



FIRST CUP READINGS

JANUARY, 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 Ecclesiastes 3:1-17; Psalm 119:81-112; 103
- 2 Hebrews 1; John 1:1-14; Galatians 3:26-4:4
- 3 Hebrews 2; Philippians 2:1-11; 2 Timothy 1:8-12
- 4 Hebrews 3; 1 Corinthians 3:16-17; John 3:35-36
- 5 Hebrews 4:1-13; Exodus 20:8-11; Ephesians 2:8-10; Romans 4:1-8
- 6 Hebrews 4:14-5:10; 1 Corinthians 10:13; Romans 6

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)

- 7 Hebrews 5:11-6:6; 1 Peter 2:2; 1 Corinthians 3:1-4; Matthew 7:21-23; 26:47-49
- 8 Hebrews 6:7-20; Isaiah 5:1-7; 44; 55:10-13; Matthew 13:1-30
- 9 Genesis 14:17-20; Psalm 110; Hebrews 7; Romans 8:26-27
- 10 1 Peter 2; Revelation 1:4-6; 5:6-10; 20:4-6
- 11 Hebrews 8 (see Exodus 25-31); Jeremiah 31; 2 Corinthians 5:17
- 12 Hebrews 9:1-10; Exodus 40; Leviticus 16; Romans 3:21-26
- 13 Leviticus 8, 17; Hebrews 9:11-28; Matthew 5:17; Romans 8:1-17

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)

- 14 Hebrews 10:1-25; 7:26-28; Matthew 26:26-29; 1 Corinthians 11:23-26
- 15 Hebrews 10:26-39; 2 Peter 2; Matthew 12:31-32; Ephesians 4:30-32
- 16 Hebrews 11; Isaiah 7:9b; Revelation 6:9-11; 1 Peter 1:1-12
- 17 Hebrews 12:1-3; 1 Corinthians 9:24-27; Philippians 2; Galatians 6:9

- 18 Hebrews 12:4-13; 2 Corinthians 4:5-10; Psalm 94
- 19 Hebrews 12:14-17; Ephesians 4:17-5:20
- 20 Hebrews 12:18-29 (see Exodus 19-20); Philippians 3:7-4:1; 2 Peter 3:10-18

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 conquerors we are! His Word shall not fail you: 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)

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

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)

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



FIRST CUP READINGS

FEBRUARY, 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 James 4:13-17; Matthew 6:34; Proverbs 3:27-28; 16:9; 19:21; 27:1; Psalm 139
- 2 James 5:1-6; Leviticus 19:9-13; 24:14-15; Matthew 6:19-21; Hebrews 11:24-26
- 3 James 5:7-12; Job 1:1-2:10; 42; Romans 12:6-21

Sweet hour of prayer, sweet hour of prayer, that calls me from a world of care. And bids me at my Father's throne, makes all my wants and wishes known! In seasons of distress and grief, my soul has often found relief, and oft escaped the tempter's snare, By Thy return, sweet hour of prayer. Sweet hour of prayer, sweet hour of prayer, Thy wings shall my petition bear to Him whose truth and faithfulness engage the waiting soul to bless: And since He bids me seek His face, believe His Word and trust His grace, I'll cast on Him my every care, and wait for thee, sweet hour of prayer. (Worship in Song, #475)

- 4 James 5:13-20; 1 Kings 17; 2 Kings 4:1-37; Acts 9:36-43; Romans 8:26-28
- 5 1 Peter 1; 1 Chronicles 29:15; Psalm 39:12; Hebrews 13:13-16; Ephesians 2:1-13
- 6 1 Peter 2:1-12; 1 Corinthians 3:16-17; 6:19; Psalm 65:1-4
- 7 1 Peter 2:13-3:22; Ephesians 5:22-6:9; Romans 13
- 8 1 Peter 4; Philippians 1:27-30; Revelation 2:10
- 9 Jeremiah 10:21; 23:1-4; Matthew 9:36; John 10:1-18; 1 Peter 5
- 10 Matthew 17:1-8; 2 Peter 1; 2 Timothy 3:16-17; Psalm 119:105; 2 Corinthians 4:6

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)

- 11 2 Peter 2; Hebrews 6:4-6
- 12 Ezekiel 12:21-28; 2 Peter 3; 2 Corinthians 6:1-2
- 13 1 John 1:2-14; Matthew 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
- 15 1 John 2:28-3:24; Psalm 119:1-16; 66:16-20; Romans 8:1-17

- 16 1 John 4:1-6; 1 Corinthians 1:18-25; Matthew 7:15-20; 2 Peter 2:1-3
- 17 1 John 4:7-21; Romans 12:9-21; 1 Corinthians 13

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, # 377)

- 18 1 John 5; Jeremiah 7:1-29; 1 Corinthians 11:23-32; James 5:13-20
- 19 2 John; Romans 16:17-20; Colossians 1:21-23; 2:6-8; Hebrews 10:35-38
- 20 3 John; Romans 12:13; 1 Timothy 5:9-10; 1 Peter 4:8-10; Philemon 8-22
- 21 Jude; John 10:1-18; Psalm 23
- 22 Mark 1:1-13; Matthew 4:1-11; 2 Corinthians 11:13-15; 1 Peter 5:8; Romans 16:20
- 23 Mark 1:14-20; Luke 4:43; 17:20-21; Luke 5:1-11; John 1:35-51; Matthew 10:37-39
- 24 Mark 1:21-45; Luke 4:14-44; John 20:29-31; 1 Peter 1:3-16

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)

- 25 Mark 2:1-17; Jeremiah 29:13; Matthew 11:28-30; 1 Timothy 1:12-17; Psalm 91
- 26 Mark 2:18-3:6; Exodus 20:8-10; Jeremiah 17:19-27; Matthew 5:17-20
- 27 Mark 3:7-34; Matthew 12:22-37; Romans 8:12-17; Galatians 3:26-29
- 28 Mark 4:1-34; Matthew 13:24-30
- 29 Mark 4:35-41; Matthew 13:31-33; Romans 8:18-30



