



FIRST CUP READINGS

JANUARY 2025

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 Eccles. 3:1-17; Psalm 119:81-112; 103
- 2 Heb. 1; John 1:1-14; Gal. 3:26-4:4
- 3 Heb. 2; Phil. 2:1-11; 2 Tim. 1:8-12

Mighty God, while angels bless Thee, May a mortal sing Thy name? Lord of men as well as angels, Thou art every creature's theme. Lord of every land and nation, Ancient of eternal days, sounded thru the wide creation be Thy just and endless praise. Brightness of the Father's glory, shall Thy praise unuttered lie? Break, my tongue, such guilty silence! Sing the Lord who came to die. From the highest throne of glory to the cross of deepest woe, all to ransom guilty captives; Flow my praise, forever flow! (The Hymnbook, #10)

- 4 Heb. 3; 1 Cor. 3:16-17; John 3:35-36
- 5 Heb. 4:1-13; Ex. 20:8-11; Eph. 2:8-10; Rom. 4:1-8
- 6 Heb. 4:14-5:10; 1 Cor. 10:13; Rom. 6
- 7 Heb. 5:11-6:6; 1 Pet. 2:2; 1 Cor. 3:1-4; Matt. 7:21-23; 26:4
- 8 Heb. 6:7-20; Isaiah 5:1-7; 44; 55:10-13; Matt. 13:1-30
- 9 Gen. 14:17-20; Psalm 110; Heb. 7; Rom. 8:26-27
- 10 1 Pet. 2; Rev. 1:4-6; 5:6-10; 20:4-6

Tis the grandest theme thro' the ages rung; tis the grandest theme for a mortal tongue; Tis the grandest theme that the world e'er sung; Our God is able to deliver thee. Tis the grandest theme in the earth or main; Tis the grandest theme for a mortal strain; Tis the grandest theme, tell the world again; Our God is able to deliver thee. (The Baptist Hymnal, #198)

- 11 Heb. 8 (see Ex. 25-31); Jer. 31; 2 Cor. 5:17
- 12 Heb. 9:1-10; Ex. 40; Lev. 16; Rom. 3:21-26
- 13 Lev. 8, 17; Heb. 9:11-28; Matt. 5:17; Rom. 8:1-17
- 14 Heb. 10:1-25; 7:26-28; Matt. 26:26-29; 1 Cor. 11:23-26
- 15 Heb. 10:26-39; 2 Pet. 2; Matt. 12:31-32; Eph. 4:30-32
- 16 Heb. 11; Isaiah 7:9b; Rev. 6:9-11; 1 Pet. 1:1-12
- 17 Heb. 12:1-3; 1 Cor. 9:24-27; Phil. 2; Gal. 6:9

Oh soul, are you weary and troubled? No light in the darkness you see? There's light for a look at the Savior, and life more abundant and free! Thro' death into life everlasting He passed, and we follow Him there. Over us sin no more hath dominion-

for more than conqu'rors we are! His Word shall not fail you – He promised; believe Him, and all will be well. Then go to a world that is dying, His perfect salvation to tell! Turn your eyes upon Jesus; Look full in His wonderful face; And the things of earth will grow strangely dim in the light of His glory and grace. (Worship in Song, #207)

- 18 Heb. 12:4-13; 2 Cor. 4:5-10; Psalm 94
- 19 Heb. 12:14-17; Eph. 4:17-5:20
- 20 Heb. 12:18-29 (see Ex. 19-20); Phil. 3:7-4:1; 2 Pet. 3:10-18
- 21 Heb. 13:1-6; Rom. 12:9-21; 1 Cor. 5:1-13; 6:9-11; Matt. 6:24
- 22 Heb. 13:7-25; 1 Thess. 4-5
- 23 James 1:1-8; Rom. 5:1-5; Job 28:20-28; Psalm 90:12; Prov. 1:7; 8; 21:30
- 24 James 1:9-11; Psalm 49; Mark 4:1-20; Luke 18:18-30; 1 Tim. 6:6-10; 17-19

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? 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, #348)

- 25 James 1:12-18; Matt. 6:9-13; 1 Cor. 9:24-27; 10:12-13; Gal. 6:1-16
- 26 James 1:19-27; Psalm 4:4; Eph. 4:17-32; Prov. 15:1; 29:11
- 27 James 2:1-13; Lev. 19:15; Prov. 3; 14:21; Luke 10:25-37
- 28 James 2:14-26; Eph. 2:8-10; Matt. 7:21-27; 25
- 29 James 3:1-12; Prov. 4; 12:19; 16:23-30; 18:6-8; 26:20-28; 27:2; Psalm 12; 141
- 30 James 3:13-18; Prov. 29:23; Matt. 20:20-28; 23:1-12; Luke 22:24-30
- 31 James 4:1-12; Prov. 10:18-21; Matt. 15:10-20; Titus 2:11-15; 1 John 2:1-17



FIRST CUP READINGS

FEBRUARY 2025

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 James 4:13-17; Matt. 6:34; Prov. 3:27-28; 16:9; 19:21; 27:1; Psalm 139
- 2 James 5:1-6; Lev. 19:9-13; 24:14-15; Matt. 6:19-21; Heb. 11:24-26
- 3 James 5:7-12; Job 1:1-2:10; 42; Rom. 12:6-21
- 4 James 5:13-20; 1 Kings 17; 2 Kings 4:1-37; Acts 9:36-43; Rom. 8:26-28
- 5 1 Pet. 1; 1 Chron. 29:15; Psalm 39:12; Heb. 13:13-16; Eph. 2:1-13
- 6 1 Pet. 2:1-12; 1 Cor. 3:16-17; 6:19; Psalm 65:1-4
- 7 1 Pet. 2:13-3:22; Eph. 5:22-6:9; Rom. 13

The whole world was lost in the darkness of sin; The Light of the world is Jesus. Like sunshine at noonday His glory shone in; The Light of the world is Jesus. No darkness have we who in Jesus abide; The Light of the world is Jesus. We walk in the Light when we follow our Guide; the Light of the world is Jesus. Come to the Light; 'tis shining for thee. Sweetly the Light has dawned upon me. Once I was blind, but now I can see. The Light of the world is Jesus. (Worship in Song, #96)

