



Triennial Torah Cycle

Weekly scheduled portions will be interrupted by Feast Days.
See end of document for Feast Day Parashot.

| PARASHAH | WEEK | TORAH | HAFTORAH | BRIT HADESHAH |
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| <i>Beresbit</i> | Week 1 | Gen 1:1-2:3 | Is 40:21-31 | Col 1:1-23 |
| | Week 2 | Gen 2:4-3:24 | Ezek 28:11-26 | Rom 5:12-21 |
| | Week 3 | Gen 4:1-26 | Jer 1:1-19 | Rom 3:1-24 |
| | Week 4 | Gen 5:1-6:8 | Is 30:8-15 | Matt 23:1-39 |
| <i>Noach</i> | Week 5 | Gen 6:9-7:24 | Is 54:1-10 | 1 Pt 3:13-22 |
| | Week 6 | Gen 8:1-14 | Hab 3:1-15 | Rev 1:9-20 |
| | Week 7 | Gen 8:15-9:17 | Is 42:7-21 | 2 Tim 2:8-19 |
| | Week 8 | Gen 9:18-10:32 | Is 49:1-13 | Rev 5:1-14 |
| | Week 9 | Gen 11:1-32 | Is 28:1-16 | 1Cor 14:20-33 |
| <i>Lech-Lecha</i> | Week 10 | Gen 12:1-13:18 | Josh 24:3-18 | Heb 11:1-10 |
| | Week 11 | Gen 14:1-24 | Is 41:2-14 | Heb 7:1-19 |
| | Week 12 | Gen 15:1-21 | Zeph 3:8-20 | Rom 4:1-9 |
| | Week 13 | Gen 16:1-16 | Is 63:19-64:1 | Gal 4:21-31 |
| | Week 14 | Gen 17:1-27 | Jer 4:1-14 | Rom 4:10-25 |
| <i>Vayera</i> | Week 15 | Gen 18:1-33 | Jer 31:3-14 | Lk 8:40-56 |
| | Week 16 | Gen 19:1-38 | Is 17:14-18:7 | Lk 17:20-37 |
| | Week 17 | Gen 20:1-18 | Is 61:1-10 | Gal 3:15-29 |
| | Week 18 | Gen 21:1-34 | 1 Sam 2:21-28 | Matt 1:18-25 |
| | Week 19 | Gen 22:1-24 | Is 33:7-22 | Matt 27:27-66 |
| <i>Chayei Sara</i> | Week 20 | Gen 23:1-20 | 1 Ki 1:1-31 | Acts 7:1-18 |
| | Week 21 | Gen 24:1-41 | Judg 19:16-21 | Eph 5:15-33 |
| | Week 22 | Gen 24:42-67 | Is 12:3-14:2 | James 4:13-17 |
| | Week 23 | Gen 25:1-26:11 | 2 Sa 5:17-6:1 | Heb 12:14-29 |
| <i>Toldot</i> | Week 24 | Gen 26:12-35 | Is 65:23-66:8 | Rom 9:6-18 |
| | Week 25 | Gen 27:1-29 | Is 46:3-11 | Heb 11:17-22 |
| | Week 26 | Gen 27:30-28:9 | Mic 1:1; 5:1-15 | Rom 5:1-11 |
| <i>Vayetzei</i> | Week 27 | Gen 28:10-29:30 | Hos 12:1-14 | Eph 6:5-9 |
| | Week 28 | Gen 29:31-30:21 | Is 60:10-22 | Rom 11:25-36 |
| | Week 29 | Gen 30:22-31:2 | 1Sa 1:1-11 | Acts 13:16-41 |
| | Week 30 | Gen 31:3-32:3 | Jer 30:10-16 | James 4:1-12 |