FIRST CUP READINGS

MARCH, 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 Mark 4:35-41; 2 Samuel 22; Psalm 65
- 2 Mark 5:1-20; Matt. 4:23-24; 8:16-17; Acts 19:11-20;
Revelation 20:1-10
- 3 Mark 5:21-43; Psalm 103

*Savior, like a Shepherd lead us, much we need thy tender care;
In thy pleasant pastures feed us, for our us Thy folds prepare:
Thou hast promised to receive us, poor and sinful though we
be; Thou hast mercy to relieve us, grace to cleanse, and power to
free: Blessed Jesus, Blessed Jesus, Thou hast loved us, love us still;
Blessed Jesus, Blessed Jesus, Thou hast loved us, love us still. (The
Hymnbook, No. 380)*

- 4 Mark 6:1-29; Luke 9:7-9; 14:25-33; Acts 21:10-14
- 5 Mark 6:30-56; Ephesians 3:20-21; Psalm 37
- 6 Mark 7:1-23; Jeremiah 17:9; Micah 6; James 1:21-27
- 7 Mark 7:24-8:10; Colossians 1:15-23; Eph. 1:2-23
- 8 Mark 8:11-38; John 10
- 9 Mark 9:1-13; Malachi 4:5-6; Matt. 11:7-15; 17:1-13
- 10 Mark 9:14-29; James 5:13-20; Phil. 4:6-7; Eph. 6:18

*Work, for the night is coming, Work through the morning hours;
Work while the dew is sparkling, Work mid 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,
for the night is coming, under the sunset skies; while their bright
tints are glowing, work for the daylight flies. Work till the last
beam fadeth, fadeth to shine no more; Work while the night
is darkening, when man's work is o'er. (The Hymnbook, No.
297)*

- 11 Mark 9:30-41; Numbers 11:26-30; Matthew 18:1-9
- 12 Mark 9:42-50; 1 Corinthians 5; 1 Peter 1:13-25
- 13 Genesis 2:18-25; Mark 10:1-16; 1 Corinthians 7; 1
John 1:9-10
- 14 Mark 10:17-31; 2 Chron. 1:1-12; Prov. 11:24-28;
1 Tim. 6:17
- 15 Mark 10:32-45; Phil. 2:1-18; John 13:1-17
- 16 Mark 10:46-52; Hebrews 11:6; Matt. 7:7-12;
Luke 19:1-10; Psalm 27
- 17 Mark 11:1-19; Jeremiah 7; Romans 12:12; Col. 4:2

*Saviour, teach me, day by day, Love's sweet lesson, to obey;
Sweeter lesson cannot be, Loving Him who first loved me. With a
child's glad heart of love, at Thy bidding may I move, Prompt to
serve and follow Thee, Loving Him who first loved me. Teach me
thus Thy steps to trace, strong to follow in Thy grace, Learning
how to love from Thee, Loving Him who first loved me. (The
Hymnbook, No. 457)*

- 18 Mark 11:20-33; Luke 17:1-4; Matt. 5:21-24;
Matt. 18:21-35
- 19 Mark 12; Prov. 25:14; Matt. 6:1-4; Psa. 37:25-26; 112;
Prov. 11:25
- 20 Matthew 23; Proverbs 6:16-19; Micah 6:8
- 21 Mark 13; Isaiah 13:9-11; Revelation 6:12-17
- 22 Matthew 24; Revelation 16:15
- 23 Matthew 25
- 24 1 Thessalonians 4-5:11

*All glory, laud, and honor, To Thee, Redeemer, King, To whom
the lips of children made sweet hosannas ring! The people of the
Hebrews with palms before Thee went; Our praise and prayer
and anthems before Thee we present. Thou art the king of Israel,
Thou David's royal Son, Who in the Lord's name comest, The
King and blessed One! To Thee, before Thy Passion, they sang
their hymns of praise; To Thee, now high exalted, our melody
we raise. All glory, laud and honor to Thee, Redeemer, King,
To whom the lips of children made sweet hosannas ring! (The
Hymnbook, No. 187)*

- 25 John 10
- 26 John 11
- 27 John 12:1-19; Deuteronomy 15:1-11
- 28 Matthew 21:1-17; John 12:12-19
- 29 John 12:20-13:18
- 30 Mark 14:1-42; John 17; Mark 14:43-72
- 31 Mark 15

*I know that my Redeemer lives! What joy the blest assurance gives!
He lives, He lives, who once was dead; He lives, my everlasting
Head! He lives to bless me with His love; He lives, to plead for
me above; He lives, my hungry soul to feed; He lives, to help in
time of need. He lives, all glory to His name; He lives, my Savior,
still the same; What joy, the blest assurance gives; I know that my
Redeemer lives! (The Methodist Hymnal, No. 445)*



FIRST CUP READINGS

APRIL 2024

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Blessings and
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Sandy Sturch

- 1 Mark 16:1-8; Luke 24:1-35
- 2 John 20:1-31
- 3 John 21
- 4 Matthew 28:16-20; Acts 1:1-11; John 14
- 5 Psalm 109:1-8; Acts 1:12-26
- 6 Leviticus 23:15-22; Deuteronomy 16:10;
Exodus 23:16
- 7 Malachi 3; 2 Corinthians 9

Holy Spirit, breathe on me until my heart is clean. Let sunshine fill its inmost part, with not a cloud between. Holy Spirit, breathe on me; my stubborn will subdue. Teach me in words of living flame what Christ would have me do. Holy Spirit, breathe on me; fill me with power divine. Kindle a flame of love and zeal within this heart of mine. Breathe on me, breathe on me, Holy Spirit, breathe on me. Take Thou my heart; cleanse every part. Holy Spirit, breathe on me. (Worship in Song, No. 272)