- 8 1 Pet. 4; Phil. 1:27-30; Rev. 2:10
- 9 Jer. 10:21; 23:1-4; Matt. 9:36; John 10:1-18; 1 Pet. 5
- 10 Matt. 17:1-8; 2 Pet. 1; 2 Tim. 3:16-17; Psalm 119:105; 2 Cor. 4:6
- 11 2 Pet. 2; Heb. 6:4-6
- 12 Ezek. 12:21-28; 2 Pet. 3; 2 Cor. 6:1-2
- 13 1 John 1-2:14; Matt. 5:14-16; John 3:19-21; 8:12; 12:35-50
- 14 1 John 2:15-27; John 15:1-17; Titus 2:11-14

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! I'm a child of the King! A child of the King! With Jesus, my Saviour, I'm a child of the King! (Worship in Song, #377)

- 15 1 John 2:28-3:24; Psalm 119:1-16; 66:16-20; Rom. 8:1-17
- 16 1 John 4:1-6; 1 Cor. 1:18-25; Matt. 7:15-20; 2 Pet. 2:1-3
- 17 1 John 4:7-21; Rom. 12:9-21; 1 Cor. 13
- 18 1 John 5; Jer. 7:1-29; 1 Cor. 11:23-32; James 5:13-20
- 19 2 John; Rom. 16:17-20; Col. 1:21-23; 2:6-8; Heb.10:35-38
- 20 3 John; Rom. 12:13; 1 Tim. 5:9-10; 1 Pet. 4:8-10; Philem. 8-22
- 21 Jude; John 10:1-18; Psalm 23

Tell me the story of Jesus, Write on my heart every Word; Tell me the story most precious, sweetest that ever was heard. Tell how the angels in chorus, Sang as they welcomed His birth, "Glory to God in the highest! Peace and good tidings to earth." Fasting alone in the desert, Tell of the days that are past; How for our sins He was tempted, Yet was triumphant at last. Tell of the years of His labor, tell of the sorrow He bore, He was despised and afflicted, homeless, rejected and poor. Tell me the story of Jesus, Write on my heart every Word. Tell me the story most precious, Sweetest that ever was heard. (Baptist Hymnal, #211)

- 22 Mark 1:1-13; Matt. 4:1-11; 2 Cor. 11:13-15; 1 Pet. 5:8; Rom. 16:20
- 23 Mark 1:14-20; Luke 4:43; 17:20-21; Luke 5:1-11; John 1:35-51; Matt. 10:37-39
- 24 Mark 1:21-45; Luke 4:14-44; John 20:29-31; 1 Pet. 1:3-16
- 25 Mark 2:1-17; Jer. 29:13; Matt. 11:28-30; 1 Tim. 1:12-17; Psalm 91
- 26 Mark 2:18-3:6; Ex. 20:8-10; Jer. 17:19-27; Matt. 5:17-20
- 27 Mark 3:7-34; Matt. 12:22-37; Rom. 8:12-17; Gal. 3:26-29
- 28 Mark 4:1-34; Matt. 13:24-30



FIRST CUP READINGS

MARCH 2025

Blessings and love in Christ,

Sandy Sturch

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 Lam. 1; Isaiah 1; 2 Chron. 7:13-14

Great is Thy faithfulness, O God, my Father; There is no shadow of turning with Thee. Thou changest not; Thy compassions they fail not; As thou has been Thou forever will be. Summer and winter, springtime and harvest, sun, moon and stars in their courses above, Join with all nature in manifold witness to Thy great faithfulness, mercy and love. Pardon for sin and a peace that endureth, Thy own dear presence to cheer and to guide; Strength for today and bright hope for tomorrow - Blessings all mine and ten thousand beside! (Worship in Song, # 86)

2 Lam. 2; Matt. 23; 2 Tim. 4:1-5

3 Lam. 3:1-36; Matt. 5:39; 2 Cor. 6:1-10; Psalm 123

4 Lam. 3:37-66; Job 30; Psalm 37

5 Gen. 19:1-29; Lam. 4; Jer. 19:9; Matt. 24:1-35

6 Lam. 5; Isaiah 49; 1 Thess. 4:13-5:11

7 Heb. 1; John 1:1-14; Gal. 3:26-4:7; Psalm 103

8 Heb. 2; Phil. 2:1-11; 2 Tim. 1:8-12

Jesus is coming to earth again, What if it were today? Coming in power and love to reign, What if it were today? Coming to claim His chosen bride, all the redeemed and purified, over this whole earth scattered wide. What if it were today? Faithful and true would He find us here, if He should come today? Watching in gladness, not in fear, If He should come today? Signs of His coming multiply; Morning light breaks in eastern skies. Watch for the time is drawing nigh. What if it were today? (Worship in Song, # 189)

9 Heb. 3; 1 Cor. 3:16-17; John 3:35-36

10 Heb. 4:1-13; Ex. 20:8-11; Eph. 2:8-10; Rom. 4:1-8

11 Heb. 4:14-5:10; 1 Cor. 10:13; Rom. 6

12 Heb. 5:11-6:6; 1 Pet. 2:2; 1 Cor. 3:1-4; Matt. 7:21-23; 26:47-49

13 Heb. 6:7-20; Isaiah 5:1-7; 44; 55:10-13; Matt. 13:1-30

14 Gen. 14:17-20; Psalm 110; Heb. 7; Rom. 8:26-27

15 1 Pet. 2; Rev. 1:4-6; 5:6-10; 20:4-6

Faith of our fathers! Living still in spite of dungeon, fire and sword, O how our hearts beat high with joy when-e'er we hear that glorious word: Faith of our fathers, holy faith! We will be true to thee till death. Faith of our fathers! We will love both friend and foe in all our strife, and preach Thee, too, as love knows how by kindly words and virtuous life: Faith of our fathers, holy faith! We will be true to thee till death. (The Hymnbook, # 348)

16 Heb. 8 (see Ex. 25-31); Jer. 31; 2 Cor. 5:17

17 Heb. 9:1-10; Ex. 40; Lev. 16; Rom. 3:21-26

18 Lev. 8, 17; Heb. 9:11-28; Matt. 5:17; Rom. 8:1-17

19 Heb. 10:1-25; 7:26-28; 9:11-14; Matt. 26:26-29; 1 Cor. 11:23-26

20 Heb. 10:26-39; 2 Pet. 2; Matt. 12:31-32; Eph. 4:30-32

21 Heb. 11; Isaiah 7:9b; Rev. 6:9-11; 1 Pet. 1:1-12

22 Heb. 12:1-3; 1 Cor. 9:24-27; Phil. 2; Gal. 6:9

Oh soul, are you weary and troubled? No light in the darkness you see? Here's light for a look at the Savior, and life more abundant and free! Thro' death into life everlasting He passed and we follow Him there. Over us sin no more hath dominion. For more than conquerors are we. His word will not fail you—He promised; believe Him and all will be well. Then go to a world that is dying, His perfect salvation to tell. Turn your eyes upon Jesus; Look full in His wonderful face; And the things of earth will grow strangely dim in the light of His glory and grace. (Worship in Song, # 207)

