

# FOUNDATIONS OF TORAH

PARENT-TEACHER EDITION

BY ANNE ELLIOTT

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PARENT-TEACHER EDITION

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*You must continue in the things which you have learned and been assured of, knowing from whom you have learned them, and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Messiah Yeshua.*

*All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.*

2 Timothy 3:14-17

## What Are Torah Portions?

What is a “Torah Portion”? As one Sabbath-keeping organization explains,

When God brought restoration and returned the Israelites from captivity [in Babylon], Ezra and Nehemiah and the men of their generation set to work creating a system to encourage Torah study. They wanted to ensure that the people would not slip into idolatry again. They created a system for the synagogue to ensure that the people heard the Torah read every week.

To this day, the Jewish world studies a portion of the Torah every Sabbath. Jews read the Torah aloud in synagogues on Sabbaths, Mondays and Thursdays. Monday and Thursday were the ancient market days when rural people came into town. At this time, they also had the opportunity to hear the Word of God. On Sabbath days, the people assembled according to the commandment.

Since the days of the Apostles, the Torah continues to be read every week in the same manner. An annual lectionary, the Torah reading cycle, allows all Israel to study the same passages of Scripture simultaneously as they work through the Torah from week to week. The lectionary divides the Torah into 2-6 chapter readings for each week. Corresponding readings from the Prophets are tacked onto the weekly Torah readings. The reading cycle begins in the fall, after the Feast of Tabernacles, with Genesis 1:1. Approximately twelve months later, it concludes with the last verses of the book of Deuteronomy.

Reading along with the weekly Torah readings is a great way to study through the Torah every year. When you do, you are studying in synchronization with all Israel. Synagogues, study halls, and Messianic congregations all over the world will be examining the same passages of Scripture along with you.

**In each of the weekly readings, the portions (Hebrew: *parashot*) are named after the first word or distinctive phrase in the passage.** In the days of the Apostles, the Bible was not divided into chapters and verses. People indicated different scripture passages by referring to the first Hebrew word or phrase of the passage. If a rabbi said, “In the place where it says, ‘After the death of Aaron’s two sons...’” he would be referring to parashat *Acharei Mot*, Leviticus 16:1-18:30. *Acharei Mot* means “after the death of.” In the same way, each portion (*parasha*) of Torah is named after its opening words, and each book of the Torah is named after its opening *parasha*.<sup>1</sup>

On the last day of each week, our lesson plans reference a *Haftarah* portion. What is this?

The most common explanation is that in 168 BCE, when the Jews were under the rule of the Seleucid king Antiochus IV Epiphanes (of Chanukah infamy), they were forbidden to read from the Torah. The decree, however, was limited to the Five Books of Moses, so the sages instituted that a section of the Prophets be read instead, usually an idea that was related to the Torah reading that should have been read that week. This custom stuck even after it became safe to read from the Torah again.<sup>2</sup>

It sounds very complicated the first time we learn about it, because we are accustomed to English Bibles divided into chapters and verses. We are accustomed to pastors who teach topical sermons and skip

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<sup>1</sup> <https://torahportions.ffoz.org/info/about.html>

<sup>2</sup> [https://www.chabad.org/library/article\\_cdo/aid/593314/jewish/When-and-Why-We-Started-Reading-the-Haftarah.htm](https://www.chabad.org/library/article_cdo/aid/593314/jewish/When-and-Why-We-Started-Reading-the-Haftarah.htm)

around the Bible, from Old Testament to New Testament, basing their sermons on whatever needs they feel their congregation has.

The Torah and Haftarah Portions ensure that all believers will hear the entire Torah read each year. Most Messianic congregations (congregations who believe that Yeshua of Nazareth is the Messiah of Israel) will make a special effort to include the teachings of the Apostles (the New Testament) in their reading and study schedule as well.

“For Moses has had throughout many generations those who preach him in every city, being read in the synagogues every Sabbath” (Acts 15:21).

The Apostles were convinced that new Gentile believers would be attending synagogue each Sabbath day and would therefore hear the written Torah of Moses read and explained. They knew that all the rest of God’s commands would be learned week by week, slowly, in a way that wouldn’t be overwhelming.

Reading the Torah is going “back to basics.” This is true discipleship! As we read, chapter by chapter, through the first five books of the Bible, we can very naturally ask questions and learn how to apply the commands of God to our lives. Ideally, we can learn in a group environment, new believers with mature “old folks” who have been walking this road for a while.

If you’re new, there is nothing to worry about. Just by attending a congregation where the Torah is read each week, in a year you’ll know more than most people who have attended church for years.

If you take the time to read through each Torah portion at home throughout the week before Sabbath, you’ll be extremely well taught.

If you take the time to also read the “Writings and Prophets,” which is the rest of the Old Testament, you’ll become firmly grounded in Scripture and won’t be as easily deceived by false teaching.

If you take the time to also read the Apostolic Scriptures, you’ll understand how to apply your understanding of God’s Law to your need for a Savior, and you’ll be taught the most common things Gentiles need to learn.

The original discipleship method is easy and effective!

“You must continue in the things which you have learned and been assured of, knowing from whom you have learned them, and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Messiah Yeshua.

“All Scripture is given by inspiration of God, and is profitable for doctrine [teaching], for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work” (2 Timothy 3:14-17).

## Resources:

You can learn more at <http://www.torahcalendar.com/PARASHAH.asp>.

We use the schedule posted yearly at HomechoolingTorah. (Check out the sidebar menu, part of the way down the page, for this year's schedule.) This schedule is based upon <https://www.hebcal.com/sedrot/>.

If you have no local congregation and would like to download Torah-portion study guides to use in weekly study with your family or a few friends, we recommend <http://restorationoftorah.org> or <http://www.hoshanarabbah.org>.

