



Deborah's Messianic Min

Teaching - Training - Worship

Proclaiming The Way of Me

Three-Year Torah Reading Cycle

The Three Year Torah Reading Cycle found here is based on the Triennial Cycle as formulated by the following scholars: Charles Perrot, “The Reading of the Bible in the Ancient Synagogue” in Martin Mulder, ed., *Mikra* (Fortress, 1988), pp. 139ff; Cecil Roth, “Triennial Cycle” in *Encyclopedia Judaica* (Keter, 1971), 15.1386–1389; and Jacob Mann, *The Bible as Read and Preached in the Old Synagogue*, 2 vols. (KTAV, 1971), by Ben Zion Wacholder.

Passages from the Apostolic Scriptures (New Testament) have been added to accompany the weekly sections of the Torah and Prophets as listed in the Triennial Cycle. In choosing these readings from the Apostolic Scriptures, general themes or topics were considered to be the primary factor.

B’reisheet – *In the beginning*

Torah: Gen 1:1-6:8

Haftarah: Is 42:5-43:11(E), Is 42:5-42:21(H)

Apostolic: Rev 22:6-21

Commentary:

Gen 1:1-2:3 –

Gen 2:4-3:24 –

Gen 4:1-26 –

Gen 5:1-6:8 –

Noach – *Noah*

Torah: Gen 6:9-11:32

Haftarah: Is 54:1-55:5(E), Is 54:1-10(H)

Apostolic: Mat 24:36-46

Commentary:

Gen 6:9-7:24 –

Gen 8:1-14 –

Gen 8:15-9:17 –

Gen 9:18-10:32 –

Gen 11:1-32 –

Lech L’cha – *Go forth, yourself*

Torah: Gen 12:1-17:27

Haftarah: Is 40:27-41:16

Apostolic: Rom 4:1-25

Commentary:

Gen 12:1-13:18 –

Gen 14:1-24 –

Gen 15:1-21 –

Gen 16:1-16 –

Gen 17:1-27 –

Vayera – *and He appeared*

Torah: Gen 18:1-22:24

Haftarah: 2Ki 4:1-4:37(E), 2Ki 4:1-4:23(H)

Apostolic: Luk 1:26-38; 24:36-53

Commentary:

Gen 18:1-33 –

Gen 19:1-38 –

Gen 20:1-18 –

Gen 21:1-34 –

Gen 22:1-24 –

Chayei Sarah – *life of Sarah*

Torah: Gen 23:1-25:18

Haftarah: 1Ki 1:1-1:31

Apostolic: Mat 1:1-17

Commentary:

Gen 23:1-20 –

Gen 24:1-41 –

Gen 24:42-67 –

Gen 25:1-26:11 –

Tol’dot – *generations*

Torah: Gen 25:19-28:9

Haftarah: Mal 1:1-2:7

Apostolic: Rom 9:1-13

Commentary:

Gen 25:1-26:11 –

Gen 26:12-35 –

Gen 27:1-29 –

Gen 27:30-28:9 –

Vayeitze – and he went out

Torah: Gen 28:10-32:2[3]

Haftarah: Hos 12:13-14:10(E), Hos 11:7-12:12(H)

Apostolic: Joh 1:19-51

Commentary:

Gen 28:10-29:30 –

Gen 29:31-30:21 –

Gen 30:22-31:2 –

Gen 31:3-32:2 –

Vayishlach – and he sent

Torah: Gen 32:3[4]-36:43

Haftarah: Hos 11:7-12:12, Obadiah1:1-1:21

Apostolic: Heb 11:11-20

Commentary:

Gen 32:3-33:17 –

Gen 33:18-35:8 –

Gen 35:9-36:43 –

Vayeishev – and he settled

Torah: Gen 37:1-40:23

Haftarah: Amos 2:6-3:8

Apostolic: Mat 1:1-6, 16-25

Commentary:

Gen 37:1-36 –

Gen 38:1-30 –

Gen 39:1-23 –

Gen 40:1-23 –

Mikeitz – at the end of

Torah: Gen 41:1-44:17

Haftarah: 1Ki 3:15-4:1

Apostolic: Mat 27:15-46

Commentary:

Gen 41:1-37 –

Gen 41:38-42:17 –

Gen 42:18-43:23 –

Gen 43:24-44:17 –

Vayigash – and he drew near

Torah: Gen 44:18-47:27

Haftarah: Ezek 37:15-37:28

Apostolic: Luk 6:12-16

Commentary:

Gen 44:18-46:27 –

Gen 46:28-47:31 –

Vay'chi – and he lived

Torah: Gen 47:28-50:26

Haftarah: 1Ki 2:1-12

Apostolic: 1Pe 1:1-9

Commentary:

Gen 46:28-47:31 –

Gen 48:1-49:26 –

Gen 49:27-50:26 –

Sh'mot – names

Torah: Ex 1:1-6:1

Haftarah: Is 27:6-28:13

Apostolic: 1Co 14:13-25

Commentary:

Ex 1:1-2:25 –

Ex 3:1-4:13 –

Ex 4:14-6:1 –

Va'era – and I appeared

Torah: Ex 6:2-9:35

Haftarah: Ezek 28:25-29:21

Apostolic: Rev 16:1-21

Commentary:

Ex 6:2-7:18 –

Ex 7:19-8:19(E), Ex 7:19-8:15(H) –

Ex 8:20-9:35(E), Ex 8:16-9:35(H) –

Bo – enter

Torah: Ex 10:1-13:16

Haftarah: Jer 46:13-46:28

Apostolic: Rom 9:14-29

Commentary:

Ex 10:1-12:12 –

Ex 12:13-28 –

Ex 12:29-51 –

Ex 13:1-20 –

B'shalach – when he let go

Torah: Ex 13:17-17:16

Haftarah: Jud 4:4-5:31(E), Jud 5:1-5:31(H)

Apostolic: Rev 19:1-20:6

Commentary:

Ex 13:21-15:18 –

Ex 15:19-16:24 –

Ex 16:25-17:16 –

Yitro – Jethro

Torah: Ex 18:1-20:26[23]

Haftarah: Is 6:1-7:6; 9:5-9:6(E), Is 6:1-6:13(H)

Apostolic: Mat 5:8-20

Commentary:

Ex 18:1-20:26 –

Mishpatim – judgments

Torah: Ex 21:1-24:18

Haftarah: Jer 34:8-34:22; 33:25-33:26

Apostolic: Mat 17:1-11

Commentary:

Ex 21:1-22:24 –

Ex 22:25-23:33 –

Ex 24:1-18 –

T'rumah – offering

Torah: Ex 25:1-27:19

Haftarah: 1Ki 5:26-6:13

Apostolic: 2Co 9:1-15

Commentary:

Ex 25:1-26:30 –

Ex 26:31-27:19 –

T'tzaveh – you shall command

Torah: Ex 27:20-30:10

Haftarah: Ezek 43:10-43:27

Apostolic: Heb 13:10-16

Commentary:

Ex 27:20-28:43 –

Ex 29:1-46 –

Ex 30:1-10 –

Ki Tisa – when you elevate

Torah: Ex 30:11-34:35

Haftarah: 1Ki 18:1-18:39(E), 1Ki 18:20-18:39(H)

Apostolic: 2Co 3:1-18

Commentary:

Ex 30:11-38 –

Ex 31:1-32:14 –

Ex 32:15-34:26 –

Vayakel – and he assembled

Torah: Ex 35:1-38:20

Haftarah: 1Ki 7:40-7:50(E), 1Ki 7:13-7:26(H)

Apostolic: Heb 9:1-11

Commentary:

Ex 34:27-36:38 –

Ex 37:1-38:20 –

P'kudei – accountings of

Torah: Ex 38:21-40:38

Haftarah: 1Ki 7:51-8:21(E), 1Ki 7:40-7:50(H)

Apostolic: Heb 8:1-12

Commentary:

Ex 38:21-31 –

Ex 39:1-40:38 –

Vayikra – and He called

Torah: Lev 1:1-6:7[5:26]