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| <i>Vayishlach</i> | Week 31 | Gen 32:4-33:17 | Obad 1:1-15 | James 1:1-12 |
| | Week 32 | Gen 33:18-35:8 | Nah 1:12-2:5 | Matt 5:38-48 |
| | Week 33 | Gen 35:9-36:43 | Is 43:1-7 | Matt 11:25-30 |
| <i>Vayshev</i> | Week 34 | Gen 37:1-36 | Jer 38:1-13 | Matt 3:13-17 |
| | Week 35 | Gen 38:1-30 | Is 37:31-37 | Matt 1:1-17 |
| | Week 36 | Gen 39:1-23 | Is 52:13-53:12 | Acts 16:16-40 |
| | Week 37 | Gen 40:1-23 | Amos 1:3-15; 2:6 | Matt 5:1-16 |
| <i>Miketz</i> | Week 38 | Gen 41:1-37 | Is 29:1-16 | Rev 7:1-17 |
| | Week 39 | Gen 41:38-42:17 | Is 11:2-9 | Lk 9:46-48 |
| | Week 40 | Gen 42:18-43:23 | Is 50:10-52:11 | Rev 21:9-27 |
| | Week 41 | Gen 43:24-44:17 | Jer 42:7-17; 43:8-14 | Matt 6:19-24 |
| <i>Vayigash</i> | Week 42 | Gen 44:18-46:27 | Josh 14:6-15 | Lk 24:13-27 |
| | Week 43 | Gen 46:28-47:31 | Zech 10:6-11:7 | Jn 19:28-30 |
| <i>Vayechi</i> | Week 44 | Gen 48:1-49:26 | Ezek 37:15-28 | Jn 16:25-33 |
| | Week 45 | Gen 49:27-50:26 | Zech 14:1-11 | Lk 23:13-34 |
| <i>Shemot</i> | Week 46 | Ex 1:1-2:25 | Is 27:6-13 | Rm 16:1-2; Heb 11:23 |
| | Week 47 | Ex 3:1-4:13 | Is 40:11-19 | Acts 10:9-28 |
| | Week 48 | Ex 4:14-6:1 | Is 55:12-56:7 | Acts 7:35-37 |
| <i>Vaera</i> | Week 49 | Ex 6:2-7:17 | Ezek 28:25-29:21 | Acts 7:17-22 |
| | Week 50 | Ex 7:18-8:15 | Joel 3:9-21 | Rom 9:17-18 |
| | Week 51 | Ex 8:16-9:35 | Is 34:11-35:4 | Heb 12:14-17 |
| <i>Bo</i> | Week 52 | Ex 10:1-12:12 | Is 19:1-17 | Jn 1:29-34 |
| | Week 53 | Ex 12:13-28 | Jer 46:13-28 | Col 1:13-14 |
| | Week 54 | Ex 12:29-51 | Is 21:11-22:4 | 1 Thess 4:13-18 |
| | Week 55 | Ex 13:1-20 | 2 Ki 23:1-23 | Col 1:15-23 |
| <i>Beshalach</i> | Week 56 | Ex 13:21-15:18 | Jer 49:1-22 | Rom 8:1-14 |
| | Week 57 | Ex 15:19-16:24 | Is 45:18-25 | Jn 6:31-51 |
| | Week 58 | Ex 16:25-17:16 | Is 58:13-14 | Mk 2:27-28 |
| <i>Yitro</i> | Week 59 | Ex 18:1-20:26 | Is 61:1-6 | Lk 4:16-30 |
| <i>Mishpatim</i> | Week 60 | Ex 21:1-22:24 | Jer 34:1-14 | 1 Cor 6:9-11 |
| | Week 61 | Ex 22:25-23:33 | Is 49:1-6 | James 1:26-2:4 |
| | Week 62 | Ex 24:1-18 | Is 60:17-61:9; 1 Ki 7:40-50 | Matt 26:27-28 |

