



TORAH

PORTIONS

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



TORAHPORTIONS.ORG

5786 / 2025–2026

GENESIS / B'REISHEET | בראשית

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

EXODUS / SHEMOT | שמות

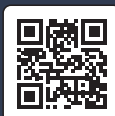
13	SHEMOT	10 JAN. '26	21 TEVET	EXO. 1:1–6:1	ISA. 27:6–28:13, 29:22–23	MT. 2:1–12
14	VA'ERA	17 JAN. '26	28 TEVET	EXO. 6:2–9:35	EZE. 28:25–29:21	LK. 11:14–22
15	BO	24 JAN. '26	6 SHEVAT	EXO. 10:1–13:16	JER. 46:13–28	JN. 19:31–37
16	BESHALACH	31 JAN. '26	13 SHEVAT	EXO. 13:17–17:16	JDG. 4:4–5:31	MT. 14:22–33
17	YITRO	7 FEB. '26	20 SHEVAT	EXO. 18:1–20:23(26)*	ISA. 6:1–7:6, 9:5–6(6–7)*	MT. 19:16–26
18	MISHPATIM	14 FEB. '26	27 SHEVAT	EXO. 21:1–24:18	2 KGS. 12:1–17(11:21–12:16)*	MT. 17:22–27
19	TERUMAH	21 FEB. '26	4 ADAR	EXO. 25:1–27:19	1 KGS. 5:26(12)–6:13*	MK. 12:35–44
20	TETZAVEH	28 FEB. '26	11 ADAR	EXO. 27:20–30:10	1 SAM. 15:2–34	MK. 6:14–29
21	KI TISA	7 MAR. '26	18 ADAR	EXO. 30:11–34:35	EZE. 36:16–38	JN. 11:47–56
22–23	VAYAK'HEL–PEKUDEI	14 MAR. '26	25 ADAR	EXO. 35:1–40:38	EZE. 45:16–46:18	LK. 22:1–13



My Meditations Journal

A beautifully crafted hardcover journal for weekly Torah study and reflection. Each of the 54 portions features a full-color cover, thoughtful commentary, and “Living the Lesson” prompts that encourage real-life application.

PREVIEW & PURCHASE
Scan the QR code for more
information.



LEARN MORE
ffoz.org/journal

LEVITICUS / VAYIKRA ויקרא						
#	NAME	DATE	HEB. DATE	TORAH	HAFTARAH	GOSPEL
24	VAYIKRA	21 MAR. '26	3 NISAN	LEV. 1:1–5:26(6:7)*	ISA. 43:21–44:23	MT. 5:23–30
25	TZAV	28 MAR. '26	10 NISAN	LEV. 6:1(8)–8:36*	MAL. 3:4–24(4:6)*	MT. 17:9–13
29–30	PESACH I	2 APR. '26	15 NISAN	EXO. 12:21–51	JOSH. 3:5–7, 5:2–6:1, 6:27	JN. 19:31–20:1
	PESACH II	3 APR. '26	16 NISAN	LEV. 22:26–23:44	2 KGS. 23:1–9, 21–25	MK. 16:1–8
	PESACH VII	8 APR. '26	21 NISAN	EXO. 13:17–15:26	2 SAM. 22:1–51	JN. 20:1–14
	PESACH VIII	9 APR. '26	22 NISAN	DEUT. 15:19–16:17	ISA. 10:32–12:6	JN. 20:15–20
	SH'MINI	11 APR. '26	24 NISAN	LEV. 9:1–11:47	2 SAM. 6:1–7:17	MT. 3:11–17
27–28	TAZRIA–METZORA	18 APR. '26	1 IYYAR	LEV. 12:1–15:33	ISA. 66:1–24	MK. 9:40–50
29–30	ACHAREI MOT–KEDOSHIM	25 APR. '26	8 IYYAR	LEV. 16:1–20:27	AMOS 9:7–15	MK. 12:28–34
31	EMOR	2 MAY '26	15 IYYAR	LEV. 21:1–24:23	EZE. 44:15–31	MT. 26:59–66, 26:64
32–33	BEHAR–BECHUKOTAI	9 MAY '26	22 IYYAR	LEV. 25:1–27:34	JER. 16:19–17:14	MT. 16:20–28

NUMBERS / BAMIDBAR במדבר						
34	BAMIDBAR	16 MAY '26	29 IYYAR	NUM. 1:1–4:20	1 SAM. 20:18–42	MT. 24:29–36
35	SHAVU'OT I	22 MAY '26	6 SIVAN	EXO. 19:1–20:23	EZE. 1:1–28, 3:12	ACTS 2:1–21
	SHAVU'OT II	23 MAY '26	7 SIVAN	DEUT. 14:22–16:17	HAB. 3:1–19	ACTS 2:21–42
	NASSO	30 MAY '26	14 SIVAN	NUM. 4:21–7:89	JDG. 13:2–25	LK. 1:11–20
36	BEHA'ALOTCHA	6 JUN. '26	21 SIVAN	NUM. 8:1–12:16	ZEC. 2:14(10)–4:7*	MT. 14:14–21
37	SHELACH	13 JUN. '26	28 SIVAN	NUM. 13:1–15:41	JOSH. 2:1–24	MT. 10:1–14
38	KORACH	20 JUN. '26	5 TAMMUZ	NUM. 16:1–18:32	1 SAM. 11:14–12:22	MT. 26:13–24
39–40	CHUKAT–BALAK	27 JUN. '26	12 TAMMUZ	NUM. 19:1–25:9	MIC. 5:6(7)–6:8*	MT. 21:1–11
41	PINCHAS	4 JUL. '26	19 TAMMUZ	NUM. 25:10–30:1(29:40)*	JER. 1:1–2:3	LK. 13:1–10
42–43	MATTOT–MASSEI	11 JUL. '26	26 TAMMUZ	NUM. 30:2(1)–36:13*	JER. 2:4–28, 3:4	MK. 11:12–25

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

