

FIRST CUP READINGS FEBRUARY, 2021

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



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 Psalm 20; Proverbs 15:29; Jeremiah 33:2-3; Psalm 37:4
- 2 Psalm 21; Proverbs 3
- 3 Psalm 22; Hebrews 5:7-10; Philippians 2:5-11
- 4 Psalm 23; John 10
- 5 Psalm 24; Hebrews 12:14-19
- 6 Psalm 25; James 1:1-12

In heavenly love abiding, no change my heart shall fear. And safe is such confiding, for nothing changes here. The storm may roar without me, my heart may low be laid, but God is round about me, and can I be dismayed? Wherever He may guide me, no want shall turn me back. My Shepherd is beside me, and nothing can I lack. His wisdom ever waketh, His sight is never dim; He knows the way I taketh, and I will walk with him. (The Hymnbook, #417)

- 7 Psalm 26; Psalm 1:1-3; James 4:4
- 8 Psalm 27; Psalm 90:13-16
- 9 Psalm 28; 2 Timothy 4:9-18
- 10 Psalm 29; 2 Chronicles 20:1-30
- 11 Psalm 30; 2 Corinthians 4:16-18
- 12 Psalm 31; 27:5; Job 5:17-27
- 13 Psalm 32; James 5:13-19

The steps of those whom He approves are ordered by the Lord; And though they fall, held by His hand, they yet shall be restored. I have not seen, though since my youth full many years have fled, the saint forsaken, nor beheld His children begging bread. The children of the merciful find blessings kept in store; Depart from evil and do good, and live forevermore. Wait on the Lord and keep His way, And then, by Him approved, Thy heritage shall still remain when sinners are removed. 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, #422)

- 14 Psalm 33; Jeremiah 33
- 15 Psalm 34; Jeremiah 32:17-44
- 16 Job 21; Psalm 35
- 17 Psalm 36; 1 Peter 2:9-12
- 18 Psalm 37; Proverbs 23:17-18
- 19 Psalm 38; Hebrews 12:1-13
- 20 Psalm 39; Luke 12:13-21

O grant us light, that we may know the wisdom Thou alone canst give; That truth may guide wher-e'er we go, And virtue bless wher-e'er we live. O grant us light, that we may learn how dead is life from Thee apart, How sure is joy for all who turn to Thee an undivided heart. O grant us light, in grief and pain, To lift our burdened hearts above, And count the very cross a gain, And bless our Father's hidden love. O grant us light, when, soon or late, All earthly scenes shall pass away, In Thee to find the open gate To deathless home and endless day. (The Hymnbook, #335)

- 21 Psalm 40; Psalm 89
- 22 Psalm 41; James 5:13-20
- 23 Psalm 42; 57:1-3; Job 35
- 24 Psalm 43; Psalm 84
- 25 Psalm 44; Romans 8:13-39
- 26 Psalm 45; Hebrews 1
- 27 Psalm 46; Psalm 9:9-10; Psalm 14

The heavens declare Thy glory Lord, In every star Thy wisdom shines; But when our eyes behold thy Word, we read Thy name in fairer lines. The rolling sun, the changing light, And nights and days, Thy power confess; But the blest Volume Thou hast writ reveals Thy justice and Thy Grace. Sun, moon, and stars convey Thy praise round the whole earth, and never stand; so when Thy truth began its race, it touched and glanced on every land. Nor shall Thy spreading gospel rest till through the world Thy truth has run; Till Christ has all the nations blest that see the light, or feel the sun. (The Hymnbook, # 259)

- 28 Psalm 47; I Chronicles 16