

Man does not live by bread alone,
but man lives by every word that
comes from the mouth of the
LORD. (Deuteronomy 8:3)



TORAH

PORTIONS

AN OUTREACH BY
FIRST FRUITS OF ZION

5784 / 2023–2024 תשפ"ד

GENESIS / B'REISHEET | בראשית

#	NAME	DATE	HEB. DATE	TORAH	HAFTARAH	GOSPEL
1	B'REISHEET	14 OCT. '23	29 TISHREI	GEN. 1:1–6:8	I SAM. 20:18–42	MT. 24:29–36
2	NOACH	21 OCT. '23	6 CHESHVAN	GEN. 6:9–11:32	ISA. 54:1–55:5	LK. 17:20–27
3	LECH LECHA	28 OCT. '23	13 CHESHVAN	GEN. 12:1–17:27	ISA. 40:27–41:16	JN. 8:51–58
4	VAYERA	4 NOV. '23	20 CHESHVAN	GEN. 18:1–22:24	2 KGS. 4:1–37	LK. 17:28–37
5	CHAYEI SARAH	11 NOV. '23	27 CHESHVAN	GEN. 23:1–25:18	1 KGS. 1:1–31	JN. 4:3–14
6	TOLDOT	18 NOV. '23	5 KISLEV	GEN. 25:19–28:9	MAL. 1:1–2:7	MT. 10:21–38
7	VAYETZE	25 NOV. '23	12 KISLEV	GEN. 28:10–32:3(2)*	HOS. 12:13(12)–14:10(9)*	JN. 1:41–51
8	VAYISHLACH	2 DEC. '23	19 KISLEV	GEN. 32:4(3)–36:43*	OBA. 1–21	MT. 2:13–23
9	VAYESHEV	9 DEC. '23	26 KISLEV	GEN. 37:1–40:23	ZEC. 2:14(10)–4:7*	JN. 10:22–28
10	MIKETZ	16 DEC. '23	4 TEVET	GEN. 41:1–44:17	1 KGS. 3:15–4:1	LK. 24:13–29
11	VAYIGASH	23 DEC. '23	11 TEVET	GEN. 44:18–47:27	EZE. 37:15–28	LK. 24:30–48
12	VAYECHI	30 DEC. '23	18 TEVET	GEN. 47:28–50:26	1 KGS. 2:1–12	JN. 13:1–19

EXODUS / SHEMOT | שמות

13	SHEMOT	6 JAN. '24	25 TEVET	EXO. 1:1–6:1	ISA. 27:6–28:13, 29:22–23	MT. 2:1–12
14	VA'ERA	13 JAN. '24	3 SHEVAT	EXO. 6:2–9:35	EZE. 28:25–29:21	LK. 11:14–22
15	BO	20 JAN. '24	10 SHEVAT	EXO. 10:1–13:16	JER. 46:13–28	JN. 19:31–37
16	BESHALACH	27 JAN. '24	17 SHEVAT	EXO. 13:17–17:16	JDG. 4:4–5:31	MT. 14:22–33
17	YITRO	3 FEB. '24	24 SHEVAT	EXO. 18:1–20:23	ISA. 6:1–7:6, 9:5–6(6–7)*	MT. 19:16–26
18	MISHPATIM	10 FEB. '24	1 ADAR I	EXO. 21:1–24:18	ISA. 66:1–24	MK. 9:40–50
19	TERUMAH	17 FEB. '24	8 ADAR I	EXO. 25:1–27:19	1 KGS. 5:26(12)–6:13*	MK. 12:35–44
20	TETZAVEH	24 FEB. '24	15 ADAR I	EXO. 27:20–30:10	EZE. 43:10–27	MT. 5:13–20
21	KI TISA	2 MAR. '24	22 ADAR I	EXO. 30:11–34:35	1 KGS. 18:1–39	MK. 9:1–10
22	VAYAK'HEL	9 MAR. '24	29 ADAR I	EXO. 35:1–38:20	2 KGS. 12:1–17(11:21–12:16)*	MT. 17:22–27
23	PEKUDEI	16 MAR. '24	6 ADAR II	EXO. 38:21–40:38	1 KGS. 7:51–8:21	LK. 16:1–13



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LEVITICUS / VAYIKRA | ויקרא

#	NAME	DATE	HEB. DATE	TORAH	HAFTARAH	GOSPEL
24	VAYIKRA	23 MAR. '24	13 ADAR II	LEV. 1:1–5:26(6:7)*	1 SAM. 15:1–34	MK. 6:14–29
25	TZAV	30 MAR. '24	20 ADAR II	LEV. 6:1(8)–8:36*	EZE. 36:16–38	JN. 11:47–56
26	SH'MINI	6 APR. '24	27 ADAR II	LEV. 9:1–11:47	EZE. 45:16–46:18	LK. 22:1–13
27	TAZRIA	13 APR. '24	5 NISAN	LEV. 12:1–13:59	2 KGS. 4:42–5:19	LK. 2:22–33
28	METZORA	20 APR. '24	12 NISAN	LEV. 14:1–15:33	MAL. 3:4–24(4:6)*	MT. 17:9–13
	PESACH I	23 APR. '24	15 NISAN	EXO. 12:21–51	JOSH. 5:2–6:1	JN. 19:31–20:1
	PESACH II	24 APR. '24	16 NISAN	LEV. 22:26–23:44	2 KGS. 23:1–9, 21–25	MK. 16:1–8
	PESACH VII	29 APR. '24	21 NISAN	EXO. 13:17–15:26	2 SAM. 22:1–51	JN. 20:1–14
	PESACH VIII	30 APR. '24	22 NISAN	DEUT. 15:19–16:17	ISA. 10:32–12:6	JN. 20:15–20
29	ACHAREI MOT	4 MAY '24	26 NISAN	LEV. 16:1–18:30	EZE. 22:1–16	MT. 15:10–20
30	KEDOSHIM	11 MAY '24	3 IYYAR	LEV. 19:1–20:27	AMOS 9:7–15	MK. 12:28–34
31	EMOR	18 MAY '24	10 IYYAR	LEV. 21:1–24:23	EZE. 44:15–31	MT. 26:59–66; 26:64
32	BEHAR	25 MAY '24	17 IYYAR	LEV. 25:1–26:2	JER. 32:6–27	LK. 4:14–22
33	BECHUKOTAI	1 JUN. '24	24 IYYAR	LEV. 26:3–27:34	JER. 16:19–17:14	MT. 16:20–28

