



FIRST CUP

MAY – JUNE 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 the 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, Claire Averyt

The Church's one foundation is Jesus Christ, her Lord. She is His new creation by water and the blood. From heaven He came and sought her to be His holy bride; with His own blood He bought her, and for her life He died. Elect from every nation, yet one o'er all the earth, her charter of salvation; one Lord, one faith, one birth. One holy name she blesses, partakes one holy food, and to one hope she presses with every grace endued. (The Hymnbook, No. 437)

MAY

- 1 John 17; 1 Corinthians 1:1-17; Galatians 5:16-26; James 3:13-18; Ephesians 4:1-6
- 2 1 Corinthians 1:18-2:5; Isaiah 29:13-14; Psalm 111:10; Colossians 1:9-14
- 3 1 Corinthians 2:6-16; John 4:16-26; 14:15-31; 1 John 5:12; Romans 16:25-27
- 4 1 Corinthians 3; Hebrews 5:11-6:3; Ephesians 2:19-22; Luke 6:46-49
- 5 1 Corinthians 4; Luke 12:42-48; Hebrews 3:1-6; 2 Timothy 3:10-17
- 6 1 Corinthians 5; Leviticus 18:1-8; 1 Thessalonians 4:1-12; Ephesians 5:1-17
- 7 1 Corinthians 6:1-11; Matthew 18:15-20; Jude 4-25; Revelation 20:11-15

Take my life and let it be, consecrated Lord to Thee. Take my moments and my days; let them flow in ceaseless praise. Take my hands and let them move, at the impulse of Thy love. Take my feet and let them be, swift and beautiful for Thee. Take my voice and let me sing, always, only for my King. Take my lips and let them be, filled with messages from Thee. Take my love, my Lord at Thy feet its treasure store. Take myself and I will be ever, only, all for Thee. (The Hymnbook, No. 310)

- 8 1 Corinthians 6:12-20; Romans 6; 1 Peter 1:13-23; Mark 7:14-23; Galatians 5:16-25
- 9 1 Corinthians 7; Ephesians 5:22-33; Colossians 3:18-25; 1 Peter 3:1-7; Hebrews 13:1-8
- 10 1 Corinthians 8; Isaiah 44:9-20; Romans 14:1-8; Psalm 135:15-21
- 11 1 Corinthians 9; Galatians 1:13-16; Philippians 4:10-20; Luke 10:1-17
- 12 Exodus 16:1-17:7; 32; Hebrews 2:14-18; 1 Corinthians 10:1-13; James 1:12-15
- 13 1 Corinthians 10:14-22; Luke 22:7-22; Psalm 78:56-62; Deuteronomy 30:19
- 14 1 Corinthians 10:23-11:1; 1 Peter 2:21; 1 Timothy 4:4-9; John 13:15



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. Breathe, O breathe Thy loving spirit into every troubled breast. Let us all in Thee inherit, let us find the promised rest. Take away our love of sinning. Alpha and Omega be; end of faith as its beginning, set our hearts at liberty. Changed from glory into glory, till in Heaven we take our place. Till we cast our crowns before Thee, lost in wonder, love and praise. (The Hymnbook, No.399)

- 15 1 Corinthians 11:2-34; Exodus 12:1-28; Matthew 26:26-30; Colossians 3:1-17
- 16 1 Corinthians 12:1-31; Ephesians 4:1-7; Mark 6:7-13; Romans 12:3-8
- 17 1 Corinthians 13; Romans 12:10-21; 1 John 3:1-10; Matthew 5:43-48
- 18 1 Corinthians 14; Genesis 11:1-9; Mark 16:14-20; 1John 4:1-6; Ephesians 4:8-16
- 19 1 Corinthians 15:1-11; Galatians 1:13-24; Matthew 27:57-28:20; John 20:19-31
- 20 1 Corinthians 15:12-34; 2 Timothy 2:1-13; Micah 4:1-5; 1 Thessalonians 4:13-18
- 21 1 Corinthians 15:35-58; Genesis 1:1-2:3; Ezekiel 37:1-14; Philippians 3:7-11

Christ is the world's redeemer, the lover of the pure, the fount of heavenly wisdom, our trust and hope secure. The armor of His soldiers, the Lord of earth and sky, our health while we are living, our life when we shall die. Christ has our host surrounded with clouds of martyrs bright, who wave their palms in triumph and fire us for the fight. Christ, the cross ascended to save a world undone; and suffering for the sinful, our full redemption won. (The Hymnbook, No. 136)

- 22 1 Corinthians 16:1-4; Deuteronomy 15: 7-11; Acts 4:32-35; Romans 14:13-23
- 23 1 Corinthians 16:5-24; Exodus 23:14-16; Leviticus 22:4-8; Philippians 1:3-11
- 24 2 Corinthians 1:1-11; Isaiah 49:13-23;16:12-13; 1 Peter 1:3-9; Psalm 33:18-22
- 25 2 Corinthians 1:12-2:4; 2 Thessalonians 2:13-3:5; Psalm 139; 2 Peter 1:3-4
- 26 2 Corinthians 2:5-11; Psalm 130; 1John 3:7-10; 2:1-11; 1 Peter 5:8-11
- 27 2 Corinthians 2:12-17; Philippians 4:10-20; Ephesians 5:1-2; Romans 8:35-39
- 28 2 Corinthians 3; Exodus 34:1-27; Jeremiah 31:31-37; Hebrews 8; Matthew 27:45-54

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. When darkness veils His lovely face, I rest on His unchanging grace. 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)