## Double Portions

There are more Torah portions that can be read in a single year, although some years on the biblical calendar are “leap years” with 13 months instead of the regular 12 months.

The rabbis devised an intricate reading schedule that would allow synagogues all over the world to be reading the same portions near biblical feast days, even in leap years.

If you see that this year's schedule combines any of the portions, you may choose to two weeks of our plans to help you get through the reading schedule in sync with your local congregation.

For more information, visit  
[https://www.chabad.org/library/article\\_cdo/aid/3779325/jewish/Why-Do-We-Sometimes-Read-a-Double-Torah-Portion.htm](https://www.chabad.org/library/article_cdo/aid/3779325/jewish/Why-Do-We-Sometimes-Read-a-Double-Torah-Portion.htm)

## Overview of a Weekly Lesson:

Each Torah portion's lesson includes the following information for the parent-teacher:

Lesson Overview Teacher's Notes	This page is helpful for the teacher's notebook, to see the entire week's plan at a glance.
	Overview Chart Memory Verse Bible Drills Prayer Requests & Answers to Prayer
Torah Discussion & Activities	These pages include possible discussion questions, with possible answers and further discussion topics, as well as optional activities you may wish to include during the week.  <b>Please note that your answers may disagree with ours.</b> This is okay! The answers are only intended to be discussion <i>starters</i> .
	Other Activities: Occasional Optional Internet Links for More Activities Internet Links to Worksheets for Older Children, Young Adults (and even Parents!)

## Note on Sacred Names:

We use the Hebrew letters throughout this book to refer to the Creator of the Universe, our Heavenly Father. His name in Hebrew is spelled יהוה. In your English Bible, His name is translated as “the LORD.” Common pronunciations are “Ye-ho-VAH” or “YAH-way.” Some earlier English translations of the Bible wrote His Name as Jehovah.

We also refer to Jesus by His Hebrew name *Yeshua* (pronounced “ye-SHOO-ah”). You may wish to teach your children that His name in Hebrew means “יהוה saves” (Matthew 1:21).

We often use the word *Messiah* in place of the word Christ. Both mean “anointed one” and refer to the prophesied King and redeemer of Israel.

## The Golden Rule of Interpretation:

“When the plain sense of Scripture makes common sense, seek no other sense; therefore, take every word at its primary, ordinary, usual, literal meaning unless the facts of the immediate context, studied in the light of related passages and axiomatic and fundamental truths, indicate otherwise.”

— D.L. Cooper



## How to Use This Curriculum:

We'd like to show you what a typical study of the weekly Torah portion looks like in our home.

1. First, if we haven't already done so, we **start our day with prayer**.
2. Now we work on **learning the week's memory verse**. You can read some of our methods below.
3. Dad, Mom, or an older student, then **reads the day's Torah portion aloud**. You may use the Bible translation of your choice.
4. Often we will suggest **discussion questions and activities** for you to do. Please feel free to add to or subtract from our suggestions, depending on the needs and interests of your family, always listening to the leading of the Spirit.
5. Twice each week, we like to have a "**Bible Drill**." This is a game in which children race each other to find passages of Scripture in their own Bibles. We urge you to play this game often so your children will gain the essential skill of finding passages in God's Word quickly! You might want to wait until your children are old enough to read fairly well on their own (typically 2nd or 3rd grade). At this age, purchase a good-quality Bible for our children, one which lies flat when opened.

### How to Have a Bible Drill:

- **Have each child raise his Bible in the air**, totally extending his arm. (It's only fair.) Have him hold his Bible by the back binding, with no fingers poking into the pages to keep his place for him.
- **The teacher announces the reference** to be found (for instance, "Genesis 1:1").
- **The children then repeat the reference orally**, so that the teacher is sure everyone knows where to go and is listening.
- **The teacher shouts, "Go!"**
- At this point, each child pulls his Bible down and **begins searching** for the Scripture reference as quickly as possible.
- **The first child to find the reference stands**. He then reads it out loud.

If one child always wins, simply because he is older, take heart! The less-experienced children will quickly improve with frequent practice and a good dose of healthy competition. However, you can add parents to the game in the evenings for extra spice!

6. At the end of each week, our notes suggest that your children **write in their journals**. Our children each have a spiral or 3-ring notebook that is their Bible Journal. Once a week, they review what they've learned that week by telling about it in their journal. Young ones might draw a picture and have Mom write about it below. They might copy their memory verse. Older ones might tell what they've learned in their private Bible reading or copywork time.

This journal will not only provide a record of their education; it will also become a priceless treasure that helps to cement God's truth in their hearts.

If you prefer, you may purchase journals from Foundations Press, which have been prepared specifically for various abilities from early reader to high school.

7. **Please be open to the Holy Spirit as you work through His Torah portions.** Always be ready to discuss important concepts with your children and answer their questions. If you come up with additional learning ideas, record them so that you'll remember them next time you cover this material. Ask ה' to make His Torah meaningful to each of your children.