- 8 Acts 2
- 9 Acts 3; Deuteronomy 19:15, 18-19; Romans 1:16
- 10 Acts 4:1-5:11; 10:43; 1 Timothy 2:5
- 11 Acts 5:12-6:7; John 15:20-21; Ephesians 6:12;
1 Peter 5:8; Revelation 20:10
- 12 Acts 6:8-8:3; Luke 21:10-19; Psalm 31
- 13 Acts 8:4-40; Acts 10:32-11:18; Romans 10:1-13
- 14 Acts 9:1-43; Jeremiah 20:11-13; Proverbs 12:7

*And can it be that I should gain an interest in the Savior's blood!
Died He for me, who caused His pain? For me to Him to death pursued?
Amazing love! How can it be that Thou, my God, should die for me?
He left His Father's throne above, so free, so infinite His grace!
Emptied Himself of all but love, and bled for Adam's helpless race.
'Tis mercy all, immense and free! For, O my God, it found out me.
Amazing love! How can it be that Thou, my God should die for me?
(Worship in Song, No. 221)*

- 15 Acts 10:1-11:30; 1 Peter 4:12-19
- 16 Acts 12:1-14:28; Acts 9:15-16; 2 Timothy 3; Job 36:15
- 17 Acts 15:1-35; Romans 1:1-6; 3:21-31
- 18 Acts 15:36-16:40; 2 Corinthians 11;
Hebrews 10:32-39; 13:3; Revelation 2:10
- 19 Acts 17; 1 Thessalonians 2-3
- 20 Acts 18; Romans 16:3-5a;
1 Corinthians 16:20; 1 Peter 1:22
- 21 Acts 19; Exodus 34:10-17; Leviticus 19:4; Psalm 135

*"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 lin-g'ling 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, No. 233)*

- 22 Acts 20; 2 Timothy 2:1-13; 4:1-5
- 23 Acts 21-23:11; Matthew 5:10-12; Psalm 119:153-160
- 24 Acts 23:12-24:27; Psalm 91
- 25 Acts 25-26; Psalm 7
- 26 Acts 27-28:10; Psalm 69
- 27 Acts 28:11-31; 2 Corinthians 11:21b-12:10;
Romans 5:1-5; 2 Timothy 1:8-2:13
- 28 Colossians 1:1-14; John 3:16-21; 8:12; 12:44-46

*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)*

- 29 Colossians 1:15-23; Ephesians 5:8-20; Psalm 112
- 30 Genesis 1; John 1:1-4



FIRST CUP READINGS

MAY 2024

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- 1 Colossians 1:24-29; Romans 16:25-27; Ephesians 3:2-6
- 2 Colossians 2:1-23; Ephesians 2
- 3 Colossians 3:1-17; Ephesians 4:17-5:20
- 4 Colossians 3:18-4:18; Ephesians 5:21-6:20
- 5 Acts 17:1-9; 1 Thessalonians 1;
1 Corinthians 4:15-16; 11:1; Hebrews 6:12; 13:7

Living for Jesus a life that is true, striving to please Him in all that I do. Yielding allegiance, glad-hearted and free, This is the pathway of blessing for me. Living for Jesus wherever I am, doing each duty in His Holy name, willing to suffer affliction or loss, Deeming each trial a part of my cross! Living for Jesus thro' earth's little while, my dearest treasure, the light of His smile, seeking the lost ones He died to redeem, Bringing the weary to find rest in Him! I own no other Master; my heart shall be Thy throne. My life I give, henceforth to live, O Christ, for Thee alone. (Worship in Song, No. 333)

- 6 1 Thess. 2:1-16; 2 Corinthians 11:7-9; James 1:1-2;
Romans 5:3-5
- 7 1 Thess. 2:17-3:13; Ephesians 6:10-20; 1 Peter 5:6-10
- 8 1 Thess. 4:1-12; 1 John 3; Romans 13:8-14; Eph. 4:28
- 9 1 Thess. 4:13-5:11; 1 Cor. 15:12-58; Revelation 1:1-8
- 10 1 Thess. 5:12-28; Philippians 4:10-19; Proverbs 19:11;
James 5:7-11
- 11 2 Thess. 1; Matthew 5:10-12
- 12 Matt. 24; 2 Thess. 2; Eph. 1:3-14; Rev. 13:5-10; 14:1-13

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 have fled? When thro' the deep waters I call thee to go, The rivers of sorrow shall not overflow; For I will be with thee, thy trials 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, tho' all hell should endeavor to shake, I'll never, no never, no never forsake. (Worship in Song, No. 1)

- 13 2 Thess. 3; 2 Tim. 3; Deut. 5:12-15; Prov. 14:23; 28:19
- 14 Romans 1; Leviticus 18; Psalm 106
- 15 Romans 2; James 1:19-25
- 16 Romans 3; Psalm 14:5; Ephesians 1:3-14
- 17 Romans 4; Ephesians 2:8-9; John 6:28-40
- 18 Romans 5:1-11; Colossians 1:21-23; 1 Peter 4:12-19;
James 5:10-11

- 19 Romans 5:12-6:23; Ephesians 1:3-10; 1 Thess. 3:11-4:8

O Love that wilt not let me go, I rest my weary soul in Thee; I give Thee back the life I owe, That in Thine ocean depths its flow may richer, fuller be. O Light that followest all my way, I yield my flickering torch to Thee; My heart restores its borrowed ray, That in Thy sunshine's blaze its day may brighter, fairer be. O Cross that liftest up my head, I dare not ask to fly from Thee; I lay in dust life's glory dead, And from the ground there blossoms red Life that shall endless be. (The Hymnbook, No. 400)

- 20 Romans 7; 2 Samuel 11; Mark 14:26-38; 51-71;
Psalm 32
- 21 Romans 8:1-17; 2 Corinthians 5:1-10; Isaiah 25:6-9;
1 Corinthians 15:35-58
- 22 Romans 8:18-39; Deuteronomy 31:6; Joshua 1:5;
Psalm 118
- 23 Romans 9; Jeremiah 18; Isaiah 29:13-16; 64:5-9
- 24 Isaiah 65; Romans 10
- 25 Romans 11; Psalm 139
- 26 Romans 12; Leviticus 19:18; Proverbs 20:22;
1 Peter 2:11-12