23 Heb. 12:4-13; 2 Cor. 4-5:10; Psalm 94

24 Heb. 12:14-17; Eph. 4:17-5:20

25 Heb. 12:18-29 (see Ex. 19-20); Phil. 3:7-4:1; 2 Pet. 3:10-18

26 Heb. 13:1-6; Rom. 12:9-21; 1 Cor. 5:1-12; 6:9-11; Matt. 6:24

27 Heb. 13:7-25; 1 Thess. 4-5

28 Gen. 1-2:3; John 1:1-18; Rev. 1:8; 22:12-13

29 Isaiah 40; John 1:19-34; 1 John 5:11-13

The love of God is greater far than tongue or pen can tell. It goes beyond the highest star and reaches to the lowest hell. The guilty pair, bowed down with care, God gave His son to win; His erring child He reconciled and pardoned from his sin. Could we with ink the ocean fill and were the skies of parchment made; were every stalk on earth a quill, and every man a scribe by trade; to write the love of God above would drain the ocean dry; nor could the scroll contain the whole if stretched from sky to sky. (Frederick M. Lehman, 1917)

30 John 1:35-51; Matt. 4:18-22; Luke 9:23-27; Luke 14:25-35

31 John 2; Isaiah 56:1-57:2



FIRST CUP READINGS

APRIL 2025

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Sandy Sturch

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- 1 John 3; 5:24; 1 John 5:1-12
- 2 John 4:1-42; Luke 19:10; Matt. 11:28-30;
Psalm 25; 1 John 1:8-10
- 3 John 4:43-5:15; Psalm 103
- 4 John 5:16-47; Rom. 10
- 5 John 6; Isaiah 55

Come gracious Spirit, heavenly Dove, with light and comfort from above; be Thou our Guardian, Thou our Guide o'er every thought and step preside. To us the light of truth display, and make us know and choose Thy way. Plant holy fear in every heart that we from God may ne'er depart. Lead us to holiness, the road which we must take to dwell with God; lead us to Christ, the Living Way, nor let us from His pastures stray. (Simone Browne, Hymn writer 1680-1732)

- 6 John 7; 3:31-36
- 7 John 8; 1 Pet. 5:8; Eph. 6:10-18
- 8 John 9; 2 Cor. 4:1-6
- 9 Isaiah 40:10-11; John 10; Psalm 23
- 10 John 11; 1 Cor. 15:35-58
- 11 Isaiah 6:1-10; John 12
- 12 John 13:1-17; Gal. 5:13-15; Eph. 6:5-8;
1 Pet. 4:10; 5:2

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 noontide 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)

- 13 John 13:18-38; Prov. 16:18; 11:2;
Titus 1:10-16
- 14 John 14; Rom. 8:1-17
- 15 John 15:16:4; 1 John 3
- 16 John 16:5-33; Rom. 8:28-39
- 17 John 17; 1 John 4
- 18 John 18:1-27; Matt. 10:17-42
- 19 John 18:28-19:42

Face to face with Christ, my Savior, face to face what will it be, when with rapture I behold Him, Jesus Christ, who died for me? What rejoicing in His presence, when are banished grief and pain; when the crooked ways are straightened and the dark things shall be plain. Face to face oh, blissful moment! Face to face to see and know; face to face with my Redeemer, Jesus Christ who loves me so. Face to face I shall behold Him, far beyond the starry sky; face to face in all His glory, I shall see him by and by. (The Baptist Hymnal, #212)

- 20 John 20; 1 Cor. 15:1-28
- 21 John 21; Matt. 28:16-20; Luke 24:50-53; Acts 1
- 22 Joel 2:28-32; Jer. 31:31-34; John 7:37-39; Acts 2;
Rom. 8:5-17
- 23 Acts 3; Rom. 1:16-32; Rev. 3:14-22
- 24 Acts 4:1-22; Phil. 2:5-11; Matt. 18:19-20;
Mark 9:35-41; John 14:1-14
- 25 Psalm 2; Acts 4:23-31; Rom. 8:26-28;
Psalm 4; 17:6-7; Eph. 6:18-20
- 26 Acts 4:32-37; 2:44-45; Deut. 15:1-18; Prov. 3:27-28;
Psalm 145

O Breath of life, come sweeping through us; Revive Thy Church with life and power. O Breath of life, come, cleanse, renew us, and fit Thy Church to meet this hour. O Wind of God, come bend us, break us, till humbly we confess our need. Then in Thy tenderness remake us, revive, restore; for this we plead. O Breath of love, come breathe within us, renewing thought and will and heart: Come, Love of Christ, afresh to win us, revive Thy Church in every part. (The Church Hymnary, #339)

- 27 Acts 5:1-11; Prov. 25:14; 2 Cor. 9:6-11; Eccles. 5-6;
Psalm 15
- 28 Acts 5:12-42; Psalm 40; Rom. 8:31-39
- 29 Acts 6:1-8:3; Mark 8:34-38; Rev. 6:9-11; 14:13
- 30 1 Kings 16:23-33; John 4:1-42; Acts 8:4-25;
Matt. 10:7-8



FIRST CUP READINGS

MAY 2025

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Sandy Sturch

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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 Isaiah 53; John 1:24-34; Matt. 28:16-20;
Acts 8:26-40; Psalm 32
- 2 Acts 9:1-31; Gal. 1:11-21; 2 Tim. 2:15; 2 Cor. 5:17
- 3 Acts 9:32-43; John 1:43-51; 5:19-27; 14:8-14;
1 Cor. 12:1-11

I cannot tell why He, whom angels worship, should set His love upon the sons of men. Or why, as Shepherd, He should seek the wanderers to bring them back. I know not how or when. I cannot tell how He will win the nations, how He will claim His earthly heritage, how satisfy the needs and aspirations of East and West, of sinner and sage. But this I know, He heals the broken-hearted, stays our sins and calms our lurking fear, and lifts the burdens from the heavy laden. For yet, the Savior, the Savior of the world is here! (William Young Fullerton-1857-1932)