## Extra Worksheets and Coloring Pages:

- <http://onetorahforall.com/childrensTorah.html>
- <https://hoshanarabbah.org/parshiot.html> (see sections entitled “Torah Explorers”)
- <http://www.restorationoftorah.org> (see the menu tab entitled “The Weekly Torah Portions”)
- [https://www.aish.com/sh/f/Coloring\\_Pages.html](https://www.aish.com/sh/f/Coloring_Pages.html)
- <https://biblepathwayadventures.com/adventure-corner/torah-portion-quizzes>



*Photo by Sara Torda on Unsplash.com*

## Hints for Memorizing Scripture:

Our tips for memorizing verses each day are based on the following principles:

- **It's easier to memorize a verse if you know what it means.** That's why we spend the first day of each week talking about what the verse means. Your children will illustrate the verse also, so you'll know from their pictures if they truly understand it.
- **It's easier to memorize a verse if the verse is meaningful to you.** Your job as a parent is to help your children relate the verse to their own lives. What promise does it make, what advice should they follow, what sin will it help them overcome? Try to talk about the verse at other times during the day, too. Ask the Holy Spirit to apply it to all of your lives.
- **It's easier to memorize a verse if you use many of your senses to learn it.** We use our eyes when we look at a verse visual, we use our arms and legs when we make up motions, we use our ears when we hear each other saying it together, and occasionally a verse is just the right kind to taste or smell something.
- **It's easier to memorize a verse if you repeat it many, many times.** That's why you should make it your goal to have everyone say the verse out loud at least *five times* each day. We'll help you come up with ways to keep it from being boring, but you can always try shouting, whispering, singing, standing, marching, lying down, writing, drawing, telling it to Dad, and calling Grandma.
- It's easier to memorize a verse if you say it with a "sing-songy" voice. Kids love this! For instance, try saying this verse, emphasizing the *italicized* words:

Psalm *One-nineteen* Eleven  
Thy *word* have I *hid* in my *heart*,  
That *I* might not *sin* against *thee*.  
Psalm *One-nineteen* Eleven

Each day, recite the verse (including reference) as a group five times. As the week progresses, allow the children to say it more and more without dependence on your voice, until they can say it independently by the end of the week.

If you're learning an extended passage of Scripture over many weeks, try to say the entire passage you've learned thus far at least once a day. For instance, if you're learning Deuteronomy 6:4-9 but you're only on verse 7 this week, you would review verses 4-7 once a day.

Before the week starts, take a moment to write the verse (using a Sharpie marker) on a spiral-bound set of 3×5 index cards. You will use this set of verses to review in coming weeks.

As a general rule, we'll stick to the following schedule:

**Day 1 – Discuss what a verse means and illustrate it.** Give your children sheets of paper, and ask them to illustrate the verse. Later, you can use these drawings to review verses you've already memorized. (Insert these papers into plastic sheet protectors and place in a notebook.)

**Day 2 – Copy the verse.** For young writers, give them the copywork sheet we have provided. Preschool children will not write the verse, but you may want to have them point to letters or numbers in the verse. Older children may copy the verse directly from their Bible into a notebook.

**Day 3 – Make up motions.** Obviously, some verses will be easier to come up with motions for than others, but you’ll be surprised how creative your kids can be! You’ll probably notice that they will use motions when they say it the rest of the week as well. That’s fine. Note: If it seems impossible to come up with motions, try stomping your feet in rhythm, clapping, or marching around the kitchen table as you say it – anything to get you up and moving!

**Day 4 – Today is a good day for contests,** since by now your kids should have nearly memorized the verse. “Everyone with blue eyes, say the verse,” “Everyone wearing green, say the verse,” boys against girls, younger versus older, etc.

**Day 5 – Today, have each child say it individually.** After saying the verse several times as a group, I often start with the oldest child so that the youngest ones can hear it a few more times. I also “help” the younger ones more than I do the older ones, whom I expect to say it perfectly. You may wish to have a “verse recital” on *Erev Shabbat* (Friday evening), where the kids can show Dad how well they’ve learned their verse. You could also exhibit their drawings and writings. Make it memorable!

All of the above hints are helpful for other types of memorization as well, such as the Books of the Bible, or memory work in other subjects.

## B'reisheet | בְּרֵאשִׁית | "In the Beginning"

(Genesis 1:1 - 6:8)

	Day 1	Day 2	Day 3	Day 4	Day 5
Prayer Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Verse	<input type="checkbox"/> Discuss memory verse	<input type="checkbox"/>	<input type="checkbox"/> Motions	<input type="checkbox"/> Contests	<input type="checkbox"/> Test
Read and Discuss the Parashah	<input type="checkbox"/> Genesis 1:1-2:3	<input type="checkbox"/> Genesis 2:4-3:24	<input type="checkbox"/> Genesis 4	<input type="checkbox"/> Genesis 5:1-6:8	<input type="checkbox"/> Haftarah: Isaiah 42:5 - 43:10
Bible Drill		<input type="checkbox"/> Bible drill		<input type="checkbox"/> Bible drill	
Homework	<input type="checkbox"/> Illustrate memory verse	<input type="checkbox"/> Copy memory verse	<input type="checkbox"/> Other activities		<input type="checkbox"/> Journals

### Teacher's Notes:

Memory Verse:

Hebrews 11:3 (WEB) – “By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.”

Bible Drills:

#### Tuesday – The Word is...

- ☐ Psalm 119:105
- ☐ Ephesians 5:26
- ☐ John 1:14
- ☐ Hebrews 4:12
- ☐ James 1:25

#### Thursday – The Word is...

- ☐ John 15:3
- ☐ Jeremiah 23:29
- ☐ Ephesians 6:17
- ☐ Jeremiah 20:9
- ☐ Revelation 19:13

Prayer Requests this Week:

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Answers to Prayer:

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Dear Parent,

Shavua tov! This week's Torah portion is called **B'reisheet**, which starts back at the book of Genesis.