Haftarah: Is 43:21-44:23

Apostolic: Heb 10:1-18

Commentary:

Lev 1:1-2:16 –

Lev 3:1-17 –

Lev 4:1-35 –

Lev 5:1-19 –

Lev 6:1-11(E), Lev 5:20-6:4(H) –

Tzav – command

Torah: Lev 6:8[1]-8:36

Haftarah: Jer 7:21-8:3; 9:22-9:23

Apostolic: Heb 9:11-28

Commentary:

Lev 6:12-7:38(E), Lev 6:5-7:38(H) –

Lev 8:1-36 –

Sh'mini – eighth

Torah: Lev 9:1-11:47

Haftarah: 2Sa 6:1-7:17(E), 2Sa 6:1-6:19(H)

Apostolic: Heb 7:1-19

Commentary:

Lev 9:1-11:47 –

Tazria – she bears seed

Torah: Lev 12:1-13:59

Haftarah: 2Ki 4:42-5:19

Apostolic: Luk 7:18-35

Commentary:

Lev 12:1-13:28 –

Lev 13:29-59 –

M'tzora – infected one

Torah: Lev 14:1-15:33

Haftarah: 2Ki 7:3-7:20

Apostolic: Mat 23:16-24:2, 30-31

Commentary:

Lev 14:1-57 –

Lev 15:1-33 –

Acharei Mot – after the death

Torah: Lev 16:1-18:30

Haftarah: Ezek 22:1-22:19(E), Ezek 22:1-22:16(H)

Apostolic: 1Co 6:9-20

Commentary:

Lev 16:1-34 –

Lev 17:1-16 –

Lev 18:1-30 –

K'doshim – holy ones

Torah: Lev 19:1-20:27

Haftarah: Amos 9:7-9:15, Ezek 20:2-20:20

Apostolic: Mat 5:43-48

Commentary:

Lev 19:1-20:27 –

Emor – say

Torah: Lev 21:1-24:23

Haftarah: Ezek 44:15-44:31

Apostolic: Luk 14:12-24

Commentary:

Lev 21:1-24 –

Lev 22:1-23:44 –

Lev 24:1-23 –

B'har – on the Mount

Torah: Lev 25:1-26:2

Haftarah: Jer 32:6-32:27

Apostolic: Luk 4:16-21

Commentary:

Lev 25:1-38 –

Lev 25:39-26:2 –

B'chukotai – in My status

Torah: Lev 26:3-27:34

Haftarah: Jer 16:19-17:14

Apostolic: Mat 22:1-14

Commentary:

Lev 26:3-27:34 –

B'midbar – in the Wilderness

Torah: Num 1:1-4:20

Haftarah: Hos 2:1-2:22

Apostolic: Rom 9:22-33

Commentary:

Num 1:1-2:13 –

Num 2:14-3:13 –

Num 3:14-4:16 –

Num 4:17-4:20 –

Naso – elevate

Torah: Num 4:21-7:89

Haftarah: Jud 13:2-13:25

Apostolic: Joh 12:20-36

Commentary:

Num 4:21-5:10 –

Num 5:11-31 –

Num 6:1-21 –

Num 6:22-7:89 –

B'ha'alot'cha – in your making go up

Torah: Num 8:1-12:16

Haftarah: Zech 2:14-4:7

Apostolic: Rev 11:1-19

Commentary:

Num 8:1-9:21 –

Num 9:22-10:36 –

Num 11:1-35 –

Num 12:1-16 –

Sh'lach l'cha – send for yourself

Torah: Num 13:1-15:41

Haftarah: Jos 2:1-2:24

Apostolic: Heb 3:7-4:1

Commentary:

Num 13:1-33 –

Num 14:1-45 –

Num 15:1-41 –

Korach – Korah**Torah:** Num 16:1-18:32**Haftarah:** 1Sa 11:14-12:22**Apostolic:** Act 5:1-11**Commentary:**

Num 16:1-50 —

Num 17:1-18:32(E), Num 17:16-18:32(H) —

Chukat – ordinance of**Torah:** Num 19:1-22:1**Haftarah:** Jud 11:1-11:33**Apostolic:** Joh 3:10-21**Commentary:**