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|-------------------|-------------|----------------|--------------------------|--------------------------------|
| <i>Terumah</i> | Week 63 | Ex 25:1-26:30 | Is 66:1-2 | 1 Co 6:18-20 |
| | Week 64 | Ex 26:31-27:19 | Ezek 16:10-19 | Heb 8:1-6 |
| <i>Tetzaveh</i> | Week 65 | Ex 27:20-28:43 | Hos 14:4-9 | Heb 4:14-16 |
| | Week 66 | Ex 29:1-46 | Is 61:7-62:5 | Heb 2:14-18 |
| | Week 67 | Ex 30:1-11 | Mal 1:11-2:7 | Rev 8:1-5 |
| <i>Ki Tisa</i> | Week 68 | Ex 30:12-38 | 2Ki 12:1-16 | 2 Co 9:6-11 |
| | Week 69 | Ex 31:1-32:14 | Is 43:7-21 | Col 3:1-5 |
| | Week 70 | Ex 32:1-34:35 | 2 Sa 22:10-51 | Rom 9:14-16 |
| <i>Vayakhel</i> | Week 71 | Ex 35:1-36:38 | Jer 31:31-40 | 1 Co 12:1-13 |
| | Week 72 | Ex 37:1-38:20 | 1 Ki 8:8-22 | 1 Pt 2:4-10 |
| <i>Pekudei</i> | Week 73 | Ex 38:21-31 | Jer 30:18-22; Mal 3:4-24 | Rom 12:1-2 |
| | Week 74 | Ex 39:1-40:38 | Is 33:20-34:8 | Eph 2:17-22 |
| <i>Vayikra</i> | Week 75 | Lev 1:1-2:16 | Is 48:12-49:3 | Eph 5:1-10 |
| | Week 76 | Lev 3:1-17 | Is 43:21-28 | James 1:13-15 |
| | Week 77 | Lev 4:1-35 | Ezek 18:1-18 | Rev 5:6-10 |
| | Week 78 | Lev 5:1-19 | Zech 5:3-6:15 | James 5:16-20 Matt 18:15-17 |
| <i>Tzav</i> | Week 79 | Lev 6:1-11 | Jer 7:21-28 | 1 Pt 2:21-25 |
| | Week 80 | Lev 6:12-7:38 | Mal 3:4-12 | Lk 6:46-49 |
| | Week 81 | Lev 8:1-36 | Ezek 43:27-44:8 | Heb 7:26-28 |
| <i>Shmini</i> | Week 82 | Lev 9:1-11:47 | 1 Ki 8:56-58 | Mk 7:9-23 |
| <i>Tazria</i> | Week 83 | Lev 12:1-13:28 | Is 66:7-13 | Jude 1:17-23 |
| | Week 84 | Lev 13:29-59 | 2 Ki 5:1-19 | Lk 5:12-15 |
| <i>Metzora</i> | Week 85 | Lev 14:1-57 | 2 Ki 7:1-20 | Lk 17:11-19 |
| | Week 86 | Lev 15:1-33 | Hos 6:1-9 | Matt 23:25-26 |
| <i>Achrei Mot</i> | Week 87 | Lev 16:1-34 | Is 60:15-22 | Tit 3:4-7 |
| | Week 88 | Lev 17:1-16 | Is 66:1-11 | Jn 6:52-59 |
| | Week 89 | Lev 18:1-30 | Ezek 22:1-12 | Rom 1:21-32 |
| <i>Kedoshim</i> | Week 90 | Lev 19:1-20:27 | Amos 9:7-15 | Eph 4:17-24 |
| <i>Emor</i> | Week 91 | Lev 21:1-24 | Ezek 44:15-31 | Lk 11:30-44 |
| | Week 92 | Lev 22:1-23:44 | Ezek 44:15-31 | Col 2:16-17 |
| | Week 93 | Lev 24:1-23 | Hos 14:1-9 | James 3:8-10 |

