

DAILY BREAD

A Messianic One-Year Bible Reading Journal

5786 / 2025-2026

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Hebrew cover text (Classic Edition):

אֶת־לֶחֶם חֲקֵנוּ תֵן־לָנוּ הַיּוֹם
Et lechem chukenu ten lanu ha-yom.
Give us this day our daily bread.

— Matthew 6:11

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~Introduction~

It is a great blessing to have a daily, balanced diet from the Word of God, and to read through the entire Bible in a year. The Master said: “It is written: ‘Man shall not live on bread alone, but on every word that proceeds out of the mouth of God’” (Matt. 4:4, Deut. 8:3). As disciples of Messiah, we need to study the Scriptures in a disciplined way. Therefore it is our great joy to publish *Daily Bread: A Messianic One-Year Bible Reading Journal*.

The Bible has come to us from the Jewish people. DAILY BREAD’s one-year Bible reading plan is unique in several ways: (1) it follows the same Jewish division of the Scriptures that Messiah and the Apostles were familiar with; (2) it takes you through a portion from each section every day; (3) it follows the same text portions that all of Israel studies each week; (4) it complements these with the rest of the biblical text; (5) it includes a generous amount of information about the Jewish calendar, the Feasts, and what has happened in the history of Israel on different days.

The Jewish division of the Hebrew Bible (OT) is the same as the one found in Luke 24:44. Every day, except Sabbaths and holidays (see below), DAILY BREAD takes you through:

- one portion from the Torah (the Five Books of Moses);
- one portion from the Prophets;
- one portion from the Writings;
- one portion from the Apostles (NT).

We have included an optional track of readings in parentheses for anyone who wishes to read through the Apostolic Scriptures (NT) twice a year. Those who wish to follow this optional track and study

the Gospels with the Epistles every day, simply add the apostolic reading in parentheses ().

The weekly Torah portion is called the *Parashah* and is read in every synagogue all over the world each Sabbath. The Apostles encouraged disciples who were not Jewish to follow the synagogue's Scripture readings (see Acts 15:21). The weekly Torah portion is divided into seven shorter *aliyot* (plural), which constitute the daily Torah reading in this Bible reading plan. On the Sabbath, the seventh *aliyah* is read, together with the accompanying portion from the Prophets, called the *Haftarah* (see Luke 4:16). DAILY BREAD also adds suggested Messianic readings from the Apostles on Sabbaths and Holidays.

In the Jewish Bible, the books of the Prophets include: Joshua, Judges, Samuel I & II, and Kings I & II, followed by Isaiah, Jeremiah, Ezekiel, and the twelve shorter Prophets. (Note that the entire Book of Jonah is read on the Day of Atonement.) The Writings start with Psalms, followed by Proverbs, Job, and the five Scrolls which are read on special occasions: Song of Songs (Passover), Ruth (Feast of Weeks), Lamentations (9th of Av), Ecclesiastes (Tabernacles), and Esther (Purim). After these come: Daniel, Ezra, Nehemiah, and Chronicles I & II.

The composition of the Apostolic Scriptures (NT) is somewhat different in the East around the Land of Israel. In this earlier, Greek, manuscript tradition, the letters of Jacob (James), Peter, John, and Judah (Jude) follow directly after the Book of Acts. Paul writes in Galatians that "James, Cephas and John, those esteemed as pillars," were apostles before him in Jerusalem (Gal. 2:9, 1:17). Then come the letters of Paul, Hebrews, and the Book of Revelation.

We recommend reading all the daily Scripture portions early in the morning. If time does not allow, read the rest in the evening. Alternatively, you can read two portions in the morning and two in the evening. If you fall behind, you can catch up on the Sabbath, but a disciplined daily reading of the Word is best.

On each page in the journal you will find the Gregorian date, the Hebrew date, the Bible reading portions for the day, information about special events on the Hebrew calendar, and also the name of the Torah text for the week at the bottom of the page. Some days will have information about what happened in the Bible or in history on that specific day. On the empty lines, you can record what speaks to you from the Scriptures, prayer subjects, answers to prayer, etc.

We hope that you will be richly blessed by DAILY BREAD in your daily walk with the Master.

