



FIRST CUP READINGS

JANUARY, 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 Ecclesiastes 1; Psalm 49
- 2 Ecclesiastes 2; Matthew 6:19-34
When I survey the wondrous cross, on which the Prince of glory died, my riches gain I count but loss, and pour contempt on all my pride. Forbid it, Lord, that I should boast, save in the death of Christ my God; All the vain things that charm me most, I sacrifice them to His blood. Were the whole realm of nature mine, that were a present far too small; Love so amazing, so divine, demands my soul, my life, my all. (The Baptist Hymnal, #99)
- 3 Ecclesiastes 3; Matthew 16:24-28; 25:31-46; 1 Peter 4:1-11
- 4 Ecclesiastes 4; Proverbs 15:16; 27:10
- 5 Ecclesiastes 5; Psalm 66:13-14; Proverbs 20:25; 1 Timothy 6:6-10; James 1:9-11
- 6 Ecclesiastes 6; Philippians 1:3-30
- 7 Ecclesiastes 7; Proverbs 7:6-27; Romans 3:10-20; Psalm 119:9-11
- 8 Ecclesiastes 8; Psalm 92; Romans 11:33-36
- 9 Ecclesiastes 9; Psalm 34; Philippians 1:21
Give of your best to the Master; Give him first place in your heart; Give him first place in your service; consecrate every part. Give, and to you shall be given. God His beloved Son gave. Gratefully seeking to serve Him, give Him the best that you have. Give of your best to the Master; naught else is worthy His love. He gave Himself for your ransom, gave up His glory above; laid down His life without murmur, you from sin's ruin to save. Give Him your heart's adoration; Give Him the best that you have. (Worship in Song, #340)
- 10 Ecclesiastes 10; Proverbs 15; James 3
- 11 Ecclesiastes 11; Proverbs 11:24; 1 Timothy 4:6-16
- 12 Ecclesiastes 12; Psalm 146
- 13 Psalm 1; 2 Timothy 3
- 14 Psalm 2; Proverbs 1:20-33
- 15 Psalm 3; Proverbs 3
- 16 Psalm 4; Ephesians 4:26-27; James 1:19-27
Soldiers of Christ, arise, And put your armor on, strong in strength which God supplies through His eternal Son. Strong in the Lord of Hosts and in His mighty power, Who in the strength of Jesus trusts is more than conqueror. Leave no unguarded place, No weakness of the soul; Take every virtue, every grace,

- and fortify the whole. From strength to strength go on; wrestle, and fight, and pray; Tread all the powers of darkness down, and win the well-fought day. (The Hymnbook, # 362)
- 17 Psalm 5; 107
- 18 Psalm 6; Hebrews 12:1-13
- 19 Psalm 7; Jeremiah 12
- 20 Psalm 8; Genesis 1-2:3; Hebrews 2; Philippians 2:1-11
- 21 Psalm 9; Proverbs 23:17-18; Revelation 6:9-11
- 22 Psalm 10; Romans 3:9-20
- 23 Psalm 11; Jeremiah 17:5-18; James 1:12
I love the Lord, His strength is mine; He is my God, I trust His grace; My fortress high, my shield divine, My Saviour and my hiding place. From God the victory I receive; Most perfect is His holy way; His word is tried, they who believe Will find the Lord their shield and stay. For who is God, and strong to save, Beside the Lord, our God of might? 'Tis He that makes me strong and brave, The Lord who guides my steps aright. (The Hymnbook, #370)
- 24 Psalm 12; James 3
- 25 Psalm 13; Habakkuk 3
- 26 Psalm 14; Romans 3:9-4:8
- 27 Psalm 15; Ephesians 4:17-5:21
- 28 Psalm 16; 73
- 29 Psalm 17; Job 23:10-12
- 30 Psalm 18
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)
- 31 Psalm 19; Psalm 119:97-112



FIRST CUP READINGS

FEBRUARY, 2022

Blessings and love in Christ,

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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 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



FIRST CUP READINGS

MARCH, 2022

Blessings and love in Christ,

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Dear Family in Christ,

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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

Cast thy burden on the Lord, Lean thou only on His word; Ever will He be thy stay, Tho' the heavens shall melt away. Ever in the raging storm, Thou shalt see His cheering form; hear his pledge of coming aid: "It is I; be not afraid." Cast thy burdens at His feet; linger near His mercy seat; He will lead thee by the hand gently to the better land. He will gird thee by His power, in the weary, fainting hour; Lean thou strong upon His Word; Cast thy burden to the Lord. (Baptist Hymnal, #254)

- 1 Deuteronomy 6:4-8; Psalm 119:89-112; 2 Timothy 2:10-19
 - 2 Mark 4:35-41; 2 Samuel 22; Psalm 65
 - 3 Mark 5:1-20; Matthew 4:23-24; 8:16-17; Acts 19:11-20; Revelation 20:1-10
 - 4 Mark 5:21-43; Psalm 103
 - 5 Mark 6:1-29; Luke 9:7-9; 14:25-33; Acts 21:10-14
 - 6 Mark 6:30-56; Ephesians 3:20-21; Psalm 37
 - 7 Mark 7:1-23; Jeremiah 17:9; Micah 6; James 1:21-27
- Savior, like a Shepherd lead us, much we need thy tender care; In thy pleasant pastures feed us, for Thy use our 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 loved us still; Blessed Jesus, Blessed Jesus, Thou hast loved us, loved us still. (The Hymnbook, #380)
- 8 Mark 7:24-8:10; Colossians 1:15-23; Ephesians 1:2-23
 - 9 Mark 8:11-38; John 10
 - 10 Mark 9:1-13; Malachi 4:5-6; Matthew 11:7-15; 17:1-13
 - 11 Mark 9:14-29; James 5:13-20; Philippians 4:6-7; Ephesians 6:18
 - 12 Mark 9:30-41; Numbers 11:26-30; Matthew 18:1-9
 - 13 Mark 9:42-50; 1 Corinthians 5; 1 Peter 1:13-25
 - 14 Genesis 2:18-25; Mark 10:1-16; 1 Corinthians 7; 1 John 1:9-10

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, #297)

- 15 Mark 10:17-31; 2 Chronicles 1:1-12; Proverbs 11:24-28; 1 Timothy 6:17
 - 16 Mark 10:32-45; Philippians 2:1-18; John 13:1-17
 - 17 Mark 10:46-52; Hebrews 11:6; Matthew 7:7-12; Luke 19:1-10; Psalm 27
 - 18 Mark 11:1-19; Jeremiah 7; Romans 12:12; Colossians 4:2
 - 19 Mark 11:20-33; Luke 17:1-4; Matthew 5:21-24; Matthew 18:21-35
 - 20 Mark 12; Proverbs 25:14; Matthew 6:1-4; Psalm 37:25-26; 112; Proverbs 11:25
 - 21 Matthew 23; Proverbs 6:16-19; Micah 6:8
- 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, #457)
- 22 Mark 13; Isaiah 13:9-11; Revelation 6:12-17
 - 23 Matthew 24; Revelation 16:15
 - 24 Matthew 25
 - 25 1 Thessalonians 4:5-11
 - 26 John 10
 - 27 John 11
 - 28 John 12:1-11; Deuteronomy 15:1-11
- 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, #187)
- 29 Matthew 21:1-17; John 12:12-19
 - 30 John 12:20-50; 3:16-21; Romans 10:9-13
 - 31 Mark 14:10-42; John 17; Mark 14:43-72



FIRST CUP READINGS

APRIL, 2022

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1 Mark 14:1-16
2 Mark 14:17-42; John 13
3 Mark 14:43-15:47
4 Matthew 16:21-28; 27:62-66; 28:11-15
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, #445)
5 Mark 16:1-8; Luke 24:1-35; John 20:1-23
6 John 20:24-31
7 John 21
8 Matthew 28:16-20; Acts 1:1-11; John 14
9 Psalm 109:1-8; Acts 1:12-26
10 Acts 2
11 Acts 3; Deuteronomy 19:15, 18-19; Romans 1:16
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, #272)
12 Acts 4:1-5:11; Leviticus 19:11; John 8:44-45; Colossians 3:5-10
13 Acts 5:12-6:7; I Corinthians 12
14 Acts 6:8-8:3; Galatians 1:13, 23
15 Acts 8:4-40; Isaiah 56:4-8
16 Acts 9:1-31; Galatians 1:11-24
17 Acts 9:32-11:30; 1 Timothy 6:17-19; 2 Corinthians 9:6-11
18 Acts 12:1-14, 28; 9:15-16; 2 Timothy 3; Job 36:15
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, #221)
19 Acts 15:1-35; Romans 1:1-6; 3:21-31
20 Acts 15:36-16:40; 2 Corinthians 11; Hebrews 10:32-39; 13:3; Revelation 2:10
21 Acts 17; 1 Thessalonians 2-3
22 Acts 18; Romans 16:3-5a; 1 Corinthians 16:20; 1 Peter 1:22
23 Acts 19; Exodus 34:10-17; Leviticus 19:4; Psalm 135
24 Acts 20; 2 Timothy 2:1-13; 4:1-5
25 Acts 21-23:11; Matthew 5:10-12; Psalm 119:153-160
"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, #233)
26 Acts 23:12-24:27; Psalm 91
27 Acts 25-26; Psalm 7
28 Acts 27-28:10; Psalm 69
29 Acts 28:11-31; 2 Corinthians 11:21b-12:10; Romans 5:1-5; 2 Timothy 1:8-2:13
30 Colossians 1:1-14; John 3:16-21; 8:12; 12:44-46; Ephesians 5:8-20; Psalm 112



FIRST CUP READINGS

MAY, 2022

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|---|---|
| <p>1 Colossians 1:1-14; Ephesians 5:1-20</p> <p>2 Genesis 1; John 1:1-4; Colossians 1:15-23
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)</p> <p>3 Colossians 1:24-29; Romans 16:25-27;
Ephesians 3:2-6</p> <p>4 Colossians 2:1-23; Ephesians 2</p> <p>5 Colossians 3:1-17; Ephesians 4:17-5:20</p> <p>6 Colossians 3:18-4:18; Ephesians 5:21-6:20</p> <p>7 Romans 1; Leviticus 18; Psalm 106</p> <p>8 Romans 2; James 1:19-25; Matthew 7:1-5</p> <p>9 Romans 3; Psalm 14; 5; Ephesians 1:3-14
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)</p> <p>10 Romans 4; Ephesians 2:8-9; John 6:28-40</p> <p>11 Romans 5:1-11; Colossians 1:21-23;
1 Peter 4:12-19; James 5:10-11</p> <p>12 Romans 5:12-6:23; 1 Thessalonians 3:11-4:8</p> <p>13 Romans 7; 2 Samuel 11; Mark 14:26-38; 51-72; Psalm 32</p> <p>14 Romans 8:1-17; 2 Corinthians 5:1-10;
Isaiah 25:6-9; 1 Corinthians 15:35-58</p> <p>15 Romans 8:18-39; Deuteronomy 31:6; Joshua 1:5; Psalm 118</p> <p>16 Romans 9; Jeremiah 18; Isaiah 29:13-16; 64:5-9
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</p> | <p>Song, No. 190)</p> <p>17 Isaiah 65; Romans 10</p> <p>18 Romans 11; Psalm 139</p> <p>19 Romans 12; Leviticus 19:18; Proverbs 20:22;
1 Peter 2:11-25</p> <p>20 Romans 13; Ephesians 5:11-13; 6:10-18</p> <p>21 Romans 14; Psalm 34:14; Hebrews 12:14-15;
1 Corinthians 8:9-13</p> <p>22 Romans 15-16; Romans 12:10; 1 Peter 1:22;
1 John 4:7-21</p> <p>23 1 Peter 1; Romans 12:1-2; Ephesians 4:17-5:21
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 wilt be my Guide. O let me feel Thee near me! The world is ever near; I see the sights that dazzle, The tempting sounds I hear; My foes are ever near me, Around me and within; But, Jesus, draw Thou nearer, And shield my soul from sin. O let me hear Thee speaking In accents clear and still, Above the storms of passion, The murmurs of self-will! O speak to reassure me, To hasten or control! O speak, and make me listen, Thou Guardian of my soul! (The Hymnbook, No. 307)</p> <p>24 1 Peter 2:1-12; Romans 13:8-14;
1 Corinthians 3:16-17; 6:19; Psalm 65:1-4</p> <p>25 1 Peter 2:13-3:22; Ephesians 5:22-6:9;
1 Thessalonians 5</p> <p>26 1 Peter 4; Philippians 1:27-30; Revelation 2:10</p> <p>27 Jeremiah 10:21; 23:1-4; Matthew 9:36;
John 10:1-18; 1 Peter 5</p> <p>28 Matthew 17:1-8; 2 Peter 1; 2 Timothy 3:16-17;
Psalm 119:105; 2 Corinthians 4:6</p> <p>29 2 Peter 2; Hebrews 6:4-6; Jude</p> <p>30 Matthew 24; 2 Peter 3; 2 Thessalonians 1:3-12
O Lord, my inmost heart and thought Thy searching eye doth see; Wher-e'er I rest, wher-e'er I go, My ways are known to Thee. Each spoken word, each silent thought, Thou, Lord, dost understand; Before me and behind art Thou, Restraining by Thy hand. From Thee, O Lord, I cannot hide, Though darkness cover me; The darkness and the light of day Are both alike to Thee. Search me, O God, and know my heart, Try me, my thoughts to know; O lead me, if in sin I stray, In paths of life to go. (The Hymnbook, No. 129)</p> <p>31 1 Corinthians 10:1-13; 1 Timothy 6:6-10;
1 John 2:15-17; James 1:13-15</p> |
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FIRST CUP READINGS

JUNE, 2022

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| <p>1 Luke 11:29-32; Jonah 1; Psalm 89:9; 107:29</p> <p>2 Jonah 2; Jeremiah 10:1-16; Psalm 88</p> <p>3 Jonah 3; Jeremiah 18:1-11; Isaiah 29:16;
Romans 9:19-26</p> <p>4 Jonah 4; Joel 2:12-14; Psalm 72</p> <p>5 Jeremiah 1:1-10; 5:14; Exodus 4:10-12;
Isaiah 51:12-16; Mark 10:17-20; John 12:47-50</p> <p>6 Jeremiah 1:11-19; Micah 4:1-7; Romans 2:5-16; John 4:27-42;
Matthew 9:35-38</p> <p>If my people's hearts are humbled, if they pray and seek
my face; if they turn away from evil, I will not withhold my
grace. I will hear their prayers from heaven; I will pardon
every sin. If my people's hearts are humbled, I will surely
heal their land. Then my eyes will see their sorrow, then
my ears will hear their plea. If my people's hearts are
humbled, I will set their nation free. (Australian Hymn,
No. 278)</p> <p>7 Jeremiah 2:1-13; 2 Kings 17:1-23; Isaiah 44:6-23; Romans
1:18-22; Psalm 51:1-17</p> <p>8 Jeremiah 3:6-25; Psalm 16; Colossians 1:9-23; Romans
1:28-2:16; 1 Peter 1:3-9</p> <p>9 Jeremiah 4; Amos 5; Malachi 4:1-6</p> <p>10 Genesis 6:1-8; Genesis 18:16-33; Jeremiah 5:1-19; 1 Peter
3:8-22</p> <p>11 Jeremiah 5:20-31; Isaiah 59:1-15; Ecclesiastes 7:27-29; Psalm
94; Hebrews 10:26-31</p> <p>12 Jeremiah 6; Deuteronomy 32:1-47; Isaiah 42:18-25; 2
Timothy 4:1-5</p> <p>13 1 Kings 9:1-9; Jeremiah 7:1-20; Ezekiel 18:29-32; Romans
7:1-8:4</p> <p>O God, our Help in ages past, Our hope for years to come,
Our Shelter from the stormy blast, And our eternal Home:
Under the shadow of Thy throne, still may we dwell
secure; Sufficient is Thine arm alone and our defense is
sure. Before the hills in order stood, Or earth received her
frame, From everlasting Thou art God, To endless years
the same. O God, our Help in ages past, our hope for years
to come, Be Thou our Guide while life shall last, And our
eternal Home. (Worship in Song, No. 14)</p> <p>14 Jeremiah 7:21-8:3; 2 Kings 21:1-15; 2 Kings 23:1-25; I
Corinthians 3:16-17</p> <p>15 Jeremiah 8:4-9:6; Isaiah 1:1-20; Matthew 21:18-22; Mark
11:12-17; Matthew 7:15-20</p> <p>16 Jeremiah 10:1-16; Isaiah 40:21-31; John 1:1-14; Colossians
1:15-23</p> <p>17 Deuteronomy 29-30; Jeremiah 11:1-17</p> | <p>18 Exodus 20:1-21; Deuteronomy 12-13; Jeremiah 13</p> <p>19 Jeremiah 14; 17:1-10; Deuteronomy 28:15-24; Ezekiel 34:20-
31</p> <p>20 Jeremiah 16:10-21; 1 Kings 9:6-9;
Psalm 106:40-45; Psalm 107</p> <p>Before the Lord we bow, the God who reigns above, And
rules the world below, boundless in power and love. Our
thanks we bring in joy and praise, our hearts we raise
to heaven's high king. Earth, hear thy Maker's voice, thy
great Redeemer own. Believe, obey, rejoice, and worship
Him alone. Cast down thy pride, thy sin deplore, and bow
before the Crucified. (Lutheran Worship, No. 500)</p> <p>21 Jeremiah 17:19-27; Exodus 20:2-17; Isaiah 56; Matthew 12:1-
14; Hebrews 4:1-13</p> <p>22 Jeremiah 18:1-11; Isaiah 29:13-16; 64:8-12;
Romans 9:14-21</p> <p>23 Jeremiah 22:13-23; Jeremiah 33:14-16;
Zechariah 9:9-17; Matthew 7:15-25</p> <p>24 Jeremiah 23:1-8; Isaiah 53:1-7; Acts 7:51-53;
Psalm 43</p> <p>25 Jeremiah 23:9-15; Micah 2:6-11; Ezekiel 13;
1 John 4:1-6; 2 Peter 2:1-3</p> <p>26 Jeremiah 23:16-40; 2 Timothy 4:1-5; 2 Peter 2; James 3:1</p> <p>27 Jeremiah 24; Romans 9; James 2:14-26</p> <p>Have Thine own way, Lord! Have Thine own way! Thou art
the Potter; I am the clay. Mold me and make me After Thy
will, While I am waiting, Yielded and still. Have Thine own
way, Lord! Have Thine own way! Search me and try me,
Master, today. Whiter than snow, Lord, Wash me just now,
As in Thy presence Humbly I bow. Have Thine own way,
Lord! Have Thine own Way! Fill with Thy Spirit Till all shall
see Christ only, always Living in me! (The Hymnbook, No.
302)</p> <p>28 Jeremiah 25:1-14; Psalm 28; 94</p> <p>29 Jeremiah 25:15-38; Psalm 44; 71</p> <p>30 Jeremiah 29:1-14; Romans 10</p> |
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FIRST CUP READINGS

JULY, 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 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
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,
#98)
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
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
Come, Thou long expected Jesus, Born to set Thy people
free. From our sins and fears 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, #181)
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
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
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, #342)

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
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
Come, ye sinners, poor and needy, weak and wounded,
sick and sore; Jesus ready stands to save you, full of pity,
love, and power; 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, #241)

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
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, 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



FIRST CUP READINGS

SEPTEMBER, 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 Leviticus 25; Deuteronomy 15:12-18; Jeremiah 34
- 2 Jeremiah 35; Numbers 30:1; Deuteronomy 23:21-23; Ecclesiastes 5:4-7
- 3 Jeremiah 36; Proverbs 29:1; Isaiah 30

I sought the Lord, and afterward I knew He moved my soul to seek Him, seeking me; It was not I that found, O Savior true; No, I was found of Thee. Thou didst reach forth Thy hand and mine enfold; I walked and sank not on the storm-vexed sea; 'Twas not so much that I on Thee took hold as Thou, dear Lord, on me. I find, I walk, I love, but O the whole of love is but my answer, Lord, to Thee! For Thou wert long beforehand with my soul; Always Thou lovedst me. (The Hymnbook, No. 402)

- 4 Jeremiah 37; Hebrews 11
- 5 Jeremiah 38; Psalm 143
- 6 Jeremiah 39; Psalm 41
- 7 Jeremiah 40; Psalm 109
- 8 Jeremiah 41-42; Deuteronomy 5:28-33; 29:16-29; Jeremiah 2:13-19
- 9 Jeremiah 43; Jeremiah 26
- 10 Deuteronomy 5:1-10; Jeremiah 44; Proverbs 19:21; Ezekiel 30

O Love of God most full, O Love of God most free, Come warm my heart, come fill my soul, Come lead me unto Thee! Warm as the glowing sun so shines Thy love on me, It wraps me round with kindly care, It draws me unto Thee. The wildest Sea is calm, The tempest brings no fear, The darkest night is full of light, Because Thy love is near. O Love of God most full, O Love of God most free, Thou warmest my heart, Thou fillest my soul, With might Thou strengthenest me. (The Hymnbook, No. 118)

- 11 Isaiah 5:5-7; Jeremiah 36:1-8; Jeremiah 45; Matthew 6:16-34
- 12 Jeremiah 46; Psalm 9; Hebrews 12
- 13 Jeremiah 47; Isaiah 14:28-32
- 14 Genesis 19; Jeremiah 48; Psalm 2
- 15 Amos 1:13-15; Zephaniah 2:8-11; Jeremiah 49
- 16 Jeremiah 50; 31:31-34
- 17 Jeremiah 51:1-26; Isaiah 13:19-22

I'm not ashamed to own my Lord, Or to defend His cause, Maintain the glory of His cross, and honor all His laws. Jesus, my Lord! I know His name; His name is all my boast; Nor will He put my soul to shame, Nor let my hope be lost. I know that safe with Him remains, Protected by His power, What I've committed to His trust Till the decisive hour. Then will He own His servant's name before His Father's face, And in the new Jerusalem appoint my soul a place. (The Hymnbook, No. 292)

- 18 Jeremiah 51:27-64; Psalm 137; Psalm 46
- 19 2 Kings 24-25; Jeremiah 52
- 20 Revelation 18
- 21 Romans 1; Leviticus 18; Psalm 106
- 22 Romans 2; James 1:19-25; Matthew 7:1-5
- 23 Romans 3; Psalm 14; 5; Ephesians 1:3-14
- 24 Romans 4; Ephesians 2:8-9; John 6:28-40

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)

- 25 Romans 5:1-11; Colossians 1:21-23; 1 Peter 4:12-19; James 5:10-11
- 26 Romans 5:12-6:23; Ephesians 1:3-10; 1 Thessalonians 3:11-4:8
- 27 Romans 7; 2 Samuel 11; Mark 14:26-38; 51-71; Psalm 32
- 28 Romans 8:1-17; 2 Corinthians 5:1-10; Isaiah 25:6-9; 1 Corinthians 15:35-58
- 29 Romans 8:18-39; Deuteronomy 31:6; Joshua 1:5; Psalm 118
- 30 Romans 9; Jeremiah 18; Isaiah 29:13-16; 64:5-9



FIRST CUP READINGS

OCTOBER, 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 Isaiah 65; Romans 10

A charge to keep have I, 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 powers 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)

2 Romans 11; Psalm 139

3 Romans 12; Leviticus 19:18; Proverbs 20:22;
1 Peter 2:11-12

4 Romans 13; Titus 3:1-11; 1 Thessalonians 4:1-12

5 Romans 14; Psalm 34:14; Hebrews 12:14-15;
1 Corinthians 8:9-13

6 Romans 15-16; Romans 12:10; 1 Peter 1:22;
1 John 4:7-21

7 1 John 1-2

8 1 John 3; John 13:34-35

Blest be the tie that binds our hearts in Christian love: The fellowship of kindred minds is like to that above. Before our Father's throne we pour our ardent prayers; Our fears, our hopes, our aims, are one, Our comforts and our cares. We share our mutual woes, Our mutual burdens bear, And often for each other flows the sympathizing tear. From sorrow, toil, and pain, and sin, we shall be free; And perfect love and friendship reign through all eternity. (The Hymnbook, No. 473)

9 John 3:16-18; Romans 5:8; 1 John 4

10 1 John 5; Psalm 36; 106:1

11 Deuteronomy 28; Zephaniah 1

12 Zephaniah 2; Isaiah 59

13 Zephaniah 3; Isaiah 62:1-5; Revelation 2:17

14 Genesis 1-2; John 1:1-14; Colossians 1:15-20

15 Genesis 3; Romans 1:17-32; Romans 5:12-21;
1 Corinthians 15:20-28

God is our Refuge and Strength, our ever present 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, No. 381)

16 Genesis 4; Hebrews 11:1-4; 1 John 3

17 Genesis 6; Psalm 14; Hebrews 11:7; Romans 3:9-30

18 Genesis 7; Psalm 36; 1 Peter 3:8-22

19 Genesis 8; Jeremiah 5; Psalm 111

20 Genesis 9; Isaiah 54; Luke 17:20-37

21 Genesis 12-13; Hebrews 11:8-10;

22 Genesis 15-17; Hebrews 11:11-16; Romans 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 Savior as my All in All, Standing on the promises of God. (Worship in Song, No. 472)

23 Genesis 21-22; Hebrews 11:17-19; 6:13-20

24 Genesis 32-33; 1 Chronicles 16:7-18; Psalm 20

25 Genesis 35; Ruth 4:11-17; Micah 5:1-9;
Matthew 1:1-17; Luke 1:46-55

26 Genesis 36:1-8; Isaiah 34; Jeremiah 49:7-22;
Ezekiel 25:12-14; Malachi 1:4

27 Genesis 37; 1 John 2:9-11; 3:11-15; 4:19-21

28 Genesis 39; Proverbs 2

29 Genesis 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 will 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, No. 369)

30 Genesis 41; Daniel 1:17-20; Acts 2:17-18;

Hebrews 1:1-2; 4:12; Colossians 3:16

31 Genesis 42-43; Matthew 6:12-15; 18:21-35; Psalm 25



FIRST CUP READINGS

NOVEMBER, 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 Genesis 44-46:7; Romans 8:28-39; Psalm 16
- 2 Genesis 46:26-47:31; Psalm 65; Proverbs 3
- 3 Genesis 48-49; Acts 7:2-26; Hebrews 11:21; Isaiah 46:3-4; Psalm 116:15
- 4 Genesis 50; Hebrews 11:22; Deuteronomy 33:13-17; Proverbs 22:1; Psalm 116:15
- 5 Exodus 1; Acts 7:17-19; 2 Thessalonians 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)

- 6 Exodus 2; Hebrews 11:24-26; Psalm 5
- 7 Exodus 3; Romans 8:31-39
- 8 Exodus 4; Acts 7:20-22; Matthew 10:19-20; 1 Corinthians 2:4-5
- 9 Exodus 5; Matthew 10:32-39; 1 Peter 2:19
- 10 Exodus 6:1-7:7; Romans 9:14-18
- 11 Exodus 7:8-24; Psalm 2
- 12 Exodus 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)

- 13 Exodus 9; Proverbs 16:4; Jeremiah 10:1-16
- 14 Exodus 10; Psalm 105
- 15 Exodus 11-12; Deuteronomy 16:1-8; Psalm 103
- 16 Psalm 139

- 17 Exodus 13; Hebrews 11:24-29
- 18 Exodus 14; Ephesians 6:10-18
- 19 Exodus 15:1-21; Ephesians 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)

- 20 Exodus 15:22-16:35; Matthew 6:28-34; 1 Timothy 6:6-10
- 21 Exodus 17; 1 Corinthians 10:1-13; 1 Timothy 2:8
- 22 Exodus 18; Acts 6:1-4; 1 Timothy 3:1-12
- 23 Exodus 19; Psalm 24
- 24 Exodus 20; Matthew 5:17-20; James 2:10; Psalm 145
- 25 Exodus 21; Matthew 5:38-48; Matthew 15:1-9
- 26 Exodus 22; Leviticus 25:35-38; Romans 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)

- 27 Exodus 23; 2 Corinthians 6:14-18
- 28 Exodus 24; Matthew 17:1-3; Revelation 4
- 29 Exodus 25; Hebrews 9:1-5; Revelation 11:19
- 30 Exodus 26; Hebrews 9:6; Hebrews 10:19-25



FIRST CUP READINGS

DECEMBER, 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 1 Thessalonians 4; 1 Corinthians 15:35-58
- 2 1 Thessalonians 5; Ephesians 6:10-20;
1 Corinthians 1:8
- 3 Isaiah 5:18-19; 2 Peter 3; Ezekiel 12:21-28;
Isaiah 14:24; 45:18-25

Season of Advent: Four Sundays focusing on Hope, Peace, Love, and Joy

My hope is built on nothing less than Jesus' blood and righteousness; I dare not trust the sweetest frame, but wholly lean on Jesus' name. His oath, His covenant, His blood, support me in the whelming flood; when all around my soul gives way, He then is all my hope and stay. When He shall come with trumpet sound, Oh, may I then in Him be found, dressed in His righteousness alone, faultless to stand before the throne. On Christ, the solid Rock I stand, all other ground is sinking sand. (The Hymnbook, No. 368)

- 4 2 Thessalonians 1-2
- 5 Isaiah 9:6; 11; Micah 5:2-5; Romans 15:1-13
- 6 Psalm 62; 4
- 7 Luke 12:13-34; Philippians 4:6-7
- 8 Psalm 46; 9:7-10; 100:3; 4:8; John 14:26-27
- 9 Psalm 143; 27:11; Romans 5:1-5; 8:6; 12:17-21; 14:19
- 10 Proverbs 29:17; Hebrews 12:1-14; James 3:17-18;
Ephesians 4:3; 6:14-15

"Thou wilt keep him in perfect peace whose mind is stayed on Thee." When the shadows come and darkness falls, He giveth inward peace. O, He is the only perfect resting place, He giveth perfect peace! "Thou wilt keep him in perfect peace whose mind is stayed on Thee." 'Tis the promise of the Holy One, "My peace I give to thee." Tho' the storms of life in fury rage, Thy Refuge sure is He. Oh, He is the only perfect resting place! He giveth perfect peace. "Thou wilt keep him in perfect peace, whose mind is stayed on thee." (Worship in Song, No. 418)

- 11 Matthew 10; Ephesians 2:14-22; Romans 5:1-11
- 12 Psalm 25; Jeremiah 3:25; Ephesians 2:1-10;
Psalm 32
- 13 Psalm 86; Exodus 34:6; Joel 2:13; John 15:8-17
- 14 John 13:1-17; 1 John 1; 2

- 15 1 John 3; John 13:34-35
- 16 John 3:16-18; Romans 5:8; 1 John 4
- 17 1 John 5; Psalm 36; 106:1

Love divine, all loves excelling, Joy of heaven, to earth come down. Fix in us Thy humble dwelling, all Thy faithful mercies crown! Jesus, Thou art all compassion, pure, unbounded love Thou art. Visit us with Thy salvation, enter every trembling heart. Come, Almighty, to deliver; let us all thy life receive. Suddenly return, and never, never more Thy temples leave. Thee we would be always blessing, serve Thee as Thy hosts above. Pray, and praise Thee without ceasing, Glory in Thy perfect love. (Worship in Song, No. 16)

- 18 1 Corinthians 13; Psalm 118:1; 1 Corinthians 10:24;
Romans 15:1-2
- 19 Psalm 96; Hebrews 1:1-12
- 20 Isaiah 52; Psalm 98; Psalm 126
- 21 Psalm 2; 24; Jeremiah 23:5-6; Psalm 89:35-36
- 22 Isaiah 7:14; 8:5-10; 9:2-6; 11:1-5; 53
- 23 Matthew 1:18-25; Luke 1:26-56; Genesis 17:19;
Psalm 132:11-18; Galatians 3:16
- 24 Luke 2:1-20; Colossians 1:15-23; Isaiah 43:1-3; 45:22

From God's heaven to a manger, from great riches to the poor, came the holy Son of God, a little Child. From the azure halls of heaven to a lowly manger stall, Jesus came, and here He gave his life for all. From a loving heavenly Father, to a world that knew Him not, came a man of sorrows, Jesus Christ, the Lord. In my wandering Jesus found me, touched my life with His great love, and this Babe has grown to be my sovereign Lord. (Hymns for the Family of God, No. 199)

- 25 John 1:1-34; 3:14-21, 36; 6:35-51; 12:44-45
- 26 Leviticus 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; Matthew 2
- 28 Luke 2:41-52; Proverbs 3:1-6
- 29 Luke 3:1-23a; Isaiah 58:6-14
- 30 Psalm 1; 32; 119:1-16
- 31 Ecclesiastes 3:1-11; Psalm 90; 2 Corinthians 5:1-10;
Romans 12:1-2

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