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| <i>Behar</i> | Week 94 | Lev 25:1-38 | Jer 11:14-23 | Matt 5:38-42 |
| | Week 95 | Lev 25:39-26:2 | Is 24:1-6 | Jn 13:12-20 |
| <i>Bechukotai</i> | Week 96 | Lev 26:3-27:34 | Jer 16:19-21 | Lk 9:57-62 |
| <i>Bamidbar</i> | Week 97 | Num 1:1-2:13 | Hos 2:1-23 | Lk 15:1-7 |
| | Week 98 | Num 2:14-3:13 | Hos 2:1-23 | Lk 15:1-7 |
| | Week 99 | Num 3:14-4:16 | Is 43:8-13 | Eph 4:11-16 |
| | Week 100 | Num 4:17-4:20 | 1Sa 6:10-16 | Heb 9:24-28 |
| <i>Nasso</i> | Week 101 | Num 4:21-5:10 | Jud 13:2-25 | 1 Co 12:12-18 |
| | Week 102 | Num 5:11-31 | Hos 4:11-19 | Eph 5:25-33 |
| | Week 103 | Num 6:1-21 | Jud 13:2-14 | Acts 21:17-26 |
| | Week 104 | Num 6:22-7:89 | Jer 31:21-34 | 1Co 6:18-20 |
| <i>Beha'alotcha</i> | Week 105 | Num 8:1-9:21 | Zech 4:2-14 | Rom 8:12-17 |
| | Week 106 | Num 9:22-10:36 | Is 27:7-13 | Rev 8:1-6 |
| | Week 107 | Num 11:1-35 | Jud 6:1-16 | Matt 6:25-30 |
| | Week 108 | Num 12:1-16 | Is 59:1-2 | Jn 1:17-18 |
| <i>Sh'lach</i> | Week 109 | Num 13:1-33 | Josh 2:1-24 | Eph 6:10-18 |
| | Week 110 | Num 14:1-45 | Is 52:7-10 | Heb 11:1-3 |
| | Week 111 | Num 15:1-41 | Is 56:1-8 | Gal 3:24-29 |
| <i>Korach</i> | Week 112 | Num 16:1-50 | 1 Sa 11:1-15 | Jude 1:10-21 |
| | Week 113 | Num 17:1-18:32 | Ezek 44:15-28 | Heb 5:1-6 |
| <i>Chukat</i> | Week 114 | Num 19:1-20:13 | Ezek 44:29-31 | Matt 6:19-24 |
| | Week 115 | Num 20:14-22:1 | Obadiah 1:1-5 | Jn 3:14-17 |
| <i>Balak</i> | Week 116 | Num 22:2-40 | Mic 7:16-20 | 1 Pt 5:5-7 |
| | Week 117 | Num 23:1-25:9 | Is 49:23-26 | Jn 10:27-30 |
| <i>Pinchas</i> | Week 118 | Num 25:10-26:51 | Mal 2:1-9 | Jn 3:31-36 |
| | Week 119 | Num 26:52-27:23 | Josh 17:1-6 | Jn 10:7-18 |
| | Week 120 | Num 28:1-30:1 | Ezek 45:13-20 | Heb 9:11-14 |
| <i>Matot</i> | Week 121 | Num 30:2-31:54 | Jer 4:1-4 | Matt 5:33-37 |
| | Week 122 | Num 32:1-42 | Josh 22:7-9 | Heb 10:26-31 |
| <i>Masei</i> | Week 123 | Num 33:1-56 | Is 1:16-2:6 | Eph 6:10-18 |
| | Week 124 | Num 34:1-35:8 | Ezek 45:1-8 | Col 1:13-14 |
| | Week 125 | Num 35:9-36:13 | Josh 20:1-6 | Rom 8:1-8 |