~ Blessings ~

Torah studies (all Scripture included) is of even higher importance than prayer and should be done daily. Since it is a commandment (see Dt. 6:6–7) and a spiritual undertaking, it is customary in Israel to first pray and bless God before reading. These blessings are considered to cover all Scripture reading and studies for the rest of the day.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו
לעסוק בדברי תורה. והערב נא יי אלהינו את דברי תורתך בפנינו,
ובפי עמך בית ישראל, ונהיה אנחנו וצאצאינו, וצאצאי עמך בית
ישראל, כלנו יודעי שמך, ולומדי תורתך לשמה. ברוך אתה יי,
המלמד תורה לעמו ישראל.

Blessed are you, LORD our God, King of the universe, who has sanctified us with his commandments and has commanded us to engage in study of the words of Torah. Please, LORD our God, make the words of your Torah sweet in our mouth, and in the mouth of your people, the house of Israel. May we and our descendants, and the descendents of your people, the house of Israel, all know your name and study your Torah for its own sake. Blessed are you, LORD, who teaches Torah to his people Israel.

The Apostle Shaul Paul writes, "Then what advantage has the Jew? Or what is the benefit of circumcision? Great in every respect. First of all, that they were entrusted with the oracles of God" (Rom. 3:1–2).

Jews therefore pray:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are you, LORD our God, King of the universe, who has chosen us from all peoples and given us his Torah. Blessed are you, LORD, giver of the Torah.

For all believers in Messiah:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נוֹתַן תּוֹרַת אֱמֶת
וּבִשְׂוֹרַת יְשׁוּעָה לְעַמּוֹ יִשְׂרָאֵל וּלְכָל הָעַמִּים עַל־יְדֵי בְּנוֹ יְשׁוּעַ
הַמְּשִׁיחַ אֲדֹנָינוּ.

Blessed are you, LORD our God, King of the universe, who gives the Torah of truth and the good news of salvation to his people Israel and to all peoples through his Son, Yeshua the Messiah, our Master.

~ The Holy Books ~

Below are the books of Holy Scripture arranged according to the Jewish, Messianic tradition used in *Daily Bread*.

TORAH

- ‡ Genesis
- ‡ Exodus
- ‡ Leviticus
- ‡ Numbers
- ‡ Deuteronomy

PROPHETS

- ‡ Joshua
- ‡ Judges
- ‡ Samuel I & II
- ‡ Kings I & II
- ‡ Isaiah
- ‡ Jeremiah
- ‡ Ezekiel
- ‡ The Twelve
 - I. Hosea
 - II. Joel
 - III. Amos
 - IV. Obadiah
 - V. Jonah
 - VI. Micah
 - VII. Nahum
 - VIII. Habakkuk

- IX. Zephaniah
- X. Haggai
- XI. Zechariah
- XII. Malachi

WRITINGS

- ‡ Psalms
- ‡ Proverbs
- ‡ Job
- ‡ Song of Songs
- ‡ Ruth
- ‡ Lamentations
- ‡ Ecclesiastes
- ‡ Esther
- ‡ Daniel
- ‡ Ezra-Nehemiah
- ‡ Chronicles I & II

APOSTLES

- ‡ Matthew
- ‡ Mark
- ‡ Luke
- ‡ John

- ‡ Acts
- ‡ Jacob (James)
- ‡ 1 Peter
- ‡ 2 Peter
- ‡ 1 John
- ‡ 2 John
- ‡ 3 John
- ‡ Judah (Jude)
- ‡ Romans
- ‡ 1 Corinthians
- ‡ 2 Corinthians
- ‡ Galatians
- ‡ Ephesians
- ‡ Philippians
- ‡ Colossians
- ‡ 1 Thessalonians
- ‡ 2 Thessalonians
- ‡ 1 Timothy
- ‡ 2 Timothy
- ‡ Titus
- ‡ Philemon
- ‡ Hebrews
- ‡ Revelation

~ Torah Portions ~

Below is an overview of each weekly Torah portion, called the *Parashah*, which is read in every synagogue around the world each Sabbath (see Acts 15:21). It is read together with the accompanying portion from the Prophets, called the *Haftarah* (see Lk. 4:16). Included below are suggested selections from the Apostles. These standard readings may change for special Sabbaths or holidays.

