

- 5 Exodus 9; Proverbs 16:4; Jeremiah 10:1-16
- 6 Exodus 10; Psalm 105
- 7 Exodus 11-12; Deuteronomy 16:1-8; Psalm 103
- 8 Psalm 139
- 9 Exodus 13; Hebrews 11:24-29
- 10 Exodus 14; Ephesians 6:10-18
- 11 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 shalt 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)

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

- 19 Exodus 23; 2 Corinthians 6:14-18
- 20 Exodus 24; Matthew 17:1-3; Revelation 4
- 21 Exodus 25; Hebrews 9:1-5; Revelation 11:19
- 22 Exodus 26; Hebrews 9:6; Hebrews 10:19-25
- 23 Exodus 27; Hebrews 10:1-18; Revelation 21:1-4
- 24 Exodus 28; Hebrews 7; Hebrews 4:14-16
- 25 Exodus 29; Hebrews 10:19-39

A wonderful Savior is Jesus my Lord, a wonderful Savior to me; He hideth my soul in the cleft of the rock, where rivers of pleasure I see. He hideth my soul in the cleft of the rock that shadows a dry, thirsty land; He hideth my life in the depths of His love, and covers me there with His hand. With numberless blessings each moment He crowns, and, filled with His fullness divine, I sing in my rapture, oh, glory to God, for such a Redeemer as mine! (Frances J. Crosby, 1890).

- 26 Exodus 30; Psalm 41:12; Revelation 5; 8:3-4
- 27 Exodus 31; Deuteronomy 5:12-15; Luke 6:1-5
- 28 Exodus 32; Revelation 3:5; 21:22-27
- 29 Exodus 33; Psalm 91
- 30 Exodus 34; 2 Corinthians 3:7-18
- 31 Exodus 35:1-29; 2 Corinthians 9:6-15; 1 Corinthians 12-13

NOVEMBER

- 1 Exodus 35:30-36:7; 2 Corinthians 8:1-15



First Cup Readings

September – October 2014



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

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 seems to hide His face, I rest on His unchanging grace; in ev'ry high and stormy gale, my anchor holds within the vale. 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, all other ground is sinking sand. (Presbyterian Hymnal, # 379)

SEPTEMBER

- 1 1 Thessalonians 5:12-28; Philippians 4:10-20; Proverbs 19:11; James 5:7-11
- 2 2 Thessalonians 1; Matthew 5:10-12; 10
- 3 Luke 17; 2 Thessalonians 2; Ephesians 1:3-14; Revelation 13:5-10; 14:1-13
- 4 2 Thessalonians 3; 2 Timothy 3; Deuteronomy 5:12-15; Proverbs 14:23; 28:19
- 5 Genesis 1-2; John 1:1-14; Colossians 1:15-20
- 6 Genesis 3; Romans 1:18-32; Romans 5:12-21; 1 Corinthians 15:20-28

God is our Refuge and Strength, our everpresent 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 her early help, when trouble is at hand. (The Hymnbook, # 381)

- 7 Genesis 4; Hebrews 11:1-4; 1 John 3
- 8 Genesis 6; Psalm 14; 53:1-3; Hebrews 11:7; Romans 3:9-30
- 9 Genesis 7; Psalm 36; 1 Peter 3:8-22
- 10 Genesis 8; Jeremiah 5; Psalm 111
- 11 Genesis 9; Isaiah 54; Luke 17:20-37
- 12 Genesis 12-13; Hebrews 11:8-10;
- 13 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 Saviour as my All in All, Standing on the promises of God. (Worship in Song, # 472)

- 14 Genesis 21-22; Hebrews 11:17-19; 6:13-20
- 15 Genesis 32-33; 1 Chronicles 16:7-18; Psalm 20

- 16 Genesis 35; Ruth 4:11-17; Micah 5:1-9; Matthew 1:1-17; Luke 1:46-55
- 17 Genesis 36:1-8; Isaiah 34; Jeremiah 49:7-22; Ezekiel 25:12-14; Malachi 1:4
- 18 Genesis 37; 1 John 2:9-11; 3:11-15; 4:19-21
- 19 Genesis 39; Proverbs 2
- 20 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, no, never forsake." (The Hymnbook, #369)

- 21 Genesis 41; Daniel 1:17-20; Acts 2:17-18; Hebrews 1:1-2; 4:12; Col 3:16
- 22 Genesis 42-43; Matthew 6:12-15; 18:21-35; Psalm 25
- 23 Genesis 44-46:7; Romans 8:28-39; Psalm 16
- 24 Genesis 46:26-47:31; Psalm 65; Proverbs 3
- 25 Genesis 48-49; Acts 7:2-26; Hebrews 11:21; Isaiah 46:3-4; Psalm 116:15
- 26 Genesis 50; Hebrews 11:22; Deuteronomy 33:13-17; Pr 22:1; Psalm 116:15
- 27 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)

- 28 Exodus 2; Hebrews 11:24-26; Psalm 5
- 29 Exodus 3; Romans 8:31-39
- 30 Exodus 4; Acts 7:20-22; Matthew 10:19-20; 1 Corinthians 2:4-5

OCTOBER

- 1 Exodus 5; Matthew 10:32-39; 1 Peter 2:19
- 2 Exodus 6:1-7:7; Romans 9:14-18
- 3 Exodus 7:8-24; Psalm 2
- 4 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)