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; Oh, may it all my pow'rs engage to do my Master's will! Arm me with jealous care, as in Thy sight to live; And, oh, Thy servant, Lord, prepare a strict account to give! Help me to watch and pray, and on thyself rely, Assured if I my trust betray I shall forever die. (Worship in Song, No. 190)

- 27 Romans 13; Titus 3:1-11; 1 Thessalonians 4:1-12
- 28 Romans 14; Psalm 34:14; Hebrews 12:14-15;
1 Corinthians 8:9-13
- 29 Romans 15-16; Romans 12:10; 1 Peter 1:22;
1 John 4:7-21
- 30 Acts 9:10-16; Galatians 1; 1 Corinthians 3:11; 15:1-19;
Romans 1:16-17
- 31 Galatians 2; Acts 9:16; Philippians 3:1-16



FIRST CUP READINGS

JUNE 2024

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- 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



FIRST CUP READINGS

JULY 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

Only, O Lord, in Thy dear love, fit us for perfect rest above, And help us, this and every day, To live more nearly as we pray. Amen. (The Hymnbook, No. 45)

- 1 Jeremiah 31:27-34; Romans 11
- 2 Lamentations 1; Isaiah 1; 2 Chronicles 7:13-14
- 3 Lamentations 2; Matthew 23; 2 Timothy 4:1-5
- 4 Lamentations 3:1-36; Matthew 5:39;
2 Corinthians 6:1-10; Psalm 123
- 5 Lamentations 3:37-66; Job 30; Psalm 37
- 6 Genesis 19:1-29; Lamentations 4; Jeremiah 19:9;
Matthew 24:1-35
- 7 Lamentations 5; Isaiah 49; 1 Thessalonians 4:13-5:11

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 wilt be. Pardon for sin and a peace that endureth, Thine own dear presence to cheer and to guide; strength for today and bright hope for tomorrow— blessings all mine, with ten thousand beside! (Hymns for the Family of God, No. 98)

- 8 Luke 1:1-25; John 1:1-34
- 9 Matthew 1:18-25; Luke 1:26-56; Genesis 17:19;
Psalm 132:11-18; Galatians 3:16
- 10 Luke 2:1-20; Colossians 1:15-23; Isaiah 43:1-3; 45:22
- 11 Leviticus 12; Luke 2:21-40; Isaiah 42:1-9; 8:13-17;
John 10:11; Psalm 23
- 12 Micah 5:1-5; Matthew 2
- 13 Luke 2:41-52; Proverbs 3:1-6
- 14 Luke 3:1-22; Matthew 3:13-17; Mark 1:1-11; 16:15-16;
Acts 1:5, 2:38-41

Come, Thou long expected Jesus, born to set Thy people free. From our fears and sins release us; let us find our rest in Thee. Israel's Strength and Consolation, Hope of all the earth Thou art; Dear Desire of ev'ry nation, Joy of ev'ry longing heart! Born Thy people to deliver, born a child and yet a King, born to reign in us forever, now Thy gracious kingdom bring. By Thine own eternal Spirit Rule in all our hearts alone; by Thine all sufficient merit, raise us to Thy glorious throne.

(Worship in Song, No. 181)

- 15 Luke 3:23-4:13; Deuteronomy 6:13-19;
Hebrews 2:10-18; 4:14-16; 1 Peter 5:5-10
- 16 Isaiah 40:1-11; 52:7; 61:1-3; Luke 4:14-21; John 16:13-15
- 17 Luke 4:22-30; 10:13-16; John 1:9-14; 15:18-16:4

- 18 Luke 4:31-37; Deuteronomy 32:17; Isaiah 14:12-15;
Luke 10:18; John 12:27-50
- 19 Luke 4:38-44; Psalm 103
- 20 Luke 5:1-11; John 12:20-26; 1 Peter 2:11-15; Psalm 32
- 21 Numbers 12; 2 Kings 5; Luke 5:12-26; Psalm 147:3

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 'twas 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, Make me a blessing, Out of my life may Jesus shine; Make me a blessing, O Saviour, I pray, make me a blessing to someone today.
(Worship in Song, No. 342)

- 22 Luke 5:27-32; John 15:18-27; 2 Corinthians 5:16-21;
James 4:4; 1 John 3:13-15
- 23 Luke 5:33-39; Leviticus 16:29-31; Joel 2:12-14;
Nehemiah 9:1-3; Matthew 6:16-18
- 24 Genesis 2:1-3; Exodus 16; Deuteronomy 5:12-15;
Matthew 5:17-20; Luke 6:1-11
- 25 Psalm 7; Luke 6:12-36; Proverbs 16:7; Romans 12:17-21
- 26 Luke 6:37-45; Romans 2; 14; James 4:11-12;
Matthew 18:15-35
- 27 Luke 6:46-49; James 2:14-26; John 15:1-17
- 28 1 Kings 17; 2 Kings 4:1-37; Luke 7:1-17;
Jeremiah 32:17-27; Psalm 107:20-22

Come, ye sinners, poor and needy, weak and wounded, sick and sore; Jesus ready stands to save you, full of pity, love, and pow'r: He is able, He is able, He is willing; doubt no more. Let not conscience make you linger, nor of fitness fondly dream; All the fitness He requireth is to feel your need of Him: This He gives you, this He gives you; 'Tis the Spirit's glimmering beam. Come, ye weary, heavy laden, bruised and mangled by the Fall; If you tarry till you're better, You will never come at all; Not the righteous, not the righteous; Sinners Jesus came to call.
(The Baptist Hymnal, No. 241)