BERESHEET / GENESIS

NAME	MEANING	TORAH	HAFTARAH	APOSTLES
BERESHEET	In the beginning	Genesis 1:1–6:8	Isa. 42:5–43:10	Jn. 1:1–17 Ro. 1:18–32
NOACH	Noah	6:9–11:32	Isa. 54:1–55:5	Lk. 17:20–27 2 Pet. 3:1–14
LECH LECHA	Go forth	12–17	Isa. 40:27–41:16	Ro. 4:1–12 Jn. 8:51–58
VAYERA	He appeared	18–22	2 Ki. 4:1–37	Heb. 11:8–19
CHAYEI SARAH	Sarah's life	23:1–25:18	1 Ki. 1:1–31	Gal. 4:21–31
TOLDOT	Generations	25:19–28:9	Mal. 1:1–2:7	Ro. 9:1–16
VAYETZE	He went out	28:10–32:2[3]	Hos. 12:12[13]–14:9[10]	Jn. 1:43–51
VAYISHLACH	He sent	32:3[4]–36:43	Hos. 11:7–12:11[12]	Mt. 2:13–23
VAYESHEV	He settled	37–40	Am. 2:6–3:8	Acts 7:9–16
MIKETZ	At the end	41:1–44:17	1 Ki. 3:15–4:1	Phil. 2:1–11
VAYIGASH	He drew near	44:18–47:27	Eze. 37:15–28	Acts 3:11–26
VAYECHI	He lived	47:28–50:26	1 Ki. 2:1–12	Rev. 7:1–8

SHMOT / EXODUS

SHMOT	Names	Exodus 1:1–6:1	Isa. 27:6–28:13; 29:22–23	Acts 7:17–37
VA'ERA	I appeared	6:2–9:35	Eze. 28:25–29:21	Rev. 16:1–7
BO	Come	10:1–13:16	Jer. 46:13–28	Mt. 26:17–29
BESHALACH	When he sent	13:17–17:16	Judges 4:4–5:31	Rev. 19:11–21
YITRO	Jethro	18–20	Isa. 6:1–7:6; 9:6–7[5–6]	Mt. 5:13–20
MISHPATIM	Judgments	21–24	Jer. 34:8–22; 33:25–26	1 Tim. 6
TRUMAH	Heave offering	25:1–27:19	1 Ki. 5:12[26]– 6:13	Heb. 8:1–6
TETZAVEH	You shall command	27:20–30:10	Eze. 43:10–27	1 Pet. 2:4–10
KI TISA	When you count	30:11–34:35	1 Ki. 18:1–39	2 Cor. 3
VAYAK'HEL	He assembled	35:1–38:20	1 Ki. 7:40–50	2 Cor. 9
PEKUDEI	Countings	38:21–40:38	1 Ki. 7:51–8:21	Eph. 2:13–22

VAYIKRA / LEVITICUS

VAYIKRA	He called	Leviticus 1– 6:7[5:26]	Isa. 43:21–44:23	Heb. 13:10–16
TZAV	Command	6:8[1]–8:36	Jer. 7:21–8:3; 9:23–24[22–23]	1 Jn. 1:5–2:2
SHMINI	Eighth	9–11	2 Sam. 6:1–7:17	Acts 5:1–11
TAZRIA	She will conceive	12–13	2 Ki. 4:42–5:19	Lk. 2:22–40
METZORA	Leper	14–15	2 Ki. 7:3–20	Mk. 5:24–34

ACHAREI MOT	After the death	16–18	Amos 9:7–15	Heb. 7:22–28
KEDOSHIM	Holy	19–20	Eze. 22:1–16	Acts 15:12–21
EMOR	Speak	21–24	Eze. 44:15–31	Col. 2:16–3:4
BEHAR	On the mountain	25:1–26:2	Jer. 32:6–27	Lk. 4:14–30
BECHUKOTAI	In my statutes	26:3–27:34	Jer. 16:19–17:14	Jn. 14:15–27