Num 19:1-20:13 —

Num 20:14-22:1

Balak – Balak**Torah:** Num 22:2-25:9**Haftarah:** Mic 5:6-6:8**Apostolic:** Rom 11:25-32**Commentary:**

Num 22:2-40 —

Num 23:1-25:9 —

Pinchas – Phinehas**Torah:** Num 25:10-29:40[30:1]**Haftarah:** 1Ki 18:46-19:21**Apostolic:** Joh 2:13-25**Commentary:**

Num 25:10-26:51 —

Num 26:52-27:23 —

Num 28:1-29:40 —

Matot – tribes**Torah:** Num 30:1[2]-32:42**Haftarah:** Jer 1:1-2:3**Apostolic:** Act 9:1-22**Commentary:**

Num 30:1-31:54 —

Num 32:1-42 —

Mas'ei – journeys of**Torah:** Num 33:1-36:13**Haftarah:** Jer 2:4-28; 3:4(E), Jer 2:4-28; 4:1-4:2(H)**Apostolic:** Jam 4:1-12**Commentary:**

Num 33:1-56 —

Num 34:1-35:8 —

Num 35:9-36:13 —

D'varim – words**Torah:** Deu 1:1-3:22**Haftarah:** Is 1:1-1:27**Apostolic:** Act 7:51-8:4**Commentary:**

Deut 1:1-46 —

Deut 2:1-3:22 —

Va-etchanan – and I pleaded**Torah:** Deu 3:23-7:11**Haftarah:** Is 40:1-40:26**Apostolic:** Mat 23:31-39**Commentary:**

Deut 3:23-29 —

Deut 4:1-49 —

Deut 5:1-6:3 —

Deut 6:4-7:26 —

Ekev – as a result**Torah:** Deu 7:12-11:25**Haftarah:** Is 49:14-51:3**Apostolic:** Heb 11:8-13**Commentary:**

Deut 6:4-7:26 —

Deut 8:1-20 —

Deut 9:1-29 —

Deut 10:1-11:25 —

R'eih – see**Torah:** Deu 11:26-16:17**Haftarah:** Is 54:11-55:5**Apostolic:** Joh 7:37-52**Commentary:**

Deut 11:26-12:19 —

Deut 12:20-15:6 —

Deut 15:7-16:12 —

Shof'tim – judges

Torah: Deu 16:18-21:9

Haftarah: Is 51:12-52:12

Apostolic: Mat 3:1-17

Commentary:

Deut 16:13-22 –

Deut 17:1-20 –

Deut 18:1-20:9 –

Deut 20:10-21:9 –

Ki Teitzei – when you go out

Torah: Deu 21:10-25:19

Haftarah: Is 54:1-54:10

Apostolic: 1Cor 5:1-5

Commentary:

Deut 21:10-22:7 –

Deut 22:8-23:25 –

Deut 24:1-25:19 –

Ki Tavo – when you enter in

Torah: Deu 26:1-29:9[8]

Haftarah: Is 60:1-60:22

Apostolic: Luk 24:44-53

Commentary:

Deut 26:1-29:9 –

Nitzavim – you are standing

Torah: Deu 29:10[9]-30:20

Haftarah: Is 61:10-63:9

Apostolic: Joh 15:1-11

Commentary:

Deut 29:10-30:20 –

Vayelech – and he went

Torah: Deu 31:1-30

Haftarah: Is 55:6-56:8

Apostolic: Rom 10:1-17

Commentary:

Deut 31:1-13 –

Deut 31:14-30 –

Ha-azinu – give ear

Torah: Deu 32:1-52

Haftarah: 2Sa 22:1-22:51

Apostolic: Rom 10:17-11:12; 12:19; 15:9-10

Commentary:

Deut 32:1-52 –

V'zot – and this the blessing

Torah: Deu 33:1-34:12

Haftarah: Jos 1:1-1:18(E), Jos 1:1-1:9(H)

Apostolic: Rev 21:9-22:5

Commentary:

Deut 33:1-29 –

Deut 34:1-12, Gen 1:1 –