- 29 Psalm 38; Luke 7:36-50; Psalm 32
- 30 Luke 8:1-18; Psalm 119:1-16; 89-112;
James 1:22-25
- 31 Psalm 119:33-88; Luke 8:19-21; John 14:15-21



FIRST CUP READINGS

AUGUST 2024

Online at <https://bit.ly/1st-cup>

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 Luke 8:22-25; 2 Samuel 22; Jonah 2;
Psalm 3:5; 4:8; 73:23-26
- 2 Deut. 18:9-13; Psalm 106; Luke 8:26-39; James 4:7
- 3 Luke 8:40-48; Leviticus 15:25-27; Mark 3:10; 6:56;
Luke 8:49-55; Hebrews 11:6
- 4 Luke 9:1-9; Matthew 14:1-12; 17:9-13; Matt. 10:17-31

“Take up thy cross” the Savior said, “If thou wouldst My disciple be; Take up thy cross with willing heart and humbly follow after Me.” Take up thy cross; let not its weight fill thy weak spirit with alarm; His strength shall bear thy spirit up, and brace thy heart, and nerve thine arm. Take up thy cross, nor heed the shame; nor let thy foolish pride rebel; Thy Lord for thee the cross endured, to save thy soul from death and hell. Take up thy cross and follow Christ, nor think till death to lay it down; For only he who bears the cross may hope to wear the glorious crown. (The Hymnbook, No. 293)

- 5 Exodus 16; Luke 9:10-17; Mark 11:22-25;
Proverbs 30:7-9; John 6:48-51
- 6 Luke 9:18-27; Matt. 10:32-33; 16:24-28; Philippians 1
- 7 Luke 9:28-36; Isaiah 42:1-9; Matthew 3:16-17; 5:17;
2 Peter 1; Psalm 119:105
- 8 Luke 9:37-45; Mark 9:14-29; Matthew 21:21-22;
James 5:15-16
- 9 1 Kings 19:19-21; Luke 9:46-62; Matthew 4:18-22;
Mark 10:17-31; Matthew 6:33
- 10 Luke 10:1-24; Matt. 4:10; Rev. 9:1-11; 12:7-12; 13:5-10;
Daniel 12:1-4
- 11 Luke 10:25-37; Deuteronomy 6:5; Leviticus 19:18;
Matthew 19:16-30

Our Father in heaven, we hallow Thy name; May Thy kingdom holy on earth be the same; O give to us daily our portion of bread; It is from Thy bounty that all must be fed. Forgive our transgressions, and teach us to know that humble compassion which pardons each foe; Keep us from temptation, from evil and sin, And Thine be the glory forever! Amen

- 12 Luke 10:38-42; Matthew 6:25-34; Romans 12:1-13;
Psalm 27:4; 119:97-112
- 13 Luke 11:1-13; Matthew 26:31-46; 69-75; 1 Cor. 10:1-13
- 14 Luke 11:14-28; 2 Peter 2; Hebrews 6:4-6
- 15 Luke 11:29-32; Jonah 3; 2 Chronicles 9:1-12;
Matthew 12:38-45; John 3:18-21
- 16 Luke 11:33-36; Psalm 101; Psalm 18:25-29;
Titus 1:15-16

- 17 Luke 11:37-54; Genesis 4:1-16; 2 Chronicles 24:17-22;
Acts 13; Romans 2
- 18 Luke 12:1-12; Acts 6:8-7:60

Oh, the unsearchable riches of Christ, wealth that can never be told! Riches exhaustless of mercy and grace, precious, more precious than gold! Oh, the unsearchable riches of Christ! Who shall their greatness declare? Jewels whose luster our lives may adorn, pearls that the poorest may wear! Oh, the unsearchable riches of Christ! Who would not gladly endure Trials, afflictions, and crosses on earth, riches like these to secure! Precious, more precious, Wealth that can never be told! Oh, the unsearchable riches of Christ! Precious, more precious than gold. (Worship in Song, No. 52)

- 19 Luke 12:13-34; Ecclesiastes 5:10; Isaiah 57:14-21;
Ephesians 5:1-20
- 20 Luke 12:35-48; 1 Thess. 4:13-5:11; 2 Thess. 2:1-16
- 21 Luke 12:49-53; Mark 10:28-31; 13:3-13; Matt. 10:17-42
- 22 Luke 12:54-59; Matthew 16:1-4; 2 Timothy 3:1-5;
2 Peter 3; 1 John 2:18-27
- 23 Luke 13:1-9; Isaiah 5:1-10; John 15:1-17
- 24 Exodus 20:8-11; Matthew 4:23-25; 12:1-14;
Luke 13:10-35
- 25 Luke 14:1-24; Matthew 22:1-14; Zachariah 3

There were ninety and nine that safely lay in the shelter of the fold; but one was out on the hills away, far off from the gates of gold. Away on the mountains, wild and bare; Away from the tender Shepherd's care. “Lord, Thou hast here Thy ninety and nine; are they not enough for Thee?” But the Shepherd made answer: “This of mine has wandered away from Me. And although the road be rough and steep, I go to the desert to find My sheep.” And all through the mountains, thunder-riven, and up from the rocky steep, there arose a glad cry up to the gate of heaven, “Rejoice! I have found My sheep!” And the angels echoed around the throne, “Rejoice, for the Lord brings back His own!”