BAMIDBAR / NUMBERS

BAMIDBAR	In the wilderness	Numbers 1:1–4:20	Hos. 1:10–2:20 [2:1–22]	1 Cor. 12:12–27
NASSO	Take up	4:21–7:89	Judges 13:2–25	Acts 21:17–26; 24:14–18
BEHA'ALOTCHA	When you set up	8–12	Zec. 2:14[10]–4:7	Eph. 5:8–20
SHLACH	Send	13–15	Jos. 2:1–24	Heb. 3:7–4:13
KORACH	Korah	16–18	1 Sam. 11:14–12:22	1 Thess. 5:12–22 Judah (Jude) 1
CHUKAT	Statute	19:1–22:1	Judges 11:1–33	Jn. 3:1–18
BALAK	Balak	22:2–25:9	Micah 5:7[6]–6:8	2 Pet. 2
PINCHAS	Phinehas	25:10–29:40[30:1]	1 Ki. 18:46–19:21	1 Cor. 6:9–20
MATTOT	Tribes	30:1[2]–32:42	Jer. 1:1–2:3	Mt. 5:33–37
MASSEI	Journeys	33–36	Jer. 2:4–28; 3:4	Jas. 4:1–12

DVARIM / DEUTERONOMY

DVARIM	Words	Deuteronomy 1:1–3:22	Isa. 1:1–27	Mt. 3:1–12
VA'ETCHANAN	I pleaded	3:23–7:11	Isa. 40:1–26	Mt 4:1–11

EKEV	Consequence	7:12–11:25	Isa. 49:14–51:3	Jas. 5:7–11
RE'EH	See	11:26–16:17	Isa. 54:11–55:5	Rev. 21:9–27
SHOFTIM	Judges	16:18–21:9	Isa. 51:12–52:12	1 Pet. 1:3–13
KI TETZE	When you go out	21:10–25:19	Isa. 54:1–10	Ro. 8:18–30 Lk 20:27–38
KI TAVO	When you come in	26:1–29:9[8]	Isa. 60:1–22	Ro. 8:31–39 Ro. 11:1–15
NITZAVIM	Standing	29:10[9]–30:20	Isa. 61:10–63:9	Ro. 9:30–10:13
VAYELECH	He went	31	Hos. 14:1–9[2-10] Micah 7:18–20 Joel 2:15–27	Lk. 12:35–44
HA'AZINU	Listen	32	2 Sam. 22:1–51	Rev. 15:1–4
VEZOT HABRACHA	This is the blessing	33–34	Jos. 1:1–18	Lk. 24:44–53

Portions linked with a dotted line may be read together as a double portion, depending on if it is a leap year or not.

~ The Biblical Year ~

Below are the months and holy days of the biblical, Jewish calendar used in *Daily Bread*.

	MONTH	APROX. ROMAN	EVENTS
1	NISAN	Mar.–April	Passover, Unleavened Bread, First Fruits
2	IYAR	April–May	
3	SIVAN	May–June	Weeks (Pentecost)
4	TAMUZ	June–July	Fast of Tamuz
5	AV	July–Aug.	Fast of Av
6	ELUL	Aug.–Sep	
7	TISHREI	Sep.–Oct.	Trumpets, Fast of Gedaliah, Day of Atonement, Tabernacles
8	CHESHVAN	Oct.–Nov.	
9	KISLEV	Nov.–Dec.	Hanukkah
10	TEVET	Dec.–Jan.	Fast of Tevet
11	SHVAT	Jan.–Feb.	
12	ADAR	Feb.–Mar.	Fast of Esther, Purim
13	<i>Adar I</i>	<i>A leap-month added 7 years out of a 19-year cycle (years 3, 6, 8, 11, 14, 17, and 19)</i>	

