



# FIRST CUP READINGS

## JUNE 2024

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 Galatians 3:1-14; Romans 4; John 8:31-59
- 2 Genesis 12:1-3; Galatians 3:15-4:7; Ephesians 1:3-14

*The Church's one Foundation is Jesus Christ her Lord; She is His new creation by water and the word: From heaven He came and sought her to be His holy Bride; With His own blood He bought her, and for her life He died. Elect from every nation, yet one o'er all the earth, Her charter of salvation one Lord, one faith, one birth; One holy name she blesses, partakes one holy food, And to one hope she presses, with every grace endued. (The Hymnbook, No. 437)*

- 3 Genesis 16:1-4; 17:1-27; Galatians 4:8-31
- 4 Galatians 5; Romans 12:1-2; 1 John 2:15-17
- 5 Galatians 6; Romans 6:19-23; 8:1-17
- 6 Ephesians 1:1-14; 1 Peter 1
- 7 Ephesians 1:15-23; Colossians 1
- 8 Ephesians 2:1-10; Romans 5
- 9 Ephesians 2:11-22; 1 Corinthians 3:10-17; 6:19-20; 2 Corinthians 6:14-18

*Come, Thou Fount of every blessing, tune my heart to sing Thy grace; Streams of mercy, never ceasing, call for songs of loudest praise. Teach me some melodious sonnets, sung by flaming tongues above; Praise the Mount! I'm fixed upon it, mount of God's unchanging love! Here I raise my Ebenezer, hither by Thy help I'm come; And I hope, by Thy good pleasure, safely to arrive at home. Jesus sought me when a stranger, wandering from the fold of God; He, to rescue me from danger, interposed His precious blood. O to grace how great a debtor daily I'm constrained to be! Let that grace now, like a fetter, bind my wandering heart to Thee: Prone to wander, Lord, I feel it, prone to leave the God I love; Here's my heart, O take and seal it, seal it for Thy courts above. Amen. (The Hymnbook, No. 379)*

- 10 Ephesians 3; Acts 9:15-16; Romans 3:9-31; 11
- 11 Ephesians 4:1-16; 1 Corinthians 12; Romans 12:1-8
- 12 Ephesians 4:17-32; 1 Timothy 4
- 13 Ephesians 5:1-20; 1 John 1:5-2:11
- 14 Genesis 2:19-25; Ephesians 5:21-33; Matthew 5:27-32; 1 Corinthians 7:1-16
- 15 Deuteronomy 6:4-9; Proverbs 22:6; 29:17; Ephesians 6:1-9; Matthew 18:1-10
- 16 Isaiah 59; Ephesians 6:10-23; 1 Peter 5:8-11

*Wonderful grace of Jesus, greater than all my sin; How shall my tongue describe it? Where shall His praise begin? Taking away my burden, setting my spirit free; For the wonderful grace of Jesus reaches me. Wonderful grace of Jesus, reaching to all the lost—By it I have been pardoned, saved to the uttermost. Chains have been torn asunder, giving me liberty; For the wonderful grace of Jesus reaches me. Wonderful grace of Jesus, reaching the most defiled, By its transforming power making him God's dear child, Purchasing peace and heaven, for all eternity; And the wonderful grace of Jesus reaches me. (Worship in Song, No. 215)*

- 17 Psalm 1; Joshua 1:6-9
- 18 Psalm 4; Ephesians 4:26-27; Psalm 37
- 19 Psalm 5; 107
- 20 Psalm 6; Hebrews 12:1-13
- 21 Psalm 7; Jeremiah 12
- 22 Psalm 8; Genesis 1-2:3; Hebrews 2; Philippians 2:1-11
- 23 Psalm 9; Proverbs 23:17-18; Revelation 6:9-11

*Be still, my soul: the Lord is on thy side, Bear patiently the cross of grief or pain; Leave to thy God to order and provide. In ev'ry change He faithful will remain. Be still my soul: thy best, thy heav'nly Friend Thro' thorny ways leads to a joyful end. Be still, my soul; thy God doth undertake to guide the future as He has the past. Thy hope, thy confidence let nothing shake; All now mysterious shall be bright at last. Be still, my soul; the waves and winds still know His voice who ruled them while He dwelt below. Be still, my soul; the hour is hast'ning on when we shall be forever with the Lord, When disappointment, grief, and fear are gone, Sorrow forgot, love's purest joys restored. Be still, my soul; when change and tears are past, All safe and blessed we shall meet at last. (Worship in Song, No. 41)*

- 24 Psalm 10; Romans 3:9-18
- 25 Psalm 11; Jeremiah 17:5-18; James 1:12
- 26 Psalm 12; James 3
- 27 Psalm 13; Psalm 53; Matthew 11:28-30
- 28 Psalm 14; Proverbs 16:2-9
- 29 Psalm 15; 1 Peter 1:1-22
- 30 Psalm 16; Acts 2