



Torah Cycle (5784 / 2023-2024) – 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 | 10/14/23 (Tishrei 29) |
| Noach | Rest | Genesis 6:9–11:32, Isaiah 54:1–55:5, Matthew 24:36-46, I Peter 3:18–22 | 10/21/23 (Cheshvan 6) |
| Lech Lecha | Get Yourself | Genesis 12:1–17:27, Isaiah 40:27–41:16, Romans 4:1–25 | 10/28/23 (Cheshvan 13) |
| Vayera | And He Appeared | Genesis 18:1–22:24, II Kings 4:1–37, II Peter 2:4–11 | 11/04/23 (Cheshvan 20) |
| Chayei Sarah | Life of Sarah | Genesis 23:1–25:18, I Kings 1:1–31, I Corinthians 15:50–57 | 11/11/23 (Cheshvan 27) |
| Toldot | Generations | Genesis 25:19–28:9, Malachi 1:1–2:7, Romans 9:6–13 | 11/18/23 (Kislev 5) |
| Vayetze | And He Went Out | Genesis 28:10–32:3(2), Hosea 11:7–14:9(10), John 1:43–51 | 11/25/23 (Kislev 12) |
| Vayishlach | And He Sent | Genesis 32:4–36:43, Obadiah 1:1–21, Matthew 26:36–46 | 12/02/23 (Kislev 19) |
| Chanukah Day 1 | Feast of Dedication | Numbers 7:1-8:4, John 9:1-7 & 10:22-39 (Begins evening before at sunset) | 12/08/23 (Kislev 25) |
| Vayeshev | And He Lived | Genesis 37:1–40:23, Amos 2:6–3:8, Acts 7:9–16 | 12/09/23 (Kislev 26) |
| Chanukah Day 8 | Feast of Dedication | Numbers 7:1-8:4, John 9:1-7 & 10:22-39 | 12/15/23 (Tevet 3) |
| Miketz | At the End Of | Genesis 41:1–44:17, Zechariah 2:14–4:7*, I Corinthians 2:1–5 | 12/16/23 (Tevet 4) |
| Vayigash | And He Drew Near | Genesis 44:18–47:27, Ezekiel 37:15–28, Luke 6:9–16 | 12/23/23 (Tevet 11) |
| Vayechi | And He Lived | Genesis 47:28–50:26, I Kings 2:1–12, I Peter 1:1–9 | 12/30/23 (Tevet 18) |
| 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 | 01/06/24 (Tevet 25) |
| Va'era | And I Appeared | Exodus 6:2–9:35, Ezekiel 28:25-29:21, Romans 9:14–33 | 01/13/24 (Shevat 3) |
| Bo | Enter / Go | Exodus 10:1–13:16, Jeremiah 46:13–28, Luke 22:7-30, I Corinthians 11:20–34 | 01/20/24 (Shevat 10) |
| Beshalach | When He Let Go | Exodus 13:17–17:16, Judges 4:4–5:31, John 6:15–71 | 01/27/24 (Shevat 17) |
| Yitro | Jethro | Exodus 18:1–20:26(23), Isaiah 6:1–7:6 & 9:5–6, Matthew 5:8–20 | 02/03/24 (Shevat 24) |
| Mishpatim | Ordinances | Exodus 21:1–24:18, Jeremiah 34:8–22 & 33:25–26, Matthew 5:38–42 & 17:1-11 | 02/10/24 (AdarI 1) |
| Terumah | Offerings | Exodus 25:1–27:19, I Kings 5:26(4:29)–6:13, Matthew 5:33–37 | 02/17/24 (AdarI 8) |
| Tetzaveh | You Shall Command | Exodus 27:20–30:10, Ezekiel 43:10–27, Philippians 4:10-20 | 02/24/24 (AdarI 15) |
| Ki Tisa | When You Elevate | Exodus 30:11–34:35, I Kings 18:1–39, I Corinthians 8:4–13 | 03/02/24 (AdarI 22) |

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| Vayakhel | And He Assembled | Exodus 35:1–38:20, II Kings 12:1-17, II Corinthians 9:1-15 | 03/09/24 (AdarI 29) |
| Pekudei | Accounts Of | Exodus 38:21–40:38, I Kings 7:51–8:21, II Corinthians 3:7–18, Revelation 15:5-8 | 03/16/24 (AdarII 6) |
| Vayikra | And He Called | Leviticus 1:1–6:7(5:26), I Samuel 15:2-34, Romans 8:1-13 | 03/23/24 (AdarII 13) |
| Purim | Lots | Exodus 17:8-16, Esther | 03/24/24 (AdarII 14) |
| Tzav | Command | Leviticus 6:8(1)–8:36, Jeremiah 7:21–8:3 & 9:22–23, Hebrews 8:1–6 | 03/30/24 (AdarII 20) |
| Shemini | Eighth | Leviticus 9:1–11:47, Ezekiel 36:6-38, Acts 10:9–22 | 04/06/24 (AdarII 27) |
| Tazria | Leprosy | Leviticus 12:1–13:59, Ezekiel 45:16-46:18, Matthew 8:1–4 & 9:20-26 | 04/13/24 (Nisan 5) |
| Metzora | Cleansing the Leper | Leviticus 14:1–15:33, Malachi 3:4-24(4:6)*, Mark 5:24-34, Romans 6:19–23 | 04/20/24 (Nisan 12) |
| Erev Pesach | Passover | Leviticus 23:4-8, Exodus 12-21-51, , John 13:1-17:26 | 04/22/24 (Nisan 14) |
| Pesach | Passover / 1 st Day of Unleavened Bread | Numbers 28:16-31, Joshua 5:2-6:1, John 18:1-19:42 | 04/23/24 (Nisan 15) |
| Pesach Shabbat | Passover Sabbath | Exodus 33:12–34:26, Ezekiel 36:37–37:14, John 19:31-20:1 | 04/27/24 (Nisan 19) |
| 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 | 04/28/24 (Nisan 20) |
| 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 | 04/29/24 (Nisan 21) |
| Acharei Mot | After the Death | Leviticus 16:1–18:30, I Samuel 20:18-42, Romans 3:19-28 & 9:30-10:13 | 05/04/24 (Nisan 26) |
| Kedoshim | Holy Ones | Leviticus 19:1–20:27, Amos 9:7-15 / Ezekiel 20:2-20(S), Matthew 5:33-48 & 15:1-11, Galatians 3:10-14, I Peter 1:13–21 | 05/11/24 (Iyyar 3) |
| Emor | Say | Leviticus 21:1–24:23, Ezekiel 44:15–31, I Peter 2:4–10 | 05/18/24 (Iyyar 10) |
| Behar | On the Mount | Leviticus 25:1–26:2, Jeremiah 32:6–27, Luke 4:16–21, John 14:15-21 & 15:10-12 | 05/25/24 (Iyyar 17) |
| Bechukotai | In My Statutes | Leviticus 26:3–27:34, Jeremiah 16:19–17:14, II Corinthians 6:14–18 | 06/01/24 (Iyyar 24) |
| Bamidbar | In the Wilderness | Numbers 1:1–4:20, Hosea 2:1-20(2:1–22), I Corinthians 12:12–20 | 06/08/24 (Sivan 2) |
| Nasso | Elevate | Numbers 4:21–7:89, Judges 13:2–25, Acts 21:17–26 | 06/15/24 (Sivan 9) |
| 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) | 06/16/24 (Sivan 10) |
| Beha'alotcha | In Your Going Up | Numbers 8:1–12:16, Zechariah 2:14(10)–4:7, I Corinthians 10:6–13 | 06/22/24 (Sivan 16) |
| Shelach Lecha | Send For Yourself | Numbers 13:1–15:41, Joshua 2:1–24, Hebrews 3:7–19 | 06/29/24 (Sivan 23) |
| Korach | Korah | Numbers 16:1–18:32, I Samuel 11:14–12:22, Romans 13:1–7 | 07/06/24 (Sivan 30) |
| Chukat | Ordinance Of | Numbers 19:1–22:1, Judges 11:1–33, John 3:10–21 | 07/13/24 (Tamuz 7) |
| Balak | Balak | Numbers 22:2–25:9, Micah 5:6(7)–6:8, I Corinthians 1:20–31 | 07/20/24 (Tamuz 14) |
| Pinchas | Phinehas | Numbers 25:10–29:40(30:1), Jeremiah 1:1–2:3, John 2:13–25 | 07/27/24 (Tamuz 21) |
| Matot (D) | Tribes | Numbers 30:1(2)–32:42, (see Massei), Matthew 5:33-37 | 08/03/24 (Tamuz 28) |

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| Massei (D) | Stages | Numbers 33:1–36:13, Jeremiah 2:4-28; 3:4; 4:1-2, Philippians 3:7-21, James 4:1–12 | 08/03/24 (Tamuz 28) |
| Devarim | Words | Deuteronomy 1:1–3:22, Isaiah 1:1–27, Acts 9:1-21, I Timothy 3:1–7 | 08/10/24 (Av 6) |
| Va'etchanan | And I Pleaded | Deuteronomy 3:23–7:11, Isaiah 40:1–26, Matthew 23-31-39, Mark 12:28–34 | 08/17/24 (Av 13) |
| Eikev | On the Heel Of | Deuteronomy 7:12–11:25, Isaiah 49:14–51:3, Romans 8:31–39 | 08/24/24 (Av 20) |
| Re'eh | See! | Deuteronomy 11:26–16:17, Isaiah 66:1–24, I John 4:1–6 | 08/31/24 (Av 27) |
| Shoftim | Judges | Deuteronomy 16:18–21:9, Isaiah 51:12–52:12, John 1:19-27, I Corinthians 5:9–13 | 09/07/24 (Elul 4) |
| Ki Tetze | When You Go Out | Deuteronomy 21:10–25:19, Isaiah 54:1–10, Matthew 5:27-30, I Corinthians 5:1-5 | 09/14/24 (Elul 11) |
| 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 | 09/21/24 (Elul 18) |
| Nitzavim (D) | You Are Standing | Deuteronomy 29:10(9)–30:20, Isaiah 61:10–63:9, Romans 1:1-18 & 9:30-10:13 | 09/28/24 (Elul 25) |
| Vayelech (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 | 09/28/24 (Elul 25) |
| 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 | 10/03/24 (Tishrei 1) |
| Ha'azinu | Give Ear | Deuteronomy 32:1–52, Hosea 14:2–10, Joel 2:11-27, Micah 7:18-20, Romans 10:14-11:12 | 10/05/24 (Tishrei 3) |
| 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 | 10/12/24 (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 | 10/17/24 (Tishrei 15) |
| Vezot ha'Berachah | And This is the Blessing | Deuteronomy 33:1–34:12 1Kings 8:54-66, Revelation 21:1-7 (Usually read together with Shemini Atzeret/Simchat Torah readings) | 10/19/24 (Tishrei 17) |
| Shemini Atzeret | The Eighth Day of Assembly | Numbers 29:35-30:1, 1Kings 8:54-66, Matthew 17:1-9, John 7:1-40, Romans 5:1-21, II Corinthians 13:11-12, Philippians 4:4-13 | 10/24/24 (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 | 10/25/24 (Tishrei 23) |