- 29 2 Corinthians 4; Genesis 1:1-5; Hebrews 11; Romans 8:18-27; Galatians 1:1-5
- 30 2 Corinthians 5:1-10; 1 Peter 1:9-15; Hebrews 2:14-18; Revelation 21:1-8
- 31 2 Corinthians 5:11-6:2; 1 Samuel 16:7; 2 John 4:6-13; Jude 16:17-25



JUNE

- 1 2 Corinthians 6:3-7:1; Matthew 5:39-48; Galatians 5:13-21; Titus 3:3-7
- 2 2 Corinthians 7:2-16; 1 Samuel 23:24-31; Matthew 11:28-30; 7:3-8
- 3 2 Corinthians 8:1-15; Philippians 4:10-20; 2:1-13; Exodus 16:17; James 2:14-17
- 4 Deuteronomy 15:7-11; 1 Chronicles 29:1-20; 2 Corinthians 8:16-9:15

Take Thou our minds, dear Lord, we humbly pray; give us the mind of Christ each passing day. Teach us to know the truth that sets us free; grant us in all our thoughts to honor Thee. Take Thou our wills, Most High! Hold Thou full sway. Have in our inmost souls Thy perfect way. Guard Thou each sacred hour from selfish ease; guide Thou our ordered lives as Thou dost please. Take Thou ourselves, O Lord, heart, mind, and will; Through our surrendered souls Thy plans fulfill. We yield ourselves to Thee—time, talents, all. We hear, and henceforth heed, Thy sovereign call. (The Hymnbook, No. 306)

- 5 1 Corinthians 1:20-31; 2 Corinthians 10; Jeremiah 9:23-24; Galatians 6:14
- 6 2 Corinthians 11:1-15; 1 Corinthians 2:1-5; Matthew 7:15-20; 2 Peter 2:1-3
- 7 2 Corinthians 11:16-12:10; Hebrews 11:32-34; Romans 8:26-39; Philippians 3
- 8 2 Corinthians 12:11-21; Ephesians 5:1-20; Galatians 5:13-26; Colossians 3:5-17
- 9 2 Corinthians 13; 1 Peter 4; Romans 6:18; Ephesians 6:10-18
- 10 Hebrews 12; Romans 12:1-2
- 11 Matthew 28:16-20; Luke 24:50-53; Acts 1

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, King within my conscience reign. Be my Law, and I shall be firmly bound, forever free. (The Hymnbook, p. 240)

- 12 Joel 3:1-5; Jeremiah 31:31-34; Acts 2; 1 John 5:1-12; Romans 8:5-15
- 13 Acts 3; Romans 1:16-32; Revelation 3:14-22
- 14 Acts 4:1-22; Philippians 2:5-11; Matthew 18:19-20; Mark 9:35-41; John 14:1-14
- 15 Psalm 2; Acts 4:23-31; Romans 8:26-28; Psalm 4; 17:6-7; Ephesians 6:18-20
- 16 Acts 4:32-37; 2:44-45; Deuteronomy 15:1-18; Proverbs 3:27-28; Psalm 145
- 17 Acts 5:1-11; Proverbs 25:14; 2 Corinthians 9:6-11; Ecclesiastes 5:6; Psalm 15
- 18 Acts 5:12-42; Psalm 40; Romans 8:31-39

God is my strong salvation; what foe have I to fear? In darkness and temptation my Light, my Help, is near. Though hosts encamp around me, firm to the fight I stand. What terror can confound me, with God at my right hand? Place on the Lord reliance; my soul, with courage wait. His truth be thine affiance, when faint and desolate. His might thy heart shall strengthen, His love thy joy increase; mercy they days shall lengthen; the Lord will give thee peace. (The Hymnbook, No. 347)

- 19 Acts 6:1-8:3; Mark 8:34-38; Revelation 6:9-11; 14:13
- 20 1 Kings 16:23-33; John 4:1-42; Acts 8:4-25; Matthew 10:7-8



- 21 Isaiah 53: John 1:24-34; Matthew 28:16-20; Acts 8:26-40; Psalm 32
- 22 Acts 9:1-31; Galatians 1; 2 Timothy 2:15; 2 Corinthians 5:17
- 23 Acts 9:32-43; John 1:43-51; 5:19-27; 14:8-14; 1 Corinthians 12:1-11
- 24 Acts 10-11:18; Romans 14-15:13; Colossians 3:12-14
- 25 Acts 11:19-30; Romans 15:14-33; 1 Peter 5:1-4; 2 Corinthians 8:1-7

“Take up thy cross,” the Savior said, “If thou wouldst My disciple be; Take up thy cross with willing heart and humbly follow after Me.” Take up thy cross, nor heed the shame; nor let thy foolish pride rebel. Thy Lord for thee the cross endured, to save thy soul from death and hell. Take up thy cross and follow Christ, nor think till death to lay it down. For only he who bears the cross may hope to wear the glorious crown. (The Hymnbook, No. 293)

- 26 Hebrews 1:14; Genesis 19:1-26; 32:1-2; Psalm 91:9-12; Acts 12: 1-19a
- 27 Acts 12:19b-24; 1 Samuel 25:1-39a; Job 34; Psalm 2; Daniel 7:20-23
- 28 Acts 12:25-13:52; 1 Corinthians 1:18-31; 2 Corinthians 2:14-17
- 29 Acts 14; Matthew 10:5-42; Acts 9:15-16
- 30 Acts 15:1-35; Romans 12:18; 14:1-15:13; 2 Corinthians 13:11