



FIRST CUP READINGS

AUGUST, 2022

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 Proverbs 14; Psalm 41:1-3
- 2 Proverbs 15; 1 Timothy 6:6-10
- 3 Proverbs 16; Psalm 37:23-24
- 4 Proverbs 17; James 1:19-27
- 5 Proverbs 18; Ecclesiastes 10:12
- 6 Proverbs 19; Psalm 25:8-15

Come, ye that fear the Lord, and hear what He has done for me; My cry for help is turned to praise, for He has set me free. Through pain and trouble Thou hast led, and humbled all our pride, But in the end, to liberty and wealth Thy hand did guide. If in my heart I sin regard, my prayer He will not hear; But, truly, God has heard my voice, My prayer has reached His ear. O let the Lord, our gracious God, forever blessed be, Who has not turned my prayer from Him, nor yet His grace from me. (The Hymnbook, No. 296)

- 7 Proverbs 20; Romans 12:14-21
- 8 Proverbs 21; Jeremiah 9:23-24
- 9 Proverbs 22; 1 Corinthians 15:33
- 10 Proverbs 23; Ephesians 5:15-20
- 11 Proverbs 24; Psalm 1
- 12 Proverbs 25; Matthew 23:1-12
- 13 Proverbs 26; James 3:1-12

God moves in a mysterious way His wonders to perform; He plants His footsteps in the sea, and rides upon the storm. Deep in the unfathomable mines of never-failing skill He treasures up His bright designs, and works His sovereign will. Ye fearful saints, fresh courage take; the clouds ye so much dread are big with mercy, and shall break in blessings on your head. Blind unbelief is sure to err, and scan His work in vain; God is His own Interpreter, and He will make it plain. (The Hymnbook, No. 112)

- 14 Proverbs 27; Psalm 62:10
- 15 Proverbs 28; Psalm 66:18
- 16 Proverbs 29; Matthew 23:12
- 17 Proverbs 30; Psalm 12
- 18 Proverbs 31; 11:16
- 19 2 Kings 17:1-23; Micah 1
- 20 Micah 2; Psalm 36

There's a wideness in God's mercy, Like the wideness of the sea; There's a kindness in His justice, which is more than liberty. There is no place where earth's sorrows are more felt than up in heaven; There is no place where earth's failings have such kindly judgment given. For the love of God is broader than the measures of man's mind; and the heart of the Eternal is most wonderfully kind. If our love were but more simple, we should take Him at His word; And our lives would be all sunshine in the sweetness of our Lord. (The Hymnbook, No. 110)

- 21 Micah 3; Isaiah 8:19-22
- 22 Micah 4; Ezekiel 34
- 23 Micah 5
- 24 Micah 6
- 25 Micah 7
- 26 Nahum 1; Psalm 104
- 27 Nahum 2; Psalm 46

Sometimes a light surprises the Christian while he sings; It is the Lord, who rises with healing in His wings: When comforts are declining, He grants the soul again a season of clear shining, to cheer it after rain. In holy contemplation we sweetly then pursue the theme of God's salvation, and find it ever new; Set free from present sorrow, we cheerfully can say, Let the unknown tomorrow bring with it what it may. It can bring with it nothing but He will bear us through; Who gives the lilies clothing will clothe His people too: Beneath the spreading heavens no creature is but fed; And He who feeds the ravens will give His children bread. Though vine nor fig tree neither their wonted fruit shall bear, though all the field should wither, nor flocks nor herds be there; Yet God the same abiding, His praise shall tune my voice, For while in Him confiding I cannot but rejoice. (The Hymnbook, No. 418)

- 28 Nahum 3; Psalm 76
- 29 Habakkuk 1
- 30 Habakkuk 2
- 31 Habakkuk 3