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| <i>Devarim</i> | Week 126 | Deut 1:1-46 | Jer 30:4-11 | Heb 3:7-19 |
| | Week 127 | Deut 2:1-3:22 | Hab 3:8-19 | Rev 19:11-21 |
| <i>Vaetchanan</i> | Week 128 | Deut 3:23-29 | Jer 32:16-23 | Jn 5:28-29 |
| | Week 129 | Deut 4:1-49 | Jer 20:4-11 | Heb 3:7-19 |
| | Week 130 | Deut 5:1-6:3 | Josh 1:1-9 | Matt 5:17-20 |
| | Week 131 | Deut 6:4-7:26 | Zech 14:1-9 | Mk 12:28-34 |
| <i>Eikev</i> | Week 132 | Deut 8:1-20 | Jer 9:22-26 | Jn 15:8-10 |
| | Week 133 | Deut 9:1-29 | Jer 2:1-13 | Jms 4:1-10 |
| | Week 134 | Deut 10:1-11:25 | 2 Ki 13:22-25 | 1 Thess 1:8-9 |
| <i>Re'eh</i> | Week 135 | Deut 11:26-12:19 | Is 54:11-55:6 | 1 Tim 6:13-16 |
| | Week 136 | Deut 12:20-15:6 | Is 54:2-8 | Col 3:5-11 |
| | Week 137 | Deut 15:7-16:12 | Is 61:1-3 | 1Co 5:7-8 |
| | Week 138 | Deut 16:13-17 | Mic 6:6-8 | Jn 7:14-24 |
| <i>Shoftim</i> | Week 139 | Deut 16:18-17:20 | 1 Sa 8:1-9 | Acts 13:21-23 |
| | Week 140 | Deut 18:1-20:9 | Jer 29:8-14 | Acts 3:22-26; Heb 12:25-29 |
| | Week 141 | Deut 20:10-21:9 | Josh 24:1-15 | 1Jn 2:15-17 |
| <i>Ki Teitzei</i> | Week 142 | Deut 21:10-22:7 | Is 54:1-10 | Gal 3:11-14 |
| | Week 143 | Deut 22:8-23:25 | Is 1:16-26 | Eph 5:3-14 |
| | Week 144 | Deut 24:1-25:19 | Hos 10:11-11:11 | Tit 2:11-14 |
| <i>Ki Tavo</i> | Week 145 | Deut 26:1-29:9 | Is 60:1-22 | Col 3:1-17 |
| <i>Nitzavim</i> | Week 146 | Deut 29:10-30:20 | Is 55:6-58:8; Mic 7:18-20 | Rom 10:1-15 |
| <i>Va'yelech</i> | Week 147 | Deut 31:1-13 | Is 48:17-19 | 2 Ti 3:12-17 |
| | Week 148 | Deut 31:14-30 | 1 Ki 2:1-12 | 1 Tim 4:6-8 |
| <i>Ha'azinu</i> | Week 149 | Deut 32:1-52 | Hab 3:8-19 | Rev 15:1-8 |
| <i>Vezot</i> | Week 150 | Deut 33:1-29 | Josh 1:1-18 | |
| <i>ha'Bracha</i> | Week 151 | Deut 34:1-12; Gen 1:1 | Is 2:1-4 | 1 Pt 1:22-25 |

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| <i>Chanukkah</i> | Num 7:18-29 | Zech 2:14-4:7 | Jn 10:22-47 |
| <i>Purim</i> | Ex 17:8-16 | Ester | |
| <i>Passover/ Unleavened Bread</i> | Ex 12:21-51; Num 28:16-26 | Josh 3-6; Ez 37:1-14 | I Cor 5:1-8 |
| <i>Shavuot</i> | Ex 19:1-20:23; Num 28:26-31; Deut 15:19-16:17 | Ezek 1:1-28; 3:12; Hab 2:20-3:19 | Acts 2:1-47 |
| <i>Tisha B'Av</i> | Deut 4:25-40 | Lamentations; Jer 8:13-9:23 | |
| <i>Yom Teruah</i> | Gen 21:1-34; Num 29:1-6 | 1 Sa 1:1-10 | 1 Thess 4:1-18 |
| <i>Yom Kippur</i> | Lev 16:1-30; Num 29:7-11 | Is 57:14-58:14 | Heb 9:1-14 |
| <i>Sukkot Day 1/ High Sabbath</i> | Lev 22:26-23:44; Num 29:12-16 | Zech 14:1-21 | John 1:1-18 |
| <i>Sukkot Sabbath</i> | Ex 33:12-34:26 | Ezek 38:18-39:16 | Jn 7:1-13 |
| <i>Sukkot Day 8/ Shemini Atzeret</i> | Deut 14:22-16:17; Num 29:35-30:1 | 1 Kin 8:54-66 | |



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