



FIRST CUP

JANUARY – FEBRUARY 2011

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

JANUARY

1 Ecclesiastes 3:1-8; Psalm 1; 91; John 15:1-17

God of our life, through all the circling years, we trust in Thee. In all the past, through all our hopes and fears, Thy hand we see. With each new day, when morning lifts the veil, we own Thy mercies, Lord, which never fail. God of the coming years, through paths unknown we follow Thee. When we are strong, Lord, leave us not alone; our refuge be. Be Thou for us in life our Daily Bread, our heart's true home when all our years have sped. [The Hymnbook, No. 108]

2 Luke 3:23-4:13; Deuteronomy 6:13-19; Hebrews 2:10-18; 4:14-16; 1 Peter 5:5-10

3 Isaiah 40:1-11; 52:7; 58; 61:1-3; Luke 4:14-21; John 16:13-15

4 Luke 4:22-30; 10:13-16; John 1:10-14; 15:18-16:4

5 Luke 4:31-37; Deuteronomy 32:17; Isaiah 14:12-15; Luke 10:18; John 12:27-50

6 Exodus 15; Luke 4:38-44; Psalm 103

7 Luke 5:1-11; John 12:20-26; 1 Peter 2:11-15; Psalm 32

8 Numbers 12; 2 Kings 5; Luke 5:12-26; Exodus 15:22-26; Psalm 147:3

Take Thou my hand, O Father, and lead Thou me, until I and my journey, and heaven see. Alone I would not wander one single day; be Thou my true companion and with me stay. O cover with Thy mercy my poor, weak heart! Let every thought rebellious from me depart. Permit Thy child to linger here at Thy feet, to fully trust Thy goodness with faith complete. Lord, make my heart responsive, and stir my soul, until through all the darkness I reach my goal. Then take my hand, O Father, and lead Thou me until I end my journey, and heaven see. [Hymns of the Family of God, p. 600]

9 Luke 5:27-32; John 15:18-27; 2 Corinthians 5:16-21; James 4:4; 1 John 3:13-15

10 Luke 5:33-39; Leviticus 16:29-31; Joel 2:12-14; Nehemiah 9:1-3; Matthew 6:16-18

11 Genesis 2:1-3; Exodus 16; Deuteronomy 5:12-15; Matthew 5:17-20; Luke 6:1-11

12 Psalm 7; Luke 6:12-36; Proverbs 16:7; Romans 12:17-21

13 Luke 6:37-45; Romans 2; 14; James 4:11-12; Matthew 18:15-35

14 Luke 6:46-49; James 2:14-26; John 15:1-16

15 1 Kings 17; 2 Kings 4:1-37; Luke 7:1-17; Jeremiah 32:17-27; Psalm 107:20-22



If you will only let God guide you and hope in Him through all your ways, He'll give you strength whatever happens and take you through the evil days. Who trusts in God's unchanging love builds on the rock that cannot move. Only be still and wait His leisure in cheerful hope, with heart content. Take all as part of God's good pleasure which His all-caring love has sent. For all our inmost wants are known to Him who chose us for His own. Sing, pray and keep His ways unswerving—so do your own part faithfully. And trust His word, its every promise shows forth our God's integrity. God never yet forsook the need of one who trusted Him to lead. [Hymns of the Family of God, p. 605]

- 16 Luke 1:5-80; John 1:1-34; Luke 7:11-35
- 17 Psalm 38; Luke 7:36-50; Psalm 32
- 18 Luke 8:1-18; Psalm 119:1-16; 89-112; James 1:22-25
- 19 Psalm 119:33-88; Luke 8:19-21; John 14:15-21
- 20 Luke 8:22-25; 2 Samuel 22; Jonah 2; Psalm 3:5; 4:8; 3:23-26
- 21 Deuteronomy 18:9-13; Psalm 106; Luke 8:26-39; James 4:7
- 22 Luke 8:40-48; Leviticus 15:25-27; Mark 3:10; 6:56; Luke 8:49-55; Hebrews 11:6

God moves in a mysterious way His wonders to perform; He plants His footsteps in the sea and rides upon the storm. You fearful saints, fresh courage take: The clouds you 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. [Hymns of the Family of God, p. 603]

- 23 Luke 9:1-9; Matthew 14:1-12; 17:9-13; Matthew 10:17-31
- 24 Exodus 16; Luke 9:10-17; Mark 11:22-25; Proverbs 30:7-9; John 6:48-51
- 25 Luke 9:18-27; Matthew 10:32-33; 16:24-28; Philippians 1
- 26 Luke 9:28-36; Isaiah 42:1-9; Matthew 3:16-17; 5:17; 2 Peter 1; Psalm 119:105
- 27 Luke 9:37-45; Mark 9:14-29; Matthew 21:21-22; James 5:15-16
- 28 1 Kings 19:19-21; Luke 9:46-62; Matthew 4:18-22; Mark 10:17-31; Matthew 6:33
- 29 Matthew 4:10; Luke 10:1-24; Revelation 9:1-11; 12:7-12; 13:5-10; Daniel 12:1-4