- 26 Luke 14:25-35; Philippians 3:7-4:1
- 27 Luke 15; Proverbs 20:9; 21:17, 25, 26; 22:6; Psalm 51;
Hebrews 12:4-13
- 28 Luke 16:1-18; 12:33-34; Matthew 6:19-34
- 29 Luke 16:19-31; 6:17-26; Matthew 25:31-46
- 30 Luke 17:1-10; Matthew 6:9-15; 18:21-35
- 31 Luke 17:11-19; Leviticus 13:29-37; Acts 14:8-10;
James 5:13-16



FIRST CUP READINGS

SEPTEMBER 2024

Online at <https://bit.ly/1st-cup>

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 Luke 17:20-37; Genesis 7:6-24, 19:1-28;
I Thessalonians 1-2; Revelation 6:15-17

New every morning is the love our wakening and uprising prove; thru sleep and darkness safely brought, restored to life and power and thought. New mercies, each returning day, hover around us while we pray; new perils past, new sins forgiven, new thoughts of God, new hopes of heaven. If, on our daily course, our mind be set to hallow all we find, new treasures still, of countless price, God will provide for sacrifice. Only, O Lord, in Thy dear love, fit us for perfect rest above, and help us, this and every day, to live more nearly as we pray. Amen. (The Hymnbook, No. 45)

- 2 Deut. 14:28-29; Isaiah 1:16-17; Luke 18:1-8; Isaiah 58
- 3 Luke 18:9-14; Matthew 18:1-14, 23:1-12;
2 Timothy 3:10-17; Proverbs 22:6
- 4 Luke 18:15-17; 1 Peter 2:2; 1 John 2:28-3:10
- 5 Luke 18:18-30; Ex. 20:1-17; Job 34:16-19; 1 Peter 1:3-9
- 6 Luke 18:31-34; Ps. 41:9, 22:16-18; Isaiah 53; Ps. 16:9-10
- 7 Luke 18:35-43; John 9; Psalm 146
- 8 Psalm 14; Mark 2:13-17; Luke 19:1-10; Proverbs 8:17;
Jeremiah 29:13; Isaiah 55

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. My Father's own Son, the Saviour of men, once wandered o'er earth as the poorest of them; but now He is reigning forever on high, and will give me a home in heav'n by and by. A tent or a cottage, why should I care? They're building a palace for me over there! Tho' exiled from home, yet still I may sing: "All glory to God, I'm a child of the King!" (Worship in Song, No. 377)

- 9 Luke 19:11-27; Proverbs 27:18; Matthew 25:31-46
- 10 Luke 19:28-44; Matthew 21:1-11; Mark 11:1-11;
Zechariah 2, 9:9
- 11 Luke 19:45-48; John 2:13-22; I Cori. 3:16-17, 6:19-20;
Ephesians 2
- 12 Psalm 118; Luke 20:1-19; Acts 4:1-12; I Peter 2:1-10
- 13 Luke 20:20-26; Rom. 13; Col. 3:12-14; 1 Peter 5:5-12
- 14 Luke 20:27-40; John 11:1-45; Romans 6:8-14;
1 Corinthians 15:20-58
- 15 Malachi 2:1-9; Matt. 23; Luke 20:41-47; 1 Peter 5:1-4

Marvelous grace of our loving Lord, Grace that exceeds our sin and our guilt, Yonder on Calvary's mount outpoured, there where the blood of the Lamb was spilt! Dark is the stain that

we cannot hide. What can avail to wash it away? Look! There is flowing a crimson tide; Whiter than snow you may be today. Marvelous, infinite, matchless grace, Freely bestowed on all who believe! You that 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 that is greater than all our sin! (Worship in Song, No. 213)

- 16 Luke 21:1-4; 2 Corinthians 8:1-15, 9:6-15;
1 Kings 17:1-16; Proverbs 3:27-28
- 17 Luke 21:5-38; 2 Timothy 3; 2 Peter 3
- 18 Luke 22:1-6; Matthew 26:1-16; Matthew 10
- 19 Luke 22:7-71; John 13:13-38; Titus 1:10-16; Jude 3-4;
1 John 2:20-23
- 20 Matthew 27:1-56; Luke 23; John 19
- 21 Matthew 28:1-15; Luke 24:1-53; 1 Corinthians 4
- 22 Romans 1; Leviticus 18; Psalm 106

Holy Spirit, truth divine, dawn upon this soul of mine; Word of God, and inward light, wake my spirit, clear my sight. Holy Spirit, love divine, glow within this heart of mine; Kindle every high desire; perish self in Thy pure fire. Holy Spirit, power divine, fill and nerve this will of mine; By Thee may I strongly live, bravely bear, and nobly strive. Holy Spirit, right divine, make my conscience wholly Thine; Be my law, and I shall be firmly bound, forever free. (The Presbyterian Hymnal, No. 321)

- 23 Romans 2; James 1:19-25; Matthew 7:1-5
- 24 Romans 3; Psalm 14; 5; Ephesians 1:3-14
- 25 Romans 4; Ephesians 2:8-9; John 6:28-40
- 26 Romans 5:1-11; Colossians 1:21-23; 1 Peter 4:12-19;
James 5:10-11
- 27 Romans 5:12-6:23; Eph. 1:3-10; 1 Thess. 3:11-4:8
- 28 Romans 7; 2 Sam. 11; Mark 14:26-38; 51-71; Psalm 32
- 29 Romans 8:1-17; 2 Cor. 5:1-10; Isaiah 25:6-9;
1 Cor. 15:35-58

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; Oh, may it all my pow'rs engage to do my Master's will! Arm me with jealous care, as in Thy sight to live; and, oh, Thy servant, Lord, prepare a strict account to give! Help me to watch and pray, and on Thyself rely, assured if I my trust betray I shall forever die. (Worship in Song, No. 190)

- 30 Romans 8:18-39; Deut. 31:6; Joshua 1:5; Psalm 118



FIRST CUP READINGS

OCTOBER 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,

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Blessings and
love in Christ,

Sandy Sturch

- 1 Romans 9; Jeremiah 18; Isaiah 29:13-16, 64:5-9
- 2 Isaiah 65; Romans 10
- 3 Romans 11; Psalm 139
- 4 Romans 12; Lev. 19:18; Prov. 20:22; 1 Peter 2:11-25
- 5 Romans 13; Ephesians 5:11-13, 6:10-18
- 6 Romans 14; Ps. 34:14; Heb.12:14-15; 1 Cor. 8:9-13