- 4 Acts 10:1-11:18; Rom. 14:1-4; Col. 3:12-14
- 5 Acts 11:19-30; Rom. 15:14-33; 1 Pet. 5:1-4;
2 Cor. 8:1-7
- 6 Heb. 1:14; Gen. 19:1-26; 32:1-2; Psalm 91:9-12;
Acts 12:1-19a
- 7 Acts 12:19b-24; 1 Sam. 25:1-39a; Job 34; Psalm 2
- 8 Acts 12:25-13:52; 1 Cor. 1:18-31; 2 Cor. 2:14-17
- 9 Acts 14; Matt. 10:5-42; Acts 9:15-16
- 10 Acts 15:1-35; Rom. 12:18; 1 Cor. 10:31-11:1

Come into my heart, O Lord Jesus, come into my heart I pray. My soul is so troubled and weary, come into my heart today. Come into my heart, O Lord Jesus, I need Thee through life's dreary way. The burden of sin is so heavy, come into my heart to stay. Come into my heart, O Lord Jesus. Now cleanse and illumine my soul; fill me with Thy wonderful Spirit, come in and take full control. (The Baptist Hymnal, 2008, #418)

- 11 Acts 15:36-16:5; Rom. 12:16; 1 Pet. 3:8;
Col. 3:12-17; Eph. 4:1-3
- 12 Acts 16:6-15; Gal. 3:26-29; Rev. 3:20; Rom. 1:14-17
- 13 Acts 16:16-40; Mark 1:21-28; Psalm 42:8-11; 32:7;
1 Pet. 2:19-25
- 14 Acts 17:1-15; Deut. 29:29; 2 Tim. 2:15; 3:16-17
- 15 Acts 17:16-34; 2 Kings 17:1-15; Isaiah 42:8;
1 John 5:19-21

- 16 Acts 18; Titus 3:1-11; Rom. 12:9-21
- 17 Acts 19; Rom. 1:18-32; Eph. 2

“Almost persuaded” now to believe: “Almost persuaded” Christ to receive. Seems now some soul to say, “Go, Spirit, go Thy way. Some more convenient day on Thee I’ll call. “Almost persuaded” come, come today. “Almost persuaded” turn not away. Jesus invites you here; Angels are lingering near; Prayers rise from hearts so dear. O wanderer, come! “Almost persuaded”, harvest is past! “Almost persuaded” doom comes at last! “Almost” cannot avail; “Almost” is but to fail! Sad, sad that bitter wail, “Almost,” but lost! (Worship in Song, #233)

- 18 Acts 20; Eph. 6:10-20; Rom. 15:13; 2 Pet. 2:1-10;
Rev. 2
- 19 Acts 21:1-26; Jer. 13:1-11; John 15:18-16:4;
Phil. 1:21-30
- 20 Acts 21:27-22:29; Psalm 109; 2 Tim. 2:8-13
- 21 Acts 25:23-26:32; Psalm 7; Psalm 119:41-48
- 22 Acts 27-28:10; Psalm 69
- 23 Acts 28:11-31; 2 Cor. 11:21b-12:10; Rom. 5:1-5;
2 Tim. 1:8-2:13
- 24 Acts 9:10-16; Gal. 1; 1 Cor. 3:11; 15:1-19;
Rom. 1:16-17

Marvelous grace of our loving Lord, grace that exceeds our sins and our guilt; Yonder on Calvary’s mount outpoured, there where the blood of the Lamb was spilt. Marvelous, infinite, matchless grace, freely bestowed on all who believe: You who are longing to see His face, will you this moment His grace receive? Grace, grace, God’s grace, Grace that will pardon and cleanse within; Grace, grace, God’s grace, Grace that is greater than all our sin. (Baptist Hymnal, #200)

- 25 Gal. 2; Acts 9:16; Phil. 3:1-16
- 26 Gal. 3:1-14; Rom. 4; John 8:31-59
- 27 Gen. 12:1-3; Gal. 3:15-4:7; Eph. 1:3-14
- 28 Gen. 16:1-4; 17:1-27; Gal. 4:8-31
- 29 Gal. 5; Rom. 12:1-2; 1 John 2:15-17
- 30 Gal. 6; Rom. 6:19-23; 8:1-17
- 31 Eph. 1:1-14; 1 Pet. 1



FIRST CUP READINGS

JUNE 2025

Blessings and love in Christ,

Sandy Sturch

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

I love Thy kingdom, Lord, the house of Thine abode. The Church our blessed Redeemer saved with His own precious blood. I love Thy Church, Oh, God! Her walls before Thee stand, dear as the apple of Thine eye, and graven on Thy hand. Beyond my highest joy, I prize her heavenly ways, her sweet communion, solemn vows, her hymns of love and praise. Sure as Thy truth shall last, to Zion shall be given the brightest glories earth can yield, and brighter bliss of Heaven! (Worship in Song, #311)

- 1 Eph. 1:15-23; Col. 1
- 2 Eph. 2:1-10; Rom. 5
- 3 Eph. 2:11-22; 1 Cor. 3:10-17; 6:19-20; 2 Cor. 6:14-18
- 4 Eph. 3; Acts 9:15-16; Rom. 3:9-31; 11
- 5 Eph. 4:1-16; 1 Cor. 12; Rom. 12:1-8
- 6 1 Col. 3:1-17; Eph. 5:1-20; 1 John 1:5-2:11
- 7 Gen. 2:19-25; Matt. 5:27-32; 19:3-12; Eph. 5:21-33

“Called unto holiness” church of our God, purchase of Jesus, redeemed by His blood; Called from the world and its idols to flee, called from the bondage of sin to be free. “Called unto Holiness” children of light, walking with Jesus in garments of white; raiment unsullied or tarnished with sin; God’s Holy Spirit abiding within. “Called unto holiness” praise His dear name! This blessed secret to faith now made plain. Not our own righteousness, but Christ within, living and reigning and saving from sin. (Worship in Song, #290)

- 8 Deut. 6:4-9; Prov. 22:6; 29:17; Eph. 6:1-9; Matt. 18:1-10
- 9 Isaiah 59; Eph. 6:10-23; 1 Pet. 5:8-11
- 10 John 17; 1 Cor. 1:1-17; Gal. 5:16-26; James 3:13-18
- 11 1 Cor. 1:18-2:5; Isaiah 29:13-14; Psalm 111:10; Col. 1:9-14
- 12 1 Cor. 2:6-16; John 14:15-31; Rom. 16:25-27
- 13 1 Cor. 3; Heb. 5:11-6:3; Luke 6:46-49
- 14 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, #436)