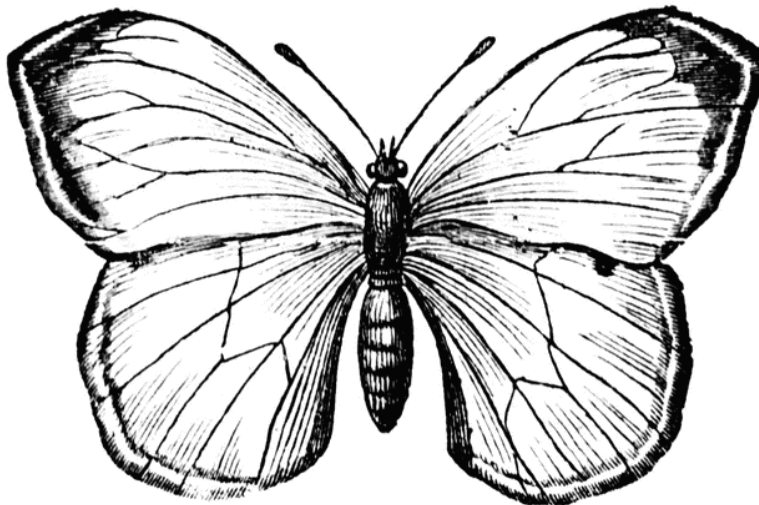
Many of us are starting this study during the days of the biblical fall feast of *Sukkot* (Feast of Trumpets) and still have a few days of feasting and fun ahead of us. I hope you have created special memories with your children. Remember that the feast days were instituted for the children, so that when they ask you "why" you're doing something, you can explain YHVH's wonderful plan to them. (See Exodus 12:6-7.)

But soon you'll be home again, and we will have the privilege of starting back into our daily routines. The Torah portions start back at Genesis, and of course, math and grammar are happily waiting for you as well!

Don't be surprised if you need a few days to "decompress" and figure out your routine again. You might even need to sleep in a few times! Try to eat a diet low in sugar, remember to remind your children of simple household rules again, and be filled with compassion as you settle into life.

However, this is a FOUNDATIONAL section of the Torah, and even if your days are busy, we strongly recommend at least taking the time to read and discuss this passage in Genesis. We feel these are the most important chapters in the Torah, if not the entire Scriptures!

~Anne



Schäk, Joseph. *Drittes Lesebuch*. New York: Fr. Pustet, 1874. "Butterfly."

## **B'reisheet – Discussion & Activities**

### **Day 1 – Genesis 1:1-2:3**

- ☐ **According to Genesis 1:3, how did YHVH create the world?**  
According to Genesis 1:3, YHVH created the world by His Word: “And God said.”  
**Look up John 1:1-3, 9-10 and Hebrews 11:3. How did God create the world?**  
In John 1:1-3, we learn that God created the world by the Word. In John 1:9-10, we learn that the “Light” made the world. This Light is Yeshua, according to John 1:14.  
In Hebrews 11:3, we learn that the worlds were “framed,” or created, by the word of God.
- ☐ **Discuss some ways that we are made in the image of God. (See Genesis 1:27.)**  
To be made in the image of God means that we can make things like He can (although we can't create out of nothing or with His power and might). We are “creative” like He is!  
You may also wish to read Genesis 5:2, Psalm 8:1-9, and 1 Corinthians 11:7.  
We are made as “male and female” (Genesis 5:2) and able to reproduce children, and we have dominion over His creation (Psalm 8). Genesis 1:27 and 1 Corinthians 11:7 both seem to say that man was made in God's image but that the woman was made in the image of man, just as children are made in the image of their parents. We look just like them!
- ☐ **Using a Strong's concordance, look up the words “ended” and “rested” in Genesis 2:2. What do these words mean in Hebrew? Why did God cease from His labor?**  
(Note: We will frequently use a Strong's concordance in this curriculum. You may wish to use <http://blueletterbible.org> online.)  
ended - Strong's H3615, *kalah*: to accomplish, to end, to complete.  
rested - Strong's H7673, *shabath*: to cease, to repose (rest).
- ☐ **Sing the fun Creation song at the end of this week's lesson.**

### **Day 2 – Genesis 2:4-3:24**

- ☐ **Look up the Hebrew meaning of the name “Adam.” (See Genesis 2:19-20.)**  
Adam - Strong's H120, *adam*: ruddy (red), from the ground.
- ☐ **Look up the Hebrew meaning of the name “Eve.” (See Genesis 3:20.)**  
Eve - Strong's #2332, *chavah*: life-giver.
- ☐ **According to Genesis 1:26-30 and Genesis 2:15, what was man's job?** According to Genesis 1:28, God told man to be fruitful and multiply (have children) and to fill the earth. Man was also to subdue the earth and have dominion over the fish, the birds, and every living thing. According to Genesis 2:15, man was put into the garden to dress it (work in it to make it beautiful) and keep (guard) it.
- ☐ **One way the serpent tempted Eve was to cause her to doubt what God really said. (See Genesis 3:1.) Look up three kinds of temptation listed in 1 John 2:16.**  
1 John 2:16 lists these three temptations: (1) the lust of the flesh, (2) the lust of the eyes, and (3) the pride of life.  
**How did Yeshua defeat temptation in Matthew 4:4, 7, and 10?**  
In Matthew 4:4, 7, and 10, Yeshua defeated temptation by quoting Scripture (“it is written”).  
**You might also wish to read Ephesians 6:10-18.**  
Ephesians 6:10-18 tells us to put on the whole armor of God, and one of those pieces is the “sword of the Spirit, which is the word of God” (verse 17).



### Day 3 – Genesis 4

- ❑ **Why do you think YHVH would not accept Cain’s sacrifice? Read Hebrews 11:4.**
  - According to Hebrews 11:4, Abel offered a more excellent sacrifice, which showed he was righteous. We can only assume that Abel followed YHVH’s instructions, where Cain did not.
- ❑ **Name some inventions and first things that are listed in Genesis 4. For instance, the first city (verse 17), the first music (verse 21), etc.**
  - Genesis 4:1 – first shepherd
  - Genesis 4:1 – first farmer
  - Genesis 4:17 – first city builder
  - Genesis 4:20 – first tent dweller
  - Genesis 4:20 – first cattle farmer
  - Genesis 4:21 – first maker of musical instruments
  - Genesis 4:22 – first forger of brass and iron
- ❑ **Read Genesis 4:26. What do you think it means to “call upon the name of YHVH”?**

It is often a reference to worshipping YHVH with sacrifices and to worship Him alone, as compared to worshipping other gods. Compare to 1 Kings 18:24; Psalm 116:17; Joel 2:32, and Zephaniah 3:9.

### Day 4 – Genesis 5:1-6:8

- ❑ **Look up the meanings of the names listed in chapter 5. What do these tell you about what the world was like at this time?**
  - Adam - Strong's H120, ruddy (red), from the ground.
  - Seth - Strong's H8352, appointed, substitution.
  - Enos - Strong's H583, mortal, man, son of man.
  - Cainan - Strong's H7018, possession, dwelling place.
  - Mahalale’el - Strong's H4111, praise of God.
  - Jared - Strong's H3382, descent.
  - Enoch - Strong's H2585, dedicated, teacher.
  - Methuselah - Strong's H4968, man of a dart, or “his death shall bring.”
  - Lamech - Strong's H3929, powerful, despairing.
  - Noah - Strong's H5146, rest, comfort.
  - Shem - Strong's H8035, name.
  - Ham - Strong's H2526, hot.
  - Japheth - Strong's H3315, opened.

(See also *Genesis: Finding Our Roots*, by Ruth Beechick, pp. 49-51.)
- ❑ **What does it mean to “walk with God”? (See Genesis 5:24. Compare to Genesis 6:9 and Genesis 17:1.)** If we compare Genesis 5:24 to Genesis 6:9 and Genesis 17:1, we see that those who “walk with God” are described as perfect. The word *perfect* means whole-hearted. You might want to look up Amos 3:3.
- ❑ **What does it mean that Noah “found grace in the eyes of YHVH”? (See Genesis 6:8.)** You might want to look up the Hebrew word translated as “grace” (Strong's H2580, favor, acceptance).  
**Read Hebrews 11:6-7.** In Hebrews 11:6-7, we read that Noah had faith and that he believed God enough to be moved with fear and prepare an ark to save his family.

## Day 5 – Isaiah 42:5-43:10

- ❑ The “Haftarah” was compiled during the time of the Maccabees, when the Greek government over Judah would not allow the Jews to read from the Torah. Righteous men compiled a *haftarah* schedule of passages outside the Torah that would help them remember what each Torah portion was about. Can you find the similarities between this week’s Torah and Haftarah portions?

In this Haftarah portion, we see many ways that YHVH is powerful enough to create our world and also to restore the world that has been damaged by sin. There are many things listed which only God can do! We also see His preservation of His people during times of judgment. Do you see any other things?

- ❑ As you read today, name some specific things which YHVH created.

- See the following verses:
  - Isaiah 42:5
  - Isaiah 42:15
  - Isaiah 43:1
  - Isaiah 43:7

## “On Day One”

by Melody Waring (to the tune of “This Old Man”)

On day one,  
Yah made light,  
He made day and He made night.  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

On day two,  
Yah made Heaven,  
Made it as a place for livin’.  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

On day three,  
Yah made earth  
With some trees and plants and herbs.  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

On day four,  
He made the sun,  
Stars and moon for sparkly fun.  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

On day five,  
Yah made fish,  
Birds and whales with tails that swish.  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

On day six,  
Yah made critters,  
You and me and things that jitters,  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

On day seven,  
Yah said, “Rest  
‘Cause I love you, and it’s best!”  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.

Some people  
Seem to think  
Yah did not make everything, but  
With a knick-knack paddy-whack only Yah alone  
Could make me such a perfect home.<sup>1</sup>

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<sup>1</sup> Source: <http://torahschool.wordpress.com/2011/10/08/breisheet-%D7%91%D7%A8%D7%90%D7%A9%D7%99%D7%AA-in-the-beginning-2/>

# Noach | נח | "Noah"

(Genesis 6:9 – 11:32)

	Day 1	Day 2	Day 3	Day 4	Day 5
Prayer Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Verse	<input type="checkbox"/> Discuss memory verse	<input type="checkbox"/>	<input type="checkbox"/> Motions	<input type="checkbox"/> Contests	<input type="checkbox"/> Test
Read and Discuss the Parashah	<input type="checkbox"/> Genesis 6:9-8:22	<input type="checkbox"/> Genesis 9	<input type="checkbox"/> Genesis 10	<input type="checkbox"/> Genesis 11	<input type="checkbox"/> Haftarah: Isaiah 66:1-24 <sup>2</sup>
Bible Drill		<input type="checkbox"/> Bible drill		<input type="checkbox"/> Bible drill	
Homework	<input type="checkbox"/> Illustrate memory verse	<input type="checkbox"/> Copy memory verse	<input type="checkbox"/> Other activities		<input type="checkbox"/> Journals

## Teacher's Notes:

Memory Verse:

Isaiah 49:6 (WEB) – “Indeed, he says, ‘It is too light a thing that you should be my servant to raise up the tribes of Jacob, and to restore the preserved of Israel? **I will also give you as a light to the nations, that you may be my salvation to the end of the earth.**”<sup>3</sup>

Bible Drills:

### Tuesday – “wine”

- ☐ Genesis 14:8
- ☐ Psalm 4:7
- ☐ Proverbs 31:4
- ☐ Joel 2:19
- ☐ Luke 1:15

### Thursday – Strong's #2865, *chathath*

- ☐ Deuteronomy 1:21
- ☐ Joshua 8:1
- ☐ Job 7:14
- ☐ 2 Chronicles 32:7
- ☐ Jeremiah 51:56

Prayer Requests this Week:

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Answers to Prayer:

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<sup>2</sup> Some congregations read Isaiah 54:1-55:5 this week, as well as in the KiTetzzi portion later this year. We have chosen to substitute Isaiah 66:1-24, which is often read on a Sabbath that fall on a new moon.

<sup>3</sup> Younger students may wish to learn only the underlined words.

Dear Parent,

Shavua tov! This week's Torah portion is called **Noach**, which is the Hebrew spelling of Noah.

We will read about the mercy of YHVH in preserving Noah and his family, in a world where men's hearts were only inclined to do evil continually. Sadly, after the flood, hearts quickly digressed back to evil again.

But oh, the mercy of our Father, as He preserved a godly seed for Himself, taught them how to obey His Torah, and walked with them even as all the nations were in confusion (*babel*)!

What a privilege it is to teach our children the facts of biblical history, science, math, and language! Sometimes we feel like the only ones. (I'm sure Noah and his family felt like that, too!)

However, we have the pleasure of bringing YHVH's light to the nations, beginning first of all with the children He has placed into our homes. Let's keep encouraging each other every day. :-)

~Anne



*Noah's Ark* (illustration from the 1897 *Bible Pictures and What They Teach Us* by Charles Foster)

## Noach – Discussion & Activities

### Day 1 – Genesis 6:9-8:22

- ☐ **How was Noah described in Genesis 6:9? What was written about Noah in Genesis 6:22 and Genesis 7:5?**

In Genesis 6:9, Noah is described like this: “Noah was a just man and perfect in his generations, and Noah walked with God” Genesis 6:22 tells us that Noah did “according to all that God commanded him.” Genesis 7:5 says, “Noah did according unto all that YHVH commanded him.”

- ☐ **How many of each animal went into the ark (see Genesis 7:2-3)?**

Of the clean beasts, Noah took seven (male and female, so possibly seven pairs, or fourteen of each). Of the unclean beasts, Noah took only two (male and female). Of the birds of the air, Noah took seven (male and female). He did this to preserve their seed on the earth, so that they would continue to survive.

**How do you think Noah knew which animals were clean and which were unclean?**

The only way Noah could have known which animals were clean and which were unclean is if YHVH directly told him, or if YHVH had told Adam and this information had been passed down to Noah.

**What did Noah do with some of the clean animals in Genesis 8:20?** In Genesis 8:20, Noah sacrificed some of the clean animals and birds as a burnt offering upon an altar.

### Day 2 – Genesis 9

- ☐ **Why do you think YHVH allowed Noah and his sons to eat meat after the flood?**

The book of Genesis does not tell us! Some people theorize that the conditions on the earth were so dramatically changed after the flood that mankind needed meat for good health, especially during the harsh conditions of the ice ages that would have started beginning the first winter after the flood.

- ☐ **People often say that Genesis 9:5-6 is the first time man was given the right to rule over other men. What things were men allowed to do to other men?**

Mankind could take the life of men who had shed the blood of other men. No other kinds of permission were given to mankind to rule over other men in these verses.

- ☐ **What command was given in Genesis 9:7?**

The command in Genesis 9:7 is to “be ye fruitful, and multiply; bring forth abundantly in the earth, and multiply therein.”

**Do you remember when this command was first given?** This command was first given in Genesis 1:28.

- ☐ **What covenant did God make with Noah?**

“All flesh will not be cut off any more by the waters of the flood. There will never again be a flood to destroy the earth” (Genesis 9:11).

**What was the sign of His covenant?**

“I set my rainbow in the cloud, and it will be a sign of a covenant between me and the earth” (Genesis 9:13).

- ☐ **What warnings does God give us about wine in Proverbs 23:20-21, 29-35?**

- It makes them poor and clothes them in rags (Prov. 23:21).
- It gives woe, sorrow, strife, complaints, needless bruises, and bloodshot eyes to those who stay too long at wine or seek it out (Prov. 23:29-30).
- It bites like a snake and poisons like a viper (Prov. 23:32).

- It causes eyes to see strange things and the mind to imagine confusing things (Prov. 23:33-35).
- It is addictive (Prov. 23:35).

### Day 3 – Genesis 10

- ❑ **Read Deuteronomy 32:8. What did God do to the nations and the sons of Adam?**  
He gave the nations inheritances and separated them. He set boundaries for the peoples (nations).
- ❑ **Traditionally, it is said that 70 nations are represented in this chapter. Would you like to try to count them?**  
Did you find 70 nations represented? If not, how many did you find?

### Day 4 – Genesis 11

- ❑ **Where is Shinar?**  
See <https://answersingenesis.org/tower-of-babel/where-in-the-world-is-the-tower-of-babel>
- ❑ **Who is the author of human language?**  
YHVH is the author of human language.  
**What did YHVH do to languages at Babel, and why?**  
According to Genesis 11:6-8, YHVH said, "'Behold, they are one people, and they have all one language, and this is what they begin to do. Now nothing will be withheld from them, which they intend to do. Come, let's go down, and there confuse their language, that they may not understand one another's speech.'" So YHVH scattered them abroad from there on the surface of all the earth. They stopped building the city."
- ❑ **What does the word "Babel" mean? (Look it up in a dictionary or a Strong's concordance.)**  
The word "Babel" means confusion or mixing (Strong's #894).  
**Compare this to the word "confound" in Genesis 11:9.**  
The word "confound" means to mix, mingle, confuse, confound (Strong's #1101).

### Day 5 – Isaiah 66:1-24

- ❑ **Compare Genesis 6:5 to Isaiah 66:17-18.**  
Genesis 6:5 says, "YHVH saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of man's heart was continually only evil." Isaiah 66:17 lists what some of those wicked, evil deeds are. Isaiah 66:18 says that YHVH knows their works and their thoughts.
- ❑ **What are some of the nations mentioned in this chapter?**  
Isaiah 66:19 lists "Tarshish, Pul, and Lud, who draw the bow, Tubal and Javan, far-away islands, who have not heard my fame, nor have seen my glory."

# Lech Lecha | לך-לך | “Go Forth”

(Genesis 12:1 – 17:27)

	Day 1	Day 2	Day 3	Day 4	Day 5
Prayer Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Verse	<input type="checkbox"/> Discuss memory verse	<input type="checkbox"/>	<input type="checkbox"/> Motions	<input type="checkbox"/> Contests	<input type="checkbox"/> Test
Read and Discuss the Parashah	<input type="checkbox"/> Genesis 12	<input type="checkbox"/> Genesis 13-14	<input type="checkbox"/> Genesis 15	<input type="checkbox"/> Genesis 16-17	<input type="checkbox"/> Haftarah: Isaiah 40:27 – 41:16
Bible Drill		<input type="checkbox"/> Bible drill		<input type="checkbox"/> Bible drill	
Homework	<input type="checkbox"/> Illustrate memory verse	<input type="checkbox"/> Copy memory verse	<input type="checkbox"/> Other activities		<input type="checkbox"/> Journals

## Teacher’s Notes:

Memory Verse:

Isaiah 40:31 (KJV) – “But they that wait upon YHVH shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Bible Drills:

### Tuesday – “call on the name of YHVH”

- ☐ Genesis 4:26
- ☐ Psalm 116:13
- ☐ Acts 15:17
- ☐ Romans 10:13
- ☐ 1 Corinthians 1:2

### Thursday – “Abraham”

- ☐ Deuteronomy 1:8
- ☐ Joshua 24:2
- ☐ 2 Kings 13:23
- ☐ 2 Chronicles 20:7
- ☐ Isaiah 41:8

Prayer Requests this Week:

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Answers to Prayer:

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Dear Parent,

Shavua Tov! This week's Torah portion is *Lech Lecha*, which means "go forth."

The readings talk about the promises given to Abraham, promises which our faithful Father continually makes, over and over again throughout all 66 books of Scripture.

"I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed" (Genesis 12:2-3, ESV).

We know that we can depend on Him to **always keep His Word**, and we know that He will fulfill these literal promises of a Land as well. We have been blessed through Abraham to have Yeshua as our Messiah (Galatians 3), and we are so blessed to be grafted into the family of Abraham (Ephesians 2).

Many of us have had our "eyes opened" to the myriads of blessings available today because of this long-ago covenant with Abraham. Resolve to pass down your joy and amazement to your children, emphasizing to them how eternally blessed we really are!

Our blessings are all because of YHVH and his salvation provided to us. May we walk with strength and joy this week, because just as He promised to be with Abraham (Genesis 15:1), **He promises to be with us, too** (Hebrews 13:5).

~Anne



*Abram Journeying into the Land of Canaan*  
(engraving by Gustave Doré from the 1865 *La Sainte Bible*)

## Lech Lecha – Discussion & Activities

### Day 1 - Genesis 12

- ☐ **Look closer at the promise made to Abram in verses 2-3: How many *peoples* on the earth would be blessed through him?**  
According to Genesis 12:2-3, all peoples (families) on the earth would be blessed through him.  
**According to Genesis 17:4-6, how many *nations* would come from him?**  
According to Genesis 17:4-6, Abram would be the father of many nations.
- ☐ **What would happen to those who blessed or cursed Abraham?**  
Genesis 12:3 says, “I will bless those who bless you, and I will curse him who curses you.”  
**What happened to Pharaoh in this chapter when he tried to take Abram’s wife?**  
When Pharaoh tried to take Abram’s wife, YHVH plagued Pharaoh and his house with great plagues (Genesis 12:17).
- ☐ **Who is the “seed” mentioned in verse 7? To find the answer, look up Galatians 3:16.**  
According to Galatians 3:16, the seed promised to Abram was the Messiah (“Christ”).
- ☐ **Read Hebrews 11:8-10. Do we have to understand *why* before we obey?**  
According to Hebrews 11:8-10, no, we do not always have to know the reason *why* before obeying. True faith obeys even when, like Abram, we don’t know why or where we are going.

### Day 2 - Genesis 13-14

- ☐ **What do you think it means to “call on the name of YHVH” (in verse 4)?**  
To “call on the name” of a god, including YHVH, means to worship that god, which often includes bringing sacrifices and offerings, as well as praying to that god.  
**What did Abram build before he called on YHVH’s name? See also Genesis 12:7 and 8, as well as Genesis 13:18.**  
Abram built an altar before he called on YHVH’s name. We see that Abram built an altar and called on YHVH’s name repeatedly, as he moved from place to place.
- ☐ **Describe the men of Sodom, whom Lot chose to live close by (see Genesis 13:12-13).**  
According to Genesis 13:12-13, the men of Sodom were exceedingly wicked and sinful against YHVH.  
**Read Psalm 1:1. What do you think Lot should have done?**  
According to Psalm 1:1, Lot should not have walked in their counsel, stood in their path, or sat in their seats. He should have stayed far away!
- ☐ **Who was Melchizedek, and what did Abram give him? Why? (See Genesis 14:18-20.)**  
Melchizedek was the king of Salem (Hebrew for peace) and the priest of God Most High. Abram gave him 10% (a tithe, or a tenth) of all the goods captured in the battle, as a way to thank YHVH God for blessing him.  
**Learn more about this priest by reading Hebrews 7:1-4.**
  - Melchizedek was the king of Salem (Hebrew for peace) and the priest of God Most High.
  - Melchizedek is Hebrew for "king of righteousness."
  - Salem is Hebrew for "king of peace."
  - We do not know Melchizedek's father, mother, or other genealogy, so it is as if he appeared out of nowhere. We don't know anything about the beginning of his days nor the end of his life. In this, he is a picture of Yeshua, the Son of God, who has no beginning or ending, and because He will never end, there is no end to His priesthood.

### Day 3 - Genesis 15

- ☐ **According to Genesis 15:1-3, what do you think Abram might have been afraid of?**  
According to Genesis 15:1-3, Abram was afraid that he would not have any children, even though YHVH had promised children to him.  
**What promise did YHVH repeat to him (Genesis 15:5)?**  
In Genesis 15:5, YHVH repeated His promise to Abram that his descendants would be as many as the stars in the sky (not able to be counted).  
**How did Abraham respond (Genesis 15:6)?**  
Abram responded by believing God.
- ☐ **What covenant did YHVH make with Abram in Genesis 15:18-21?**  
YHVH made a covenant with Abram that promised him a specific piece of land: “To your descendants I have given this land, from the river of Egypt to the great river, the River Euphrates—the Kenites, the Kenezites, the Kadmonites, the Hittites, the Perizzites, the Rephaim, the Amorites, the Canaanites, the Girgashites, and the Jebusites.”
- ☐ **Optional: the word “covenant” is Strong’s #1285, which is the Hebrew word *brit*. If you wanted, you could look up the meaning of this word.**  
The word “covenant” is Strong’s #1285, which is the Hebrew word *brit* and means to cut.  
**Based on what Abraham did in verse 10, why do you think this word means “covenant”?**  
In Genesis 15:10, Abram cut the animals of the sacrifice in half.

### Day 4 - Genesis 16-17

- ☐ **What blessing did the angel of YHVH give to Hagar? (See Genesis 16:11-12)**  
The angel of YHVH blessed Hagar by promising that she would have a son named Ishmael, because YHVH had heard her affliction. Ishmael would be a wild man, with his hand against every man and every man's hand against him. He would dwell in the presence of all his brothers.
- ☐ **What covenant did YHVH make with Abram when he changed his name? (See Genesis 17:4-8.)**  
YHVH made a covenant with Abram when He changed his name to Abraham. YHVH told Abraham that he would be a father of many nations and that kings would come from him. In addition, YHVH made a covenant between Abraham and all his descendants after him, to be a God to them all and to give them the land of Canaan as an everlasting possession.
- ☐ **What did Abraham have to do in order to keep his side of the covenant with YHVH? (See Genesis 17:9-14.)**  
Abraham's part of the covenant was to circumcise every male child who is eight days old, whether born in his house or foreigners bought with money (household servants). Notice the play on words between "covenant" and "cut." His descendants were to continue to do this throughout all their generations.

### Day 5 - Isaiah 40:27 – 41:16

- ☐ **What do you think Isaiah 40:27-31 has to do with what we learned about Abraham in this week’s Torah portion?**  
Just as Abraham appeared too weak and too old to ever have a son, YHVH was never too weak or powerless to fulfill His promises.

# Foundations of Torah

EARLY YEARS JOURNAL

BY ANNE ELLIOTT

PUBLISHED BY  
FOUNDATIONS PRESS, INC.

## How to Use This Journal:

This journal is designed to accompany *Foundations of Torah: Parent-Teacher Edition*, available from [FoundationsPress.com](http://FoundationsPress.com). It is intended for children who are just beginning to learn to read and write.

The first page of every lesson in the parent-teacher edition includes a summary of all the activities that are planned for each Torah portion.

**B'reisheet | בְּרֵאשִׁית | "In the Beginning"**  
(Genesis 1:1 - 6:8)

	Day 1	Day 2	Day 3	Day 4	Day 5
Prayer Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Verse	<input type="checkbox"/> Discuss memory verse	<input type="checkbox"/>	<input type="checkbox"/> Motions	<input type="checkbox"/> Contests	<input type="checkbox"/> Test
Read and Discuss the Parashah	<input type="checkbox"/> Genesis 1:1-2:3	<input type="checkbox"/> Genesis 2:4-3:24	<input type="checkbox"/> Genesis 4	<input type="checkbox"/> Genesis 5:1-6:8	<input type="checkbox"/> Haftarah: Isaiah 42:5 - 43:10
Bible Drill		<input type="checkbox"/> Bible drill		<input type="checkbox"/> Bible drill	
Homework	<input type="checkbox"/> Illustrate memory verse	<input type="checkbox"/> Copy memory verse	<input type="checkbox"/> Other activities		<input type="checkbox"/> Journals

**Teacher's Notes:**

Memory Verse:  
Hebrews 11:3 (WEB) – "By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible."

Each week's Torah portion is named after the first Hebrew words in the passage.

If a rabbi said, "In the place where it says, 'After the death of Aaron's two sons...'" he would be referring to parashat *Acharei Mot*, Leviticus 16:1-18:30. *Acharei Mot* means "after the death of." In the same way, each portion (*parasha*) of Torah is named after its opening words, and each book of the Torah is named after its opening *parasha*.<sup>1</sup>

You can help your child learn the names of the Hebrew Torah portions. First, help your child copy the Hebrew letters.<sup>2</sup>

The first page of each lesson shows the first passage in each portion. You may wish to read this verse aloud with your child, using your finger to point to each word as you read it.

**B'reisheet | "In the Beginning"**  
Genesis 1:1 - 6:8

בְּרֵאשִׁית

Copy the Hebrew letters here:

**In the beginning,** God created the heavens and the earth. The earth was formless and empty. Darkness was on the surface of the deep and God's Spirit was hovering over the surface of the waters. Genesis 1:1-2