Hear my words, O gracious Lord, to my thoughts attentive be; Hear my cry, my King, my God, I will make my prayer to Thee. With the morning light, O Lord, Thou shalt hear my voice arise, and expectant I will bring prayer as morning sacrifice. Thou art holy, O my God, Thou delightest not in sin; Evil shall not dwell with Thee, nor the proud Thy favor win. (The Hymnbook, No. 48)

- 7 Rom. 15-16; Rom.12:10; 1 Peter 1:22; 1 John 4:7-21
- 8 1 Peter 1; 1 Chron. 29:15; Ps. 39:12; Heb. 13:13-16; Eph. 2:1-13
- 9 1 Peter 2:1-12; Rom. 13:8-14; 1 Cor. 3:16-17, 6:19; Ps. 65:1-4
- 10 1 Peter 2:13-3:22; Ephesians 5:22-6:9; Romans 13
- 11 1 Peter 4; Philippians 1:27-30; Revelation 2:10
- 12 Jer. 10:21, 23:1-4; Matt. 9:36; John 10:1-18; 1 Peter 5
- 13 Matt. 17:1-8; 2 Peter 1; 2 Tim. 3:16-17; Ps. 119:105; 2 Cor. 4:6

What a fellowship, what a joy divine, leaning on the everlasting arms; what a blessedness, what a peace is mine, leaning on the everlasting arms. Oh, how sweet to walk in this pilgrim way, leaning on the everlasting arms; oh, how bright the path grows from day to day, leaning on the everlasting arms. What have I to dread, what have I to fear, leaning on the everlasting arms? I have blessed peace with my Lord so near, leaning on the everlasting arms. (The Baptist Hymnal, No 371)

- 14 2 Peter 2; Hebrews 6:4-6
- 15 Ezekiel 12:21-28; 2 Peter 3; 2 Cor. 6:1-2
- 16 James 1:1-8; Romans 5:1-5; Job 28:20-28; Ps. 90:12; Prov. 1:7; 8; 21:30
- 17 James 1:9-11; Psalm 49; Mark 4:1-20; Luke 18:18-30; 1 Tim. 6:6-10, 17-19
- 18 James 1:12-18; Matt. 6:9-13; 1 Cor. 9:24-27; 1 Cor. 10:12-13; Gal. 6:1-5

- 19 James 1:19-27; Psalm 119:97-112; 4:4; Eph. 4:17-32; Prov. 15:1, 29:11
- 20 James 2:1-13; Lev. 19:15; Prov. 3; 14:21; Luke 10:25-37

God, be merciful to me, on Thy grace I rest my plea; Plenteous in compassion Thou, blot out my transgressions now; Wash me, make me pure within, cleanse, O cleanse me from my sin. Gracious God, my heart renew, make my spirit right and true; Cast me not away from Thee, let Thy Spirit dwell in me; Thy salvation's joy impart, steadfast make my willing heart. (The Hymnbook, No. 282)

- 21 James 2:14-26; Eph. 2:8-10; Matthew 7:21-27, 25
- 22 James 3:1-12; Prov. 4, 12:19, 16:23-30, 18:6-8; Prov. 26:20-28, 27:2; Ps. 12; 141
- 23 James 3:13-18; Prov. 29:23; Matt. 20:20-28, 23:1-12; Luke 22:24-30
- 24 James 4:1-12; Prov. 10:18-21; Matt. 15:10-20; Titus 2:11-15; 1 John 2:1-17
- 25 James 4:13-17; Matthew 6:34; Prov. 3:27-28, 16:9, 19:21, 27:1; Psalm 139
- 26 James 5:1-6; Lev. 19:9-13, 24:14-15; Matt. 6:19-21; Heb. 11:24-26
- 27 James 5:7-12; Job 1:1-2:10, 42; Romans 12:6-21

Fight the good fight with all thy might; Christ is thy Strength, and Christ thy Right: Lay hold on life, and it shall be Thy joy and crown eternally. Run the straight race through God's good grace, lift up thine eyes, and seek His face; Life with its way before us lies, Christ is the Path, and Christ the Prize. Faint not nor fear, His arms are near; He changeth not, and thou art dear; Only believe, and thou shalt see that Christ is All in all to thee. (The Hymnbook, No. 359)

- 28 James 5:13-20; 1 Kings 17; 2 Kings 4:1-37; Acts 9:36-43; Romans 8:26-28
- 29 Titus 1; 1 Tim 1:1-7; 1 Cor. 4:1-2; Philippians 1:11
- 30 Titus 2; Deut. 6:1-9, 11:18-21; Ps. 25; Prov. 9:9; Prov. 22:17-21
- 31 Titus 3; Romans 13; 1 Peter 2:17



FIRST CUP READINGS

NOVEMBER, 2024

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 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

Depth of mercy! Can there by 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 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)

- 4 Judges 6; Exodus 34:10-14; Ezekiel 13:13-23;
Colossians 3:5-11; Ephesians 5:3-6
- 5 Judges 7-8; Deuteronomy 20:8; Psalm 76;
2 Corinthians 4:7-18
- 6 Judges 13-14; Proverbs 22:6; 12:4; 18:22; 16:9;
20:24; Jeremiah 10:23
- 7 Judges 15-16; Proverbs 6:20-26, 34; 14:1; 16:4, 9;
31:30; Ecclesiastes 7
- 8 Ruth 1; Psalm 88; 2 Corinthians 4:16-18; Psalm 30
- 9 Ruth 2; Leviticus 19:9-10; Romans 12:9-21;
James 2:14-16; Luke 6:38
- 10 Ruth 3; Proverbs 3:5-6; 20:24; 31:10; Psalm 37

The steps of those whom He approves are ordered by the Lord; and though they fail, held by His hand, they yet shall be restored. I have not seen, though since my youth many years have fled, the saint forsaken, nor beheld His children begging bread. Mark well the perfect, upright man, as still his years increase; behold his life, and thou shalt see his journey end in peace. (The Hymnbook, no. 422)