- 15 1 Cor. 5; Lev. 18; 1 Thessalonians 4:1-12; Eph. 5:1-17
- 16 1 Cor. 6:1-11; Matt. 18:15-20; Jude 4-25; Rev. 20:11-15
- 17 1 Cor. 6:12-20; Rom. 6; 1 Pet. 1:13-23; Gal. 5:16-25
- 18 1 Cor. 7; Col. 3:18-19; 1 Peter 3:1-7
- 19 1 Cor. 8; Isaiah 44:9-20; Rom. 14:1-8; Psalm 135:15-21
- 20 1 Cor. 9; Phil. 4:10-20; Luke 10:1-23
- 21 Ex. 16:1-17:7; 32; Heb. 2; 1 Cor. 10:1-13; James 1:12-15

Behold the 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, #120)

- 22 Deut. 32:16-21; 1 Cor. 10:14-22; 2 Cor. 6:14-7:1
- 23 1 Cor. 10:23-11:1; Rom. 14:1-15:13; 1 Tim. 4:4-8
- 24 Ex. 12:1-28; Matt. 26:26-30; 1 Cor. 11:2-34; Col. 3:1-17
- 25 Acts 1:6-8; Rom. 1:11; 1 Cor. 12:1-31; Eph. 4:1-7; Rom. 12
- 26 1 Cor. 13; 1 John 3; Matt. 5:43-48
- 27 Gen. 11:1-9; Mark 16:14-20; 1 Cor. 14; 1 John 4:1-6; Eph. 4:8-16
- 28 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)

- 29 1 Cor. 15:12-34; 2 Tim. 2:1-13; Micah 4:1-5; 1 Thess. 4:13-18
- 30 1 Cor. 15:35-58; Gen. 1:1-2:3; Ezek. 37:1-14; Phil. 3:7-11



FIRST CUP READINGS

JULY 2025

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 Cor. 16:1-4; Deut. 15:7-11; Acts 4:32-35;
2 Cor. 8:16-21
- 2 1 Cor. 16:5-24; John 15:1-17
- 3 2 Cor. 1:1-11; Psalm 71; 34
- 4 2 Cor. 1:12-2:11 (see 1 Cor. 5); 1 John 2:1-11; 3:7-10;
1 Pet. 5:8-11; Psalm 130
- 5 1 Cor. 1:18; 2 Cor. 2:12-16; John 3:16-18; 5:24;
Rom. 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 love's strong cord, Overcoming daily with the Spirit's Sword, standing on the promises of God. (Worship in Song, #472)

- 6 2 Cor. 2:17-3:18; Ex. 34:1-28; Jer. 31:31-37; Heb. 8
- 7 2 Cor. 4; Heb. 11:1, 6; Rom. 8:18-27
- 8 2 Cor. 5:1-10; 1 Cor. 3:11-15; Rom. 14:10-12; Col. 1
- 9 2 Cor. 5:11-6:2; Rom. 5:1-6:14; 4:7-8
- 10 2 Cor. 6:3-7:1; Eph. 5:1-21; 1 Cor. 5:9-13; Psalm 1
- 11 2 Cor. 7:2-16; Prov. 28:13-14; Psalm 32
- 12 2 Cor. 8:1-15; Phil. 4:10-20; James 2:14-17;
Matt. 6:25-34

Be not dismayed whate'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 doth 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, #450)

- 13 2 Cor. 8:16-9:15; Prov. 11:24-25; 22:9; Luke 6:38
- 14 1 Cor. 1:20-31; 2 Cor. 10; Jer. 9:23-24; Gal. 6:14
- 15 2 Cor. 11:1-15; 1 Cor. 2:1-5; Matt. 7:15-20;
2 Pet. 2:1-3
- 16 2 Cor. 11:16-12:10; Heb. 11:32-34; Rom. 8:26-39;
Phil. 3

- 17 2 Cor. 12:11-21; Eph. 5:1-21; Gal. 5:13-26;
Col. 3:5-17
- 18 2 Cor. 13; 1 Pet. 4; Rom. 6:15-18; Eph. 6:10-18
- 19 1 Timothy 1; Rom. 5:21; 7:7-8:17; Heb. 5:11-14;
James 3:1; 1 Pet. 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, #112)

- 20 1 Tim. 2; Gen. 3; Prov. 31; 11:16, 22; 14:1
- 21 1 Tim. 3; Rom. 12; Heb. 13:17
- 22 1 Tim. 4; 1:7; John 13:1-17; 1 Cor. 11:1
- 23 1 Tim. 5:1-6:2; 1 Cor. 7:8; James 1:27; Eph. 6:5-9;
Psalm 68:4-5
- 24 1 Tim. 6:3-21; Eccles. 4:4-8; Luke 12; Rev. 3:14-22
- 25 2 Tim. 1; Mark 8:34-38; Rom. 1:8-17; Phil. 1:12-30;
1 Pet. 4:12-19
- 26 2 Tim. 2; Rom. 6:1-14; Eph. 4:1-3

A charge to keep I have, A God to glorify, A never dying soul to save, And fit it for the sky. To serve the present age, My calling to fulfill; O may it all my powers 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, #301)

- 27 2 Tim. 3; Jer. 12:10-11; 23:1-4; John 10:1-16;
Acts 20:25-31
- 28 2 Tim. 4; 1 Cor. 9:24-27; Phil. 3:7-4:1
- 29 Titus 1; 1 Tim. 1:1-7; 1 Cor. 4:1-2; Phil. 1:11
- 30 Titus 2; Deut. 6:1-9; 11:18-21; Psalm 25;
Prov. 9:9; 22:17-21
- 31 Titus 3; Rom. 13; 1 Pet. 2:17



FIRST CUP READINGS

AUGUST 2025

Blessings and love in Christ,

Sandy Sturch

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 Philem.; 1 Pet. 3:15-16; Luke 9:26; Matt. 6:14; Luke 17:1-4; Rom. 16
- 2 Rev. 1:1-8; John 1:1-18; Rev. 21:6; 22:6-21

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, #437)

