



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