- 11 Ruth 4; Leviticus 25:23-25;
Deuteronomy 25:5-10; Psalm 103
- 12 1 Samuel 1-2:11; Psalm 66;
Philippians 4:6-7; Ephesians 3:20-21
- 13 1 Samuel 2:12-4:1a; Proverbs 3:11-12; 15:31-32;
23:13; Hebrews 12:1-13
- 14 1 Samuel 4:1b-22; Proverbs 19:18;
Ezekiel 33:10-20; Galatians 6:1-10

- 15 Deuteronomy 17:14-20; 28; 1 Samuel 8
- 16 1 Samuel 9-10; Psalm 5
- 17 1 Samuel 11 (read again 1 Samuel 8:4-19);
Habakkuk 2:18-20; Psalm 31

Grace and truth shall mark the way where the Lord His own will lead, if His word they still obey and His testimonies heed. For thy name's sake hear Thou me; for Thy mercy, Lord, I wait. Pardon my iniquity, for my sin is very great. He who walks in godly fear in the path of truth shall go. Peace shall be his portion here, and his sons all good shall know. They that fear and love the Lord shall His holy friendship know. He will grace to them accord and His faithful covenant show. (The Hymnbook, no. 372)

- 18 1 Samuel 7:15-17; 12; Joshua 24:14-15
- 19 1 Samuel 13; Deuteronomy 12:5-14; Ecclesiastes
9:18; Proverbs 15:4; Psalm 4
- 20 1 Samuel 14; Proverbs 16:1, 3, 4, 9, 33; 18:18
- 21 1 Samuel 15; Psalm 40:6-8; 51:16-17; Isaiah 1:11-17;
Hebrews 10:8-10
- 22 Psalm 2; Matthew 25:31-46; John 18:28-37;
1 Corinthians 15:20-28
- 23 Psalm 9, 10
- 24 Psalm 47; 145

The Lord is King! Lift up thy voice, O earth, and all ye heavens, rejoice! From world to world the joy shall ring, the Lord Omnipotent is King. The Lord is King! Who then shall dare resist His will, distrust his care, or murmur at His wise decrees, or doubt His royal promises? One Lord, one empire, all secures; He reigns, and life and death are yours: Thru earth and heaven one song shall ring, the Lord Omnipotent is King! (The Hymnbook, no. 83)

- 25 Matthew 13
- 26 Matthew 18; 19:16-30
- 27 Matthew 21:28-22:14
- 28 Matthew 24
- 29 Luke 21:5-36; Matthew 10
- 30 Isaiah 59; Ezekiel 18:30-32



FIRST CUP READINGS

DECEMBER 2024

Blessings and love in Christ,

Sandy Sturch

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1 Isaiah 40; Matthew 3:1-3; Mark 1:4

Lift up your heads, ye mighty gates, Behold, the King of Glory waits; The King of Kings is drawing near; the Savior of the world is here! Fling wide the portals of your heart; make it a temple, set apart from earthly use for heaven's employ, adorned with prayer, and love, and joy. Redeemer, come! I open wide my heart to Thee; here, Lord, abide! Let me Thy inner presence feel; Thy grace and love in me reveal. (The Hymnbook, no. 152)

2 Matthew 24

3 1 Thessalonians 4-5

4 2 Peter 3

5 2 Thessalonians 2; 1 Corinthians 1:18; John 3:16-18

6 Luke 1:37-80; 3:1-6

7 Matthew 3; 11:1-19

8 Mark 6:6b-29; Luke 14:26-27; Matthew 10:17-23

"Thy Kingdom come," on bended knee the passing ages pray; and faithful souls have yearned to see on earth that Kingdom's day. And lo! Already on the hills the flags of dawn appear. Gird up your loins, ye prophet souls, proclaim the day is near! The day in whose clear-shining light all wrong shall stand revealed; when justice shall be clothed with might and every hurt be healed; when knowledge, hand in hand with peace, shall walk the earth abroad; the day of perfect righteousness, the promised day of God. (The Hymnbook, no. 484)

9 Isaiah 9:1-7; 11-12; Micah 5:2-5

10 Psalm 23; 28:6-9; Ezekiel 34:1-16; Zechariah 13:1-7; John 10:1-18

11 Psalm 46; Psalm 91

12 Psalm 143; 121

13 Isaiah 7:13-14; Matthew 1:18-25; Luke 1:26-38; Hebrews 11:6

14 Psalm 89

15 Hebrews 1-2

Come, Thou long-expected Jesus, born to set Thy people free. From our fears and sins release us; let us find our rest in Thee. Israel's Strength and Consolation, Hope of all the earth Thou art; Dear Desire of every nation, Joy of every longing heart. Born Thy people to deliver, born a child and yet a King. Born

to reign in us forever, now Thy gracious Kingdom bring. By Thine own eternal Spirit rule in all our hearts alone; by Thine all-sufficient merit raise us to Thy glorious throne. (The Hymnbook, no. 151)

16 Hebrews 3-5:10

17 Hebrews 5:11-7

18 Hebrews 8-9

19 Hebrews 10

20 Luke 1:38-56; Psalm 138

21 Luke 1:57-80; Joel 2:28-32; Jeremiah 31:27-34

22 Romans 10-11

O little town of Bethlehem, how still we see thee lie; above thy deep and dreamless sleep the silent stars go by. Yet in thy dark streets shineth the everlasting Light; the hope and fears of all the years are met in thee tonight. 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. (The Hymnbook, no. 171)

23 Romans 12

24 Luke 2:1-20; Colossians 1:15-23

25 Psalm 47; Colossians 1:24-2:5

26 Isaiah 55

27 Isaiah 9:2, 6-7; Luke 2:21-40

28 Luke 2:41-52; Proverbs 3:1-6

29 John 1:1-34; Ephesians 1:1-14

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, no. 140)

30 John 3; 5:24; 1 John 3

31 Psalm 90; 2 Corinthians 5:1-10