- 3 Rev. 1:9-20; Daniel 7:13-14; Matt. 5:14-16; 16:13-20; 17:1-8; 24
- 4 Acts 19:1-20; 20:13-38; Rev. 2:1-7; 1 John 4:1-6; 2 John 4-11
- 5 James 2:5; Rev. 2:8-11; 1 Cor. 9:24-27; Rom. 5:3-5; James 1:1-12
- 6 Rev. 2:12-17 (see Num. 22-25); 2 Pet. 2
- 7 1 Kings 16:29-34; 18:1-4, 17-21; 19:1-4; 21:5-23; Rev. 2:18-29; 2 Pet. 3:9
- 8 John 15:1-8; Luke 12:35-40; Rev. 3:1-6; 7:9-17; 2 Tim. 3:1-5
- 9 Rev. 3:7-13; Matt. 23:13-39; 1 Cor. 3:16-17; Eph. 2:19-22

O Jesus, I have promised to serve Thee to the end; Be Thou forever near me, my Master and my Friend. I shall not fear the battle if Thou art by my side, nor wander from the pathway if Thou will be my Guide. O Jesus, Thou hast promised to all who follow Thee that where Thou art in glory, there shall Thy servant be. And Jesus, I have promised to serve Thee to the end; Oh give me grace to follow my Master and my Friend. (Hymns for the Family of God, #402)

- 10 Rev. 3:14-22; Matt. 19:16-30; James 1:9-11; Heb. 12:1-13
- 11 Isaiah 6:1-5; Ezek. 1; Rev. 4; 1:4-6; Gen. 1:1; Col. 1:15-23
- 12 John 1:29-39; Rev. 5; Psalm 33; Phil. 2:1-11
- 13 Zech. 1:8-17; 6:1-8; Rev. 6; Heb. 11; Matt. 10:17-42
- 14 Rev. 7:1-8:5; 21:3-5; Psalm 23:1; John 10:11-18; Col. 2:2-4, 12
- 15 Rev. 8:6-9:21; Rom. 1:18-32; 2 Tim. 3:1-5; 1 Cor. 10:1-13
- 16 Rev. 10-11; Daniel 2:44; 7:14, 27; Psalm 2

Work for the night is coming, work through the morning hours; Work while the dew is sparkling, work 'mid the springing flowers; Work when the day grows brighter, work in the glowing sun; Work for the night is coming, when man's work is done. Work till the last beam fadeth, fadeth to shine no more; Work while the night is dark'ning, when man's work is o'er. (The Hymnbook, #297)

- 17 Matt. 2; 3:13-4:11; Rev. 12-13:1a; Job 1:9-11; Luke 10:18; 1 Pet. 5:8-11
- 18 Rev. 13:1b-18; Luke 21:8-19; Rom. 5:1-5; 15:4-6; 2 Cor. 6:3-10
- 19 Rev. 14; Jer. 25:15-38; Matt. 13:24-30, 36-43; Gal. 6:7-8
- 20 Rev. 15-16; Luke 12:35-40; Joel 2:13-14; Heb. 12:14-29
- 21 Rev. 13:1-9; 17; John 16:33; Psalm 33; 37
- 22 Rev. 18; 6:9-11; Heb. 11
- 23 Rev. 19; Matt. 22:1-14; 25:1-13; 2 Thess. 2; John 3:16-21, 36

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, who rose victorious to 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! (Hymns for the Family of God, #345)

- 24 Rev. 20; Matt. 25:31-46; Rom. 2:1-16; 2 Cor. 5:1-10
- 25 Isaiah 60; 62; John 14:1-6; Rev. 21
- 26 Gen. 3:21-24; Rev. 2:7, 11, 17, 26-29; 3:5, 11-13, 21; 7:1-3; 22:1-21
- 27 1 Thess. 1; 1 Cor. 4:15-16; 11:1; Heb. 6:12; 13:7
- 28 1 Thess. 2:1-16; 2 Cor. 11:7-9; James 1:1-3; Rom. 5:3-5
- 29 1 Thess. 2:17-3:13; Eph. 6:10-20; 1 Pet. 5:6-11
- 30 1 Thess. 4:1-12; 1 John 3; Rom. 13:8-14; Eph. 4:28
- 31 1 Thess. 4:13 - 5:11; 1 Cor. 15:12-58; Rev. 1:1-8



FIRST CUP READINGS

SEPTEMBER 2025

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 Thess. 5:12-28; Phil. 4:10-20; Prov. 19:11;
James 5:7-11
- 2 2 Thess. 1; Matt. 5:10-12; 10
- 3 Luke 17; 2 Thess. 2; Eph. 1:3-14;
Rev. 13:5-10; 14:1-13
- 4 2 Thess. 3; 2 Tim. 3; Deut. 5:12-15;
Prov. 14:23; 28:19
- 5 Gen. 1-2; John 1:1-14; Col. 1:15-20
- 6 Gen. 3; Rom. 1:18-32; Rom. 5:12-21;
1 Cor. 15:20-28

God is our Refuge and our Strength, our everpresent aid, And therefore, though the earth remove, We will not be afraid; Though hills amidst the seas be cast, Though foaming waters roar, Yea, though the mighty billows shake the mountains on the shore. Since God is in the midst of her, unmoved her walls shall stand, For God will be her early help, when trouble is at hand. (The Hymnbook, # 381)

- 7 Gen. 4; Heb. 11:1-4; 1 John 3
- 8 Gen. 6; Psalm 14; 53:1-3; Heb. 11:7; Rom. 3:9-30
- 9 Gen. 7; Psalm 36; 1 Pet. 3:8-22
- 10 Gen. 8; Jer. 5; Psalm 111
- 11 Gen. 9; Isaiah 54; Luke 17:20-37
- 12 Gen. 12-13; Heb. 11:8-10;
- 13 Gen. 15-17; Heb. 11:11-16; Rom. 4

Standing on the promises of Christ, my King! Thro' 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 of Christ, The Lord, bound to Him eternally by love's strong cord, Overcoming daily with the Spirit's Sword, Standing on the promises of God. Standing on the promises I cannot fall, listening every moment to the Spirit's call, Resting in my Saviour as my All in All, Standing on the promises of God. (Worship in Song, # 472)

- 14 Gen. 21-22; Heb. 11:17-19; 6:13-20
- 15 Gen. 32-33; 1 Chron. 16:7-18; Psalm 20
- 16 Gen. 35; Ruth 4:11-17; Micah 5:1-9; Matt. 1:1-17;
Luke 1:46-55
- 17 Gen. 36:1-8; Isaiah 34; Jer. 49:7-22; Ezek. 25:12-14;
Malachi 1:4