Jesus will walk with me down thru the valley, Jesus will walk with me over the plain. When in the shadow or when in the sunshine, if He goes with me I shall not complain. Jesus will walk with me when I am tempted, giving me strength as my need may demand. When in affliction His presence is near me, I am upheld by His almighty hand. Jesus will walk with me, guarding me ever, giving me victory thru storm and thru strife. He is my Comforter, Counselor, Leader, over the uneven journey of life. [Hymns of the Family of God, p. 609]

- 30 Deuteronomy 6:5; Leviticus 19:18; Matthew 10:5-7; 19:16-30; Luke 10:25-37
- 31 Luke 10:38-42; Matthew 6:25-34; Romans 12:1-13; Psalm 27:4; 119:97-112



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- 1 Luke 11:1-13; Matthew 26:31-46; 69-75; 1 Corinthians 10:1-13
- 2 Luke 11:14-28; 2 Peter 2; Hebrews 6:4-6
- 3 Luke 11:29-32; Jonah 3; 2 Chronicles 9:1-12; Matthew 12:38-45; John 3:18-21
- 4 Luke 11:33-36; Psalm 101; Psalm 18:25-29; Titus 1:15-16
- 5 Genesis 4:1-16; 2 Chronicles 24:17-22; Luke 11:37-54; Acts 13; Romans 2

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 Jesus, Thou has promised to all who follow Thee that where Thou art in glory there shall Thy servant be. And, Jesus, I have promised to serve Thee to the end. O give me grace to follow my Master and my Friend. [Hymns of the Family of God, p. 402]

- 6 Luke 12:1-12; Acts 6:8-7:60
- 7 Luke 12:13-34; Ecclesiastes 5:10; Isaiah 57:14-21; Ephesians 5:1-20
- 8 Luke 12:35-48; 1 Thessalonians 4:13-5:11; 2 Thessalonians 2:1-16
- 9 Luke 12:49-53; Mark 10:28-31; 13:3-13; Matthew 10:17-42
- 10 Luke 12:54-59; Matthew 16:1-4; 2 Timothy 3:1-5; 2 Peter 3; 1 John 2:18-27
- 11 Luke 13:1-9; Isaiah 5:1-10; John 15:1-17
- 12 Exodus 20:8-11; Matthew 4:23-25; 12:1-14; Luke 13:10-35; Isaiah 66: 5

Life was shattered and hope was gone—crushing the load that I bore. Then out of the depths. I cried, “O God, give me something worth living for.” There, with life at its lowest ebb, who could heal and restore? Then He came and mended my broken heart—He gave me something worth living for. O the joy of sins forgiven—nothing’s the same as before. My life overflows since Jesus came and gave me something worth living for. Something more than my yesterdays, more than I had before; something more than wealth or fame—He gave me something worth living for. [Hymns of the Family of God, p. 638]

- 13 Luke 14:1-24; Matthew 22:1-14; Zachariah 3
- 14 Luke 14:25-35; Philippians 3:7-4:1
- 15 Luke 15; Proverbs 20:9; 21:17, 25, 26; 22:6; Psalm 51; Hebrews 12:4-13
- 16 Luke 16:1-18; 12:33-34; Matthew 6:19-34
- 17 Luke 16:19-31; 6:17-26; Matthew 25:31-46
- 18 Luke 17:1-10; Matthew 6:9-15; 18:21-35
- 19 Leviticus 13:29-37; Matthew 10:5-8; Luke 17:11-19; Acts 14A:8-10; James 5:13-16



Like a river glorious is God's perfect peace, over all victorious in its bright increase. Perfect, yet it floweth fuller every day; perfect, yet it growth deeper all the way. Hidden in the hollow of His blessed hand, never foe can follow, never traitor stand. Nor a surge of worry, not a shade of care, not a blast of hurry touch the spirit there. Every joy or testing comes from God above, given to His children as an act of love. We may trust Him fully all for us to do. Those who trust Him wholly find Him wholly true. [Hymns of the Family of God, p. 497]

- 20 Luke 17:20-37; Genesis 7:6-24; 19:1-28; 1 Thessalonians 1-2; Revelation 6:15-17
- 21 Deuteronomy 14:28-29; Isaiah 1:10-17; Luke 18:1-14; Psalm 88:1; Jeremiah 49:11
- 22 Luke 18:9-14; 10:21; Matthew 18:1-14; 23:1-12; 2 Timothy 3:10-17; Proverbs 22:6
- 23 Luke 18:15-17; 1 Peter 2:2; 1 John 2:28-3:10
- 24 Luke 18:18-30; Exodus 20:1-17; Job 34:16-19; 1 Peter 1:3-9
- 25 Luke 18:31-34; Psalm 22; Isaiah 53
- 26 Luke 18:35-43; John 9; Psalm 19

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 fear shall turn me back. My Shepherd is beside me, and nothing shall I lack. His wisdom ever waketh, His sight is never dim; He know the way He taketh, and I will walk with him. [Hymns of the Family of God, p. 489]

- 27 Luke 19:1-26; Proverbs 27:18; Ephesians 4:17-28
- 28 Luke 19:28-44; Matthew 21:1-11; Mark 11:1-11; Zachariah 2, 9:9; Psalm 118