

11 Jeremiah 1:11-19; Romans 1:1-15; John 4:27-42

If my people's hearts are humbled, if they pray and seek my face; if they turn away from evil, I will not withhold my grace. I will hear their prayers from heaven; I will pardon every sin. If my people's hearts are humbled, I will surely heal their land. Then my eyes will see their sorrow, then my ears will hear their plea. If my people's hearts are humbled, I will set their nation free. (Australian Hymn, No. 278)

12 Jeremiah 2:1-13; 29-32; Romans 1:16-25; John 4:43-54

13 Jeremiah 3:6-18; Romans 1:28-2:11; John 5:1-18

14 Jeremiah 4:9-10; Romans 2:12-24; John 5:19-29

15 Jeremiah 5:1-9; Romans 2:25-3:18; John 5:30-47

16 Jeremiah 5:20-31; Romans 3:19-31; John 7:1-13

17 Jeremiah 6:9-15; 1 Corinthians 6:12-20; Mark 5:1-20

18 Jeremiah 7:1-15; Romans 4:1-12; John 7:14-36

O God, our help in ages past, our hope for years to come; our shelter from the stormy blast, and our eternal home. Under the shadow of thy throne, still may we dwell secure. Sufficient is thine arm alone and our defense is sure. Before the hills in order stood or earth received her frame, from everlasting thou art God, to endless years the same. Oh God, our help in ages past, and our eternal home! (The Hymnbook, No. 111)

19 Jeremiah 7:21-34; Romans 4:13-25; John 7:37-52

20 Jeremiah 8:4-7, 8:18-9:6; Romans 5:1-11, John 8:12-20

21 Jeremiah 10:11-24; Romans 5:12-21; John 8:21-32

22 Jeremiah 11:1-8, 14-17; Romans 6:1-11; John 8:33-47

23 Jeremiah 13:1-11; Romans 6:12-23; John 8:47-59

24 Jeremiah 14:1-9, 17-22; Galatians 4:21-5:1; Mark 8:11-21

25 Jeremiah 16:10-21; Romans 7:10-12; John 6:1-15

Before the Lord we bow, the God who reigns above, and rules the world below, boundless in power and love. Our thanks we bring in joy and praise, our hearts we raise to heaven's high king. Earth, hear thy Maker's voice, thy great Redeemer own. Believe, obey, rejoice, and worship Him alone. Cast down thy pride, thy sin deplore, and bow before the Crucified. (Lutheran Worship, No. 500)

26 Jeremiah 17:19-27; Romans 7:13-25; John 6:16-27

27 Jeremiah 18:1-11; Romans 8:1-11; John 6:27-40

28 Jeremiah 22:13-23; Romans 8:12-27; John 6:41-51

29 Jeremiah 23:1-8; Romans 8:28-39; John 6:52-59

30 Jeremiah 23:9-15; Micah 2:6-7; 1 John 4:1-6; 2 Peter 2:1-3



First Cup Readings

May – June 2016



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 & Claire Averyt

I hear the Savior say, "Thy strength indeed is small! Child of weakness, watch and pray; Find in me thine all in all." For nothing good have I whereby Thy grace to claim—I will wash my garments white in the blood of Calvary's Lamb. And when before the throne I stand in Him complete, Jesus died my soul to save," my lips shall still repeat. Jesus paid it all, all to Him I owe; Sin had left a crimson stain—He washed it white as snow. (Hymns of the Family of God, #273)

MAY

- 1 Acts 9:10-16; Galatians 1; 1 Corinthians 3:11; 15:1-19; Romans 1:16-17
- 2 Galatians 2; Acts 9:16; Philippians 3:1-16
- 3 Galatians 3:1-14; Romans 4; John 8:31-59
- 4 Genesis 12:1-3; Galatians 3:15-4:7; Ephesians 1:3-14
- 5 Genesis 16:1-4; 17:1-27; Galatians 4:8-31
- 6 Galatians 5; Romans 12:1-2; 1 John 2:15-17
- 7 Galatians 6; Romans 6:19-23; 8:1-17

The Church's one Foundation is Jesus Christ her Lord. She is His new creation by water and the word. 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)

- 8 Ephesians 1:1-14; 1 Peter 1
- 9 Ephesians 1:15-23; Colossians 1
- 10 Ephesians 2:1-10; Romans 5
- 11 Ephesians 2:11-22; 1 Corinthians 3:10-17; 6:19-20; 2 Corinthians 6:14-18
- 12 Ephesians 3; Acts 9:15-16; Romans 3:9-31; 11
- 13 Ephesians 4:1-16; 1 Corinthians 12; Romans 12:1-8
- 14 Ephesians 4:17-32; 1 Timothy 4

So let our lips and lives express the holy gospel we profess; So let our works and virtues shine, to prove the doctrine all divine. Thus shall we best proclaim abroad the honors of our Saviour God, when His salvation reigns within, and grace subdues the power of sin. Our flesh and sense must be denied, passion and envy, lust and pride; when His salvation reigns within, and grace subdues the power of sin. Our flesh and sense must be denied, passion and envy, lust and pride; while justice, temperance, truth, and love, our inward piety approve. (The Hymnbook, No. 289)

- 15 Ephesians 5:1-20; 1 John 1:5-2:11
- 16 Genesis 2:19-25; Ephesians 5:21-33; Matthew 5:27-32; 1 Corinthians 7:1-16

- 17 Deuteronomy 6:4-9; Proverbs 22:6; 29:17; Ephesians 6:1-9; Matthew 18:1-10
- 18 Isaiah 59; Ephesians 6:10-23; 1 Peter 5:8-11
- 19 Philippians 1:1-11; 1 Corinthians 1:4-9; 13; Galatians 5:16-26
- 20 Philippians 1:12-30; Mark 8:34-38; Romans 1:16; 2 Timothy 1:8-12
- 21 Philippians 2:1-11; Galatians 5:19-21; James 3:13-16; 1 Peter 3:15-17; 5:1-6

Take my lips and let them be filled with messages from Thee... Take my will and make it Thine; it shall be no longer mine. Take my heart, it is Thine own; it shall be Thy royal throne. Take my love; my Lord, I pour at Thy feet its treasure store. Take myself, and I will be ever, only, all for Thee—ever, only, all for Thee. Amen. (The Hymnbook, No. 310)

- 22 Philippians 2:12-30; Exodus 16:6-8; Numbers 16:25-45; 1 Corinthians 10:1-13
- 23 Philippians 3:1-4:1; Isaiah 43:18-19; 1 Corinthians 9:14-27; 2 Timothy 4:7-8
- 24 Philippians 4:2-9; Romans 8:26-28; Ephesians 6:18-20; Psalm 119:145-176
- 25 1 Corinthians 9:11-18; Philippians 4:10-23; 1 John 3:16-24; Matthew 6:25-34
- 26 Colossians 1:1-14; Ephesians 5:1-20
- 27 Genesis 1; John 1:1-4; Colossians 1:15-23
- 28 Colossians 1:24-29; Romans 16:25-27; Ephesians 3:2-6

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)

- 29 Colossians 2:1-23; Ephesians 2
- 30 Colossians 3:1-17; Ephesians 4:17-5:20
- 31 Colossians 3:18-4:18; Ephesians 5:21-6:20

JUNE

- 1 1 Thessalonians 1; 1 Corinthians 4:15-16; 11:1; Hebrews 6:12; 13:7
- 2 1 Thessalonians 2:1-16; 2 Corinthians 11:7-9; James 1:1-3; Romans 5:3-5
- 3 1 Thessalonians 2:17-3:13; Ephesians 6:10-20; 1 Peter 5:6-11
- 4 1 Thessalonians 4:1-12; 1 John 3; Romans 13:8-14; Ephesians 4:28

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, No. 379)

- 5 1 Thessalonians 4:13-5:11; 1 Corinthians 15:12-58; Revelation 1:1-8
- 6 1 Thessalonians 5:12-28; Philippians 4:10-19; Proverbs 19:11; James 5:7-11
- 7 2 Thessalonians 1; Matthew 5:10-12; 10
- 8 Luke 17; 2 Thessalonians 2; Ephesians 1:3-14; Revelation 13:5-10; 14:1-13
- 9 2 Thessalonians 3; 2 Timothy 3; Deuteronomy 5:12-15; Proverbs 14:23; 28:19
- 10 Jeremiah 1:1-10; 1 Corinthians 3:11-23; Mark 3:31-4:9