- 18 Gen. 37; 1 John 2:9-11; 3:11-15; 4:19-21
- 19 Gen. 39; Prov. 2
- 20 Gen. 40; Psalm 105:16-22

How firm a foundation, ye saints of The Lord, is laid for your faith in His excellent word! What more can He say than to you He hath said, To you who for refuge to Jesus hath fled? "Fear not, I am with thee, O be not dismayed, for I am thy God, I will still give thee aid; I'll strengthen thee, help thee, and cause thee to stand, Upheld by My righteous, omnipotent hand, When through the deep waters I call thee to go, the rivers of sorrow shall not overflow; For I will be near thee, thy troubles to bless, and sanctify to thee thy deepest distress, The soul that on Jesus hath leaned for repose, I will not, I will not desert to his foes; That soul, though all hell should endeavor to shake, I'll never, no, never, no, never forsake." (The Hymnbook, #369)

- 21 Gen. 41; Daniel 1:17-20; Acts 2:17-18;
Heb. 1:1-2; 4:12; Col. 3:16
- 22 Gen. 42-43; Matt. 6:12-15; 18:21-35; Psalm 25
- 23 Gen. 44-46:7; Rom. 8:28-39; Psalm 16
- 24 Gen. 46:26-47:31; Psalm 65; Prov. 3
- 25 Gen. 48-49; Acts 7:2-26; Heb. 11:21; Isaiah 46:3-4;
Psalm 116:15
- 26 Gen. 50; Heb. 11:22; Deut. 33:13-17; Prov. 22:1;
Psalm 116:15
- 27 Ex. 1; Acts 7:17-19; 2 Thess. 3:1-3

When Israel was in Egypt's land, Let my people go, oppressed so hard they could not stand, Let my people go. Go down, Moses, way down in Egypt's land, Tell old Pharaoh: Let my people go. The Lord told Moses what to do, Let my people go, to lead the Hebrew children through, Let my people go. Lord, help us all from bondage flee, Let my people go, and let us all in Christ be free, Let my people go. (Spiritual)

- 28 Ex. 2; Heb. 11:24-26; Psalm 5
- 29 Ex. 3; Rom. 8:31-39
- 30 Ex. 4; Acts 7:20-22; Matt. 10:19-20; 1 Cor. 2:4-5



FIRST CUP READINGS

OCTOBER 2025

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 Ex. 5; Matt. 10:32-39; 1 Pet. 2:19
- 2 Ex. 6:1-7:7; Rom. 9:14-18
- 3 Ex. 7:8-24; Psalm 2
- 4 Ex. 8; Psalm 142

Guide me, O Thou great Jehovah, Pilgrim thro' this barren land. I am weak, but Thou art mighty. Hold me with Thy powerful hand. Bread of Heaven, Feed me till I want no more. Bread of Heaven, Feed me till I want no more. Open now the crystal fountain, Whence the healing waters flow; Let the fiery, cloudy pillar Lead me all my journey thro'. Strong Deliverer, be Thou still my Strength and Shield. Strong Deliverer, be Thou still my Strength and Shield. When I tread the verge of Jordan, bid my anxious fears subside. Bear me thro' the swelling current; land me safe on Canaan's side. Songs of praises I will ever give to Thee. Songs of praises I will ever give to Thee. (Worship in Song, #65)

- 5 Ex. 9; Prov. 16:4; Jer. 10:1-16
- 6 Ex. 10; Psalm 105
- 7 Ex. 11-12; Deut. 16:1-8; Psalm 103
- 8 Psalm 139
- 9 Ex. 13; Heb. 11:24-29
- 10 Ex. 14; Eph. 6:10-18
- 11 Ex. 15:1-21; Eph. 5:19-20

The Lord is God, There is no other. God spake these Words, O Israel hear, what I now command; the Lord and only God am I, who with Almighty Hand. From Egypt's land, and from the house of bondage set thee free; and therefore, Israel, thou shall have no other gods but Me. Have mercy on us, Lord, and all our hearts incline, with diligence and care to keep those righteous laws of Thine. (Reformed Protestant Hymnal, #465)

- 12 Ex. 15:22-16:35; Matt. 6:28-34; 1 Timothy 6:6-10
- 13 Ex. 17; 1 Cor. 10:1-13; 1 Timothy 2:8
- 14 Ex. 18; Acts 6:1-4; 1 Timothy 3:1-12
- 15 Ex. 19; Psalm 24
- 16 Ex. 20; Matt. 5:17-20; James 2:10
- 17 Ex. 21; Matt. 5:38-48; Matt. 15:1-9
- 18 Ex. 22; Lev. 25:35-38; Rom. 15:2-6

On Jordan's stormy banks I stand, and cast a wishful eye to Canaan's fair and happy land, where my possessions lie. All over these wide, extended plains shines on eternal day; There God, the Son, forever reigns and scatters night away. No chilling winds, no poisonous breath can reach that healthful shore; Sickness and sorrow, pain and death are felt and feared no more. I am bound for the Promised Land, I am bound for the Promised Land; O who will come and go with me? I am bound for the Promised Land. (The Baptist Hymnal, #479)

- 19 Ex. 23; 2 Cor. 6:14-18
- 20 Ex. 24; Matt. 17:1-3; Rev. 4
- 21 Ex. 25; Heb. 9:1-5; Rev. 11:19
- 22 Ex. 26; Heb. 9:6; Heb. 10:19-25
- 23 Ex. 27; Heb. 10:1-18; Rev. 21:1-4
- 24 Ex. 28; Heb. 7; Heb. 4:14-16
- 25 Ex. 29; Heb. 10:19-39

A wonderful Savior is Jesus my Lord, a wonderful Savior to me; He hideth my soul in the cleft of the rock, where rivers of pleasure I see. He hideth my soul in the cleft of the rock that shadows a dry, thirsty land; He hideth my life in the depths of His love, and covers me there with His hand. With numberless blessings each moment He crowns, and, filled with His fullness divine, I sing in my rapture, oh, glory to God, for such a Redeemer as mine! (Frances J. Crosby, 1890).

