



Torah Cycle (5786 / 2025-2026) – Messianic Discipleship Institute

Parashiot from the Torah and Haftarot – with Suggested Readings from the Brit Chadashah and Holiday Selections

Passages in parentheses designate verse numbering in Hebrew Bibles. (S) = Sephardic custom (D) = Double Portion (*) = Special Shabbats

Hebrew Title	English Title	Scripture Readings	Date
Bereshit	In the Beginning	Genesis 1:1–6:8, Isaiah 42:5–43:11, John 1:1–14, Revelation 22:6-21	10/18/25 (Tishrei 26)
Noach	Rest	Genesis 6:9–11:32, Isaiah 54:1–55:5, Matthew 24:36-46, I Peter 3:18–22	10/25/25 (Cheshvan 3)
Lech Lecha	Get Yourself	Genesis 12:1–17:27, Isaiah 40:27–41:16, Romans 4:1–25	11/01/25 (Cheshvan 10)
Vayera	And He Appeared	Genesis 18:1–22:24, II Kings 4:1–37, II Peter 2:4–11	11/08/25 (Cheshvan 17)
Chayei Sarah	Life of Sarah	Genesis 23:1–25:18, I Kings 1:1–31, I Corinthians 15:50–57	11/15/25 (Cheshvan 24)
Toldot	Generations	Genesis 25:19–28:9, Malachi 1:1–2:7, Romans 9:6–13	11/22/25 (Kislev 2)
Vayetze	And He Went Out	Genesis 28:10–32:3(2), Hosea 11:7–14:9(10), John 1:43–51	11/29/25 (Kislev 9)
Vayishlach	And He Sent	Genesis 32:4–36:43, Obadiah 1:1–21, Matthew 26:36–46	12/06/25 (Kislev 16)
Vayeshev	And He Settled	Genesis 37:1–40:23, Amos 2:6–3:8, Revelation 12:1-17, Acts 7:9–16	12/13/25 (Kislev 23)
Chanukah Day 1	Feast of Dedication	Numbers 7:1-53, I Maccabees, John 9:1-7 (Begins evening before at sunset)	12/15/25 (Kislev 25)
Miketz	At the End Of	Genesis 41:1–44:17, I Kings 3:15-4:1 (Zechariah 2:14–4:7*), I Corinthians 2:1–5	12/20/25 (Kislev 30)
Chanukah Day 8	Feast of Dedication	Numbers 7:54-8:4, II Maccabees, John 10:22-39	12/22/25 (Tevet 2)
Vayigash	And He Drew Near	Genesis 44:18–47:27, Ezekiel 37:15–28, Luke 6:9–16	12/27/25 (Tevet 7)
Vayechi	And He Lived	Genesis 47:28–50:26, I Kings 2:1–12, I Peter 1:1–9	01/03/26 (Tevet 14)
Shemot	Names	Exodus 1:1–6:1, Isaiah 27:6–28:13 & 29:22–23 / (S) Jeremiah 1:1-2:3, Acts 7:17–29, I Corinthians 14:13-25	01/10/26 (Tevet 21)
Va'era	And I Appeared	Exodus 6:2–9:35, Ezekiel 28:25-29:21, Romans 9:14–33	01/17/26 (Tevet 28)
Bo	Enter / Go	Exodus 10:1–13:16, Jeremiah 46:13–28, Luke 22:7-30, I Corinthians 11:20–34	01/24/26 (Shevat 6)
Beshalach	When He Let Go	Exodus 13:17–17:16, Judges 4:4–5:31, John 6:15–71	01/31/26 (Shevat 13)
Yitro	Jethro	Exodus 18:1–20:26(23), Isaiah 6:1–7:6 & 9:5–6, Matthew 5:8–20	02/07/26 (Shevat 20)
Mishpatim	Ordinances	Exodus 21:1–24:18, Jeremiah 34:8–22 & 33:25–26, Matthew 5:38–42 & 17:1-11	02/14/26 (Shevat 27)
Terumah	Offerings	Exodus 25:1–27:19, I Kings 5:26(4:29)–6:13, Matthew 5:33–37	02/21/26 (Adar 4)
Tetzaveh	You Shall Command	Exodus 27:20–30:10, Ezekiel 43:10–27, Philippians 4:10-20	02/28/26 (Adar 11)
Purim	Lots	Exodus 17:8-16, Esther	03/03/26 (Adar 14)