NUMBERS / BAMIDBAR | במדבר

34	BAMIDBAR	8 JUN. '24	2 SIVAN	NUM. 1:1–4:20	HOS. 2:1–22(1:10–2:20)*	MT. 4:1–17
	SHAVU'OT I	12 JUN. '24	6 SIVAN	EXO. 19:1–20:23	EZE. 1:1–28, 3:12	ACTS 2:1–21
	SHAVU'OT II	13 JUN. '24	7 SIVAN	DEUT. 15:19–16:17	HAB. 3:1–19	ACTS 2:21–42
35	NASSO	15 JUN. '24	9 SIVAN	NUM. 4:21–7:89	JDG. 13:2–25	LK. 1:11–20
36	BEHA'ALOTCHA	22 JUN. '24	16 SIVAN	NUM. 8:1–12:16	ZEC. 2:14(10)–4:7*	MT. 14:14–21
37	SHELACH	29 JUN. '24	23 SIVAN	NUM. 13:1–15:41	JOSH. 2:1–24	MT. 10:1–14
38	KORACH	6 JUL. '24	30 SIVAN	NUM. 16:1–18:32	ISA. 66:1–24	MK. 9:40–50
39	CHUKAT	13 JUL. '24	7 TAMMUZ	NUM. 19:1–22:1	JDG. 11:1–33	JN. 2:1–12
40	BALAK	20 JUL. '24	14 TAMMUZ	NUM. 22:2–25:9	MIC. 5:6(7)–6:8*	MT. 21:1–11
41	PINCHAS	27 JUL. '24	21 TAMMUZ	NUM. 25:10–30:1(29:40)*	JER. 1:1–2:3	JN. 2:13–22
42–43	MATTOT–MASSEI	3 AUG. '24	28 TAMMUZ	NUM. 30:2(1)–36:13*	JER. 2:4–28, 3:4	MK. 11:12–25

DEUTERONOMY / DEVARIM | דברים

44	DEVARIM	10 AUG. '24	6 AV	DEUT. 1:1–3:22	ISA. 1:1–27	MT. 24:1–22
45	VA'ETCHANAN	17 AUG. '24	13 AV	DEUT. 3:23–7:11	ISA. 40:1–26	LK. 3:2–15
46	EKEV	24 AUG. '24	20 AV	DEUT. 7:12–11:25	ISA. 49:14–51:3	MT. 16:13–20
47	RE'EH	31 AUG. '24	27 AV	DEUT. 11:26–16:17	ISA. 54:11–55:5	JN. 6:35–51
48	SHOFTIM	7 SEP. '24	4 ELUL	DEUT. 16:18–21:9	ISA. 51:12–52:12	JN. 14:9–20
49	KI TETZE	14 SEP. '24	11 ELUL	DEUT. 21:10–25:19	ISA. 54:1–10	MT. 24:29–42
50	KI TAVO	21 SEP. '24	18 ELUL	DEUT. 26:1–29:8(9)*	ISA. 60:1–22	MT. 4:13–24
51–52	NITZAVIM–VAYELECH	28 SEP. '24	25 ELUL	DEUT. 29:9(10)–31:30*	ISA. 61:10–63:9	JN. 12:41–50
	ROSH HASHANAH I	3 OCT. '24	1 TISHREI	GEN. 21:1–34	1 SAM. 1:1–2:10	MT. 24:29–36
	ROSH HASHANAH II	4 OCT. '24	2 TISHREI	GEN. 22:1–24	JER. 31:1–19	LK. 1:39–55
53	HA'AZINU	5 OCT. '24	3 TISHREI	DEUT. 32:1–52	HOS. 14:2(1)–10(9); JL. 2:15–27	MT. 18:21–35
	YOM KIPPUR	12 OCT. '24	10 TISHREI	LEV. 16:1–34	ISA. 57:14–58:14	MT. 25:31–46
	SUKKOT I	17 OCT. '24	15 TISHREI	LEV. 22:26–23:44	ZEC. 14:1–21	LK. 2:1–20
	SUKKOT II	18 OCT. '24	16 TISHREI	LEV. 22:26–23:44	1 KGS. 8:2–21	JN. 7:1–10
	SHMINI ATZERET	24 OCT. '24	22 TISHREI	DEUT. 14:22–16:17	1 KGS. 8:54–66	LK. 2:21–32
54	VEZOT HA'BRACHA	25 OCT. '24	23 TISHREI	DEUT. 33:1–34:12	JOSH. 1:1–18	ACTS 1:1–14

* The Torah and Haftarah chapter/verse numberings are taken from the Hebrew Bible (Christian-published chapter/verse numberings are indicated within parentheses).

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