- 26 Ex. 30; Psalm 41:12; Rev. 5; 8:3-4
- 27 Ex. 31; Deut. 5:12-15; Luke 6:1-5
- 28 Ex. 32; Rev. 3:5; 21:22-27
- 29 Ex. 33; Psalm 91
- 30 Ex. 34; 2 Cor. 3:7-18
- 31 Ex. 35:1-29; 2 Cor. 9:6-15; 1 Cor. 12-13



FIRST CUP READINGS

NOVEMBER 2025

Blessings and love in Christ,

Sandy Sturch

Dear Family in Christ,

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1 Ex. 35:30-36:7; 2 Cor. 8:1-15; Ex. 40; Psalm 32:8

Holy, Holy, Holy! Lord God Almighty! Early in the morning our song shall rise to Thee. Holy, Holy, Holy! Merciful and Mighty, God in three Persons, blessed Trinity. Holy, Holy, Holy! All the saints adore Thee, casting down their golden crowns around the glassy sea; Cherubim and seraphim falling down before Thee, Who wert, and art, and evermore shall be. Holy, Holy, Holy! Though the darkness hide Thee, though the eye of sinful man Thy glory may not see, only Thou art holy; there is none beside Thee, perfect in power, in love and purity. Holy, Holy, Holy! Lord God Almighty! All Thy works shall praise Thy name, in earth and sky and sea. Holy, Holy, Holy! Merciful and mighty, God in three Persons, blessed Trinity. (Worship in Song, # 8)

2 Lev. 1; 1 Pet. 1

3 Lev. 4; Rom. 3

4 Lev. 5:1-6:7; Acts 5:1-11; Col. 3:9

5 Lev. 11; Acts 10:1-11:18

6 Lev. 13:1-45; 14:1-32; Mark 1:40-45; Luke 17:11-19

7 Lev. 15; Num. 5; John 8:1-11; Mark 5:21-34

8 Lev. 16; Heb. 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, # 273)

9 Lev. 17; Heb. 9:15-28

10 Lev. 18; Rom. 1:18-32; 1 Cor. 6:9-11

11 Lev. 19; Matt. 5:17-20

12 Lev. 20; Heb. 12

13 Lev. 26; 1 John 1

14 Num. 6; Judges 13; Luke 1:5-55;

15 Num. 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; be thou still my strength and Shield. (Worship in Song, # 64)

16 Num. 10-12; Heb. 13:7; Rom. 12:12; James 5:13-16

17 Num. 13-14; Prov. 3:5-6; Psalm 20

18 Num. 15; Lev. 4:13-14; 5:14-19

19 Num. 16-17; Prov. 17:11; Heb. 9:1-15

20 Num. 20; Psalm 95; Heb. 12:1-13

21 Num. 21; 25; 1 Cor. 10:1-13

22 Deut. 1-2; 2 Cor. 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, # 523)

23 Deut. 4; 6; 8; Rom. 1:18-2:29; Prov. 3:11-12

24 Deut. 9-11; John 14:23-24

25 Deut. 29-30; Psalm 1

26 Deut. 31; Psalm 14:2-3

27 Psalm 107; 116

28 Deut. 32; Gal. 6:7-10

29 Deut. 33-34

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, # 75)

30 Josh. 1; Psalm 119:89-112; Heb. 4:12-13



FIRST CUP READINGS

DECEMBER 2025

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 Josh. 2; Matt. 1:1-6; Eph. 2:11-22; James 2:25-26
- 2 Deut. 11:26-32; Josh. 3-4; Psalm 42
- 3 Josh. 5-6; Heb. 11:30; 1 Cor. 1:25; 3:18-23
- 4 Josh. 7; Deut. 17:2-7; Acts 5:1-11
- 5 Josh. 8; Deut. 4:1-2; 6; 8:1; 2 Tim. 3:14-17
- 6 Josh. 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, # 417)*

- 7 Josh. 10-11; Psalm 56
- 8 Josh. 23-24; Psalm 91; Psalm 116:15
- 9 Judges 1-2; Deut. 4:1-14; 6:10-7:6; 2 Cor. 6:14-18
- 10 Judges 3; Deut. 8-9; Psalm 50
- 11 Judges 4-5; Psalm 89
- 12 Judges 6; Ex. 34:10-14; Ezek. 13:13-23; Col. 3:5-11;
Eph. 5:3-6
- 13 Judges 7-8; Deut. 20:8; Psalm 76; 2 Cor. 4:7-18

*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 every 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 may live above. Publish
glad tidings, Tidings of peace; Tidings of Jesus, Redemption
and release. (Worship in Song, # 356)*

- 14 Judges 13-14; Prov. 22:6; 12:4; 18:22; 16:9; 20:24;
Jer. 10:23
- 15 Judges 15-16; Prov. 6:20-26, 34; 14:1; 16:4, 9; 31:30;
Eccles. 7
- 16 Ruth 1; Psalm 88; 2 Cor. 4:16-18; Psalm 30
- 17 Ruth 2; Lev. 19:9-10; Rom. 12:9-21; James 2:14-16;
Luke 6:38
- 18 Ruth 3; Prov. 3:5-6; 20:24; 31:10; Psalm 37
- 19 Ruth 4; Lev. 25:23-25; Deut. 25:5-10; Psalm 103
- 20 Isaiah 52; Psalm 98; Psalm 126

*How silently, how silently the wondrous gift is given! So God
imparts to human hearts the blessings of His heaven. 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 to 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; O come to us, abide with us,
Our Lord Emmanuel. (Worship in Song, # 174)*

- 21 Psalm 2; 24; Jer. 23:5-6; Psalm 89:35-36
- 22 Isaiah 7:14; 8:5-10; 9:2-6; 11:1-5; 53
- 23 Matt. 1:18-25; Luke 1:26-56; Gen. 17:19;
Psalm 132:11-18; Gal. 3:16
- 24 Luke 2:1-20; Col. 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 Lev. 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; Matt. 2

*Rejoice, the Lord is King! Your Lord and King adore! Rejoice,
give thanks, and sing, and triumph evermore. Lift up your
heart, lift up your voice! Rejoice, again I say, rejoice! His
Kingdom cannot fail, He rules o'er earth and heaven. The keys
of death and hell are to our Jesus given. Lift up your heart,
lift up your voice! Rejoice, again I say, rejoice! He all His foes
shall quell, shall all our sins destroy, and every bosom swell
with pure seraphic joy. Lift up your heart, lift up your voice!
Rejoice, again I say, rejoice! (Hymnbook, # 140)*

- 28 Luke 2:41-52; Prov. 3:1-6
- 29 Luke 3:1-23a; John 1:1-34
- 30 Matt. 11:1-15; Mark 6:6b-29; Matt. 10:32-42
- 31 Psalm 90; 2 Cor. 5:1-10