HOLY DAYS

DATE	EVENT	BIBLICAL REFERENCES
Nisan 14	PESACH (PASSOVER)	Ex. 12; Lev. 23:5; Num. 9:2f; 28:16; Dt 16:1f; Jos. 5:10; Eze. 45:21; Ezer. 6:19; 2 Chr. 30:1f; 35:17; Mt. 26:2f; Mk. 14:1f; Lk. 2:41; 22:1f; Jn. 2:13; 6:4; 11:55; 18:28f; 1 Cor. 5:7; Heb. 11:28
Nisan 15–21	CHAG HAMATZOT (UNLEAVENED BREAD)	Ex. 12:15f; 23:15; 34:18; Lev. 23:6; Num. 9:11; Dt. 16:3f; Jos. 5:11; Eze. 45:21; Ezra 6:22; 2 Chr. 8:13; 30:13f; 35:17; Mt. 26:17; Mk. 14:1; 14:12; Lk. 22:1f; Acts 12:3; 20:6; 1 Cor. 5:7
Nisan 16	BIKURIM/OMER (FIRST-FRUITS)	Lev. 23:9f; Mt. 28:1 ¹ ; Acts 1:3 ¹ ; 1 Cor. 15:20 ¹
Sivan 6	SHAVUOT (WEEKS/PENTECOST)	Ex. 34:22; Lev. 23:15f; Num. 28:26; Dt. 16:10f; Ex. 19:16–20:21 ¹ ; 2 Chr. 8:13; Acts 2:1f; 20:16; 1 Cor. 16:8
Tamuz 17 ²	TZOM TAMUZ (FAST OF TAMUZ)	Zec. 8:19; Ex. 32:6–35 ¹
Av 9 ²	FAST OF AV (TISHA BE'AV)	Zec. 7:5; 8:19; Num. 14:28–30 ¹ ; 2 Ki. 25:9; Lk. 19:41–44
Tishrei 1–2	ROSH HASHANAH (TRUMPETS)	Lev. 23:24; Num. 29:1; Zec. 9:14; Ezer. 3:6; Neh. 8:1; Mt. 24:31 ¹ ; 1 Cor. 15:52 ¹ ; 1 Thess. 4:16 ¹ ; Rev. 11:15 ¹
Tishrei 3 ²	TZOM GEDALIA (FAST OF GEDALIAH)	Zec. 7:3; 8:19; Jer. 41:2; 2 Ki. 25:25
Tishrei 10	YOM KIPPUR (DAY OF ATONEMENT)	Lev. 16; 23:27; Num. 29:7; Ex. 34:28–29 ¹
Tishrei 15–21	SUKKOT (TABERNACLES)	Lev. 23:34f; Num. 29:12f; Dt. 16:13f; Zec. 14:16; Neh. 8:13; Jn. 7
Tishrei 22	SHMINI ATZERET (EIGHTH DAY)	Lev. 23:36; Num. 29:36f; 2 Chr. 7:9
Kislev 25– Tevet 2 or 3	HANUKKAH	Dan. 11; Jn. 10:22

Tevet 10 ²	ASARA BETEVET (FAST OF TEVET)	Zec. 8:19; Eze. 24:1f; 2 Ki. 25:1
Adar 13 ^{2,3}	TAANIT ESTER (FAST OF ESTER)	Est. 4:16 ¹ ; 9:1 ¹
Adar 14 ³	PURIM	Est. 9:20–32
Adar 15 ³	SHUSHAN PURIM (PURIM IN JERUSALEM)	Est. 9:18–19

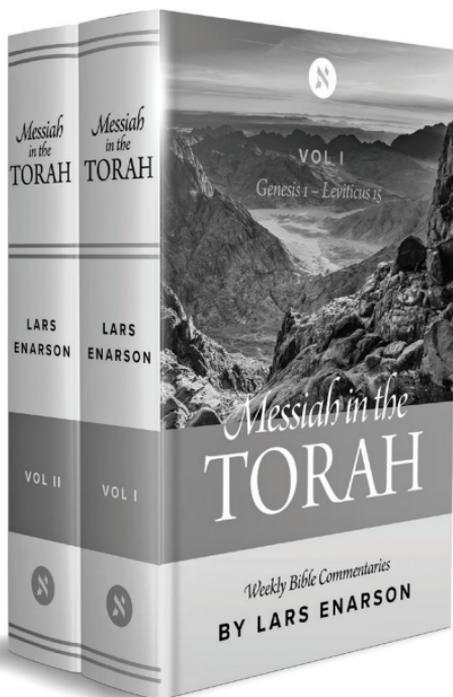
¹ Traditionally associated with the event.

² If this observance conflicts with Shabbat, the date of the event is moved.

³ In a leap year, all events in Adar are held in Adar II.

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Endnotes

Rosh Chodesh means ‘New Moon’. *Shabbat* means ‘Sabbath’. *Haftarah* refers to the prophetic text read after the Torah.

Note: The enumeration of some verses differ between English and Hebrew published Bibles. DAILY BREAD gives the verse references found in most English translations and the corresponding Hebrew verses within brackets []. The blessings after the “Introduction” are from the traditional Jewish prayer book and also adapted from the *Complete Jewish Bible*. The calendar and historical information is based on research and the sources below. The traditional synagogue readings follow the Ashkenazi tradition. The Messianic readings for Sabbaths and holidays are suggestions and do not follow an established tradition.

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