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Ki Tisa	When You Elevate	Exodus 30:11–34:35, I Kings 18:1–39, I Corinthians 8:4–13	03/07/26 (Adar 18)
Vayakhel (D)	And He Assembled	Exodus 35:1–38:20, I Kings 7:40-50, II Corinthians 9:1-15	03/14/26 (Adar 25)
Pekudei (D)	Accounts Of	Exodus 38:21–40:38, I Kings 7:51–8:21, II Corinthians 3:7–18, Revelation 15:5-8	03/14/26 (Adar 25)
Vayikra	And He Called	Leviticus 1:1–6:7(5:26), Isaiah 43:21-44:23, Romans 8:1-13	03/21/26 (Nisan 3)
Tzav	Command	Leviticus 6:8(1)–8:36, Jeremiah 7:21–8:3 & 9:22–23, Hebrews 8:1–6	03/28/26 (Nisan 10)
Erev Pesach	Passover	Leviticus 23:4-8, Exodus 12-21-51, , John 13:1-17:26	04/01/26 (Nisan 14)
Pesach Shabbat	Passover Sabbath	Exodus 33:12–34:26, Ezekiel 36:37–37:14, John 19:31-20:1	04/01/26 (Nisan 14)
Pesach	Passover / 1 st Day of Unleavened Bread	Numbers 28:16-31, Joshua 5:2-6:1, John 18:1-19:42	04/02/26 (Nisan 15)
Resurrection Day	(Start of Omer Count)	Exodus 10:21-12:51, Numbers 10:33-36, Isaiah 53, Luke 20:27-44, John 11:11-27, John 20-21	04/05/26 (Nisan 18)
Shvii Pesach	Last Day of Unleavened Bread	Exodus 13:17–17:16, II Samuel 22:1–51, Judges 4:4–5:31, John 6:15–71	04/08/26 (Nisan 21)
Shemini	Eighth	Leviticus 9:1–11:47, II Samuel 6:1-7:17, Acts 10:9–22	04/11/26 (Nisan 24)
Tazria (D)	Leprosy	Leviticus 12:1–13:59, II Kings 4:42-5:19, Matthew 8:1–4 & 9:20-26	04/18/26 (Iyyar 1)
Metzora (D)	Cleansing the Leper	Leviticus 14:1–15:33, II Kings 7:3-20, Mark 5:24-34, Romans 6:19–23	04/18/26 (Iyyar 1)
Acharei Mot (D)	After the Death	Leviticus 16:1–18:30, Amos 9:7-15, Romans 3:19-28 & 9:30-10:13	04/25/26 (Iyyar 8)
Kedoshim (D)	Holy Ones	Leviticus 19:1–20:27, Ezekiel 22:1-19, Matthew 5:33-48 & 15:1-11, Galatians 3:10-14, I Peter 1:13–21	04/25/26 (Iyyar 8)
Emor	Say	Leviticus 21:1–24:23, Ezekiel 44:15–31, I Peter 2:4–10	05/02/26 (Iyyar 15)
Behar (D)	On the Mount	Leviticus 25:1–26:2, Jeremiah 32:6–27, Luke 4:16–21, John 14:15-21 & 15:10-12	05/09/26 (Iyyar 22)
Bechukotai (D)	In My Statutes	Leviticus 26:3–27:34, Jeremiah 16:19–17:14, II Corinthians 6:14–18	05/09/26 (Iyyar 22)
Bamidbar	In the Wilderness	Numbers 1:1–4:20, Hosea 2:1-20(22), I Corinthians 12:12–20	05/16/26 (Iyyar 29)
Shavuot*	Feast of Weeks	Exodus 19:1-20:23, Leviticus 23:15–21, Numbers 28:26–31, Deuteronomy 14:22–16:17, Ezekiel 1:1-28 & 3:12, Habakkuk 3:1–19, Acts 2:1–21 & 37-41 (Orthodox observe on Sivan 6)	05/24/26 (Sivan 8)
Nasso	Elevate	Numbers 4:21–7:89, Judges 13:2–25, Acts 21:17–26	05/30/26 (Sivan 14)
Beha'alotcha	In Your Going Up	Numbers 8:1–12:16, Zechariah 2:14(10)–4:7, I Corinthians 10:6–13	06/06/26 (Sivan 21)
Shelach Lecha	Send For Yourself	Numbers 13:1–15:41, Joshua 2:1–24, Hebrews 3:7–19	06/13/26 (Sivan 28)
Korach	Korah	Numbers 16:1–18:32, I Samuel 11:14–12:22, Romans 13:1–7	06/20/26 (Tamuz 5)
Chukat (D)	Ordinance Of	Numbers 19:1–22:1, Judges 11:1–33, John 3:10–21	06/27/26 (Tamuz 12)
Balak (D)	Balak	Numbers 22:2–25:9, Micah 5:6(7)–6:8, I Corinthians 1:20–31	06/27/26 (Tamuz 12)
Pinchas	Phinehas	Numbers 25:10–29:40(30:1), I Kings 18:46-19:21, John 2:13–25	07/04/26 (Tamuz 19)
Matot (D)	Tribes	Numbers 30:1(2)–32:42, Jeremiah 1:1-2:3, Matthew 5:33-37	07/11/26 (Tamuz 26)
Massei (D)	Stages	Numbers 33:1–36:13, Jeremiah 2:4-28; 3:4; (S 4:1-2), Philippians 3:7-21, James 4:1–12	07/11/26 (Tamuz 26)

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Devarim	Words	Deuteronomy 1:1–3:22, Isaiah 1:1–27, Acts 9:1-21, I Timothy 3:1–7	07/18/26 (Av 4)
Va'etchanan	And I Plead	Deuteronomy 3:23–7:11, Isaiah 40:1–26, Matthew 23-31-39, Mark 12:28–34	07/25/26 (Av 11)
Eikev	On the Heel Of	Deuteronomy 7:12–11:25, Isaiah 49:14–51:3, Romans 8:31–39	08/01/26 (Av 18)
Re'eh	See!	Deuteronomy 11:26–16:17, Isaiah 54:11-55:5, I John 4:1–6	08/08/26 (Av 25)
Shoftim	Judges	Deuteronomy 16:18–21:9, Isaiah 51:12–52:12, John 1:19-27, I Corinthians 5:9–13	08/15/26 (Elul 2)
Ki Tetze	When You Go Out	Deuteronomy 21:10–25:19, Isaiah 54:1–10, Matthew 5:27-30, I Corinthians 5:1-5	08/22/26 (Elul 9)
Ki Tavo	When You Enter In	Deuteronomy 26:1–29:9(8), Isaiah 60:1–22, Luke 21:1-4, Ephesians 1:3-6, Romans 11:1–15	08/29/26 (Elul 16)
Nitzavim (D)	You Are Standing	Deuteronomy 29:10(9)–30:20, Isaiah 61:10–63:9, Romans 1:1-18 & 9:30-10:13	09/05/26 (Elul 23)
Vayeilech (D)	And He Went	Deuteronomy 31:1–30, Hosea 14:2(1)-10(9), Micah 7:18-20, Joel 2:15-27, John 15:1-11, Romans 1:1-19	09/05/26 (Elul 23)
Yom Teruah	Day of Blowing	Genesis 21:1–34, Numbers 29:1–6, I Samuel 1:1–2:10, I Corinthians 15:12-58, I Thessalonians 4:13-18	09/12/26 (Tishrei 1)
Ha'azinu	Give Ear	Deuteronomy 32:1–52, Hosea 14:2–10, Joel 2:11-27, Romans 10:14-11:12	09/19/26 (Tishrei 8)
Yom Kippur	Day of Atonement	Leviticus 16:1–34 & 18:1-30, Numbers 29:7–11, Isaiah 57:14-58:14, Romans 3:21-26, II Corinthians 5:10-21	09/21/26 (Tishrei 10)
Sukkot Day 1	Feast of Booths	Leviticus 22:26–23:44 Numbers 29:12–16, Zechariah 14:1-21, Revelation 21:1-7	09/26/26 (Tishrei 15)
Vezot ha'Berachah	And This is the Blessing	Deuteronomy 33:1–34:12, I Kings 8:54-66, Revelation 21:1-7 (Usually read together with Shemini Atzeret/Simchat Torah readings)	10/03/26 (Tishrei 22)
Shemini Atzeret	The Eighth Day of Assembly	Numbers 29:35-30:1, I Kings 8:54-66, Matthew 17:1-9, John 7:1-40, Romans 5:1-21, II Corinthians 13:11-12, Philippians 4:4-13	10/03/26 (Tishrei 22)
Simchat Torah	Rejoicing of the Torah	Deuteronomy 33:1-34:12, Genesis 1:1-2:3, Joshua 1:1-18, Matthew 5:17-48	10/04/26 (Tishrei 23)