



FIRST CUP READINGS

MAY 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 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