 16 John 3:16-18; Romans 5:8; 1 John 4; 2:3-4, 9-11

How silently, how silently the wondrous gift is giv'n! So God imparts to human hearts the blessings of His heav'n. No ear may hear His coming; but in this world of sin, Where meek souls will receive Him still, the dear Christ enters in. O holy Child of Bethlehem, descend on us, we pray. Cast out our sin, and enter in; be born in us today. We hear the Christmas angels the great glad tidings tell. Oh, come to us, abide with us, our Lord, Emmanuel. (Worship in Song, No. 174)

- 17 1 John 5; Psalm 36; 106:1
- 18 1 Corinthians 13; Psalm 118:1; 1 Corinthians 10:24;
Romans 15:1-2
- 19 Psalm 96; Hebrews 1:1-12
- 20 Isaiah 52; Psalm 98; Psalm 126
- 21 Psalm 2; 24; Jeremiah 23:5-6; Psalm 89:35-36
- 22 Isaiah 7:14; 8:5-10; 9:2-6; 11:1-5; 53
- 23 Matthew 1:18-25; Luke 1:26-56; Genesis 17:19;
Psalm 132:11-18; Galatians 3:16

As with gladness men of old did the guiding star behold; As with joy they hailed its light, Leading onward, beaming bright; so, most gracious Lord, may we evermore be led to thee. As with joyous steps they sped to that lowly manger bed, There to bend the knee before Him whom heaven and earth adore, so may we with willing feet ever seek Thy mercy seat. As they offered gifts most rare at that manger rude and bare, So may we with holy joy, Pure, and free from sin's alloy, all our costliest treasures bring, Christ, to Thee, our heavenly King. (Worship in Song, No. 173)

- 24 Luke 2:1-20; Colossians 1:15-23; Isaiah 43:1-3; 45:22
- 25 John 1:1-34; 3:14-21, 36; 6:35-51; 12:44-45
- 26 Leviticus 12; Luke 2:21-40;
Isaiah 42:1-9; 8:13-17; 40:1-11; John 10:11; Psalm 23
- 27 Micah 5:1-5; Matthew 2
- 28 Luke 2:41-52; Proverbs 3:1-6
- 29 Luke 3:1-23a; John 1:1-34
- 30 Matthew 11:1-15; Mark 6:6b-29;
Matthew 10:32-42
- 31 Psalm 90; 2 Corinthians 5:1-10



FIRST CUP PRAYER LIST

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. (Romans 8:26).

DATE	NAME OF PERSON	REQUEST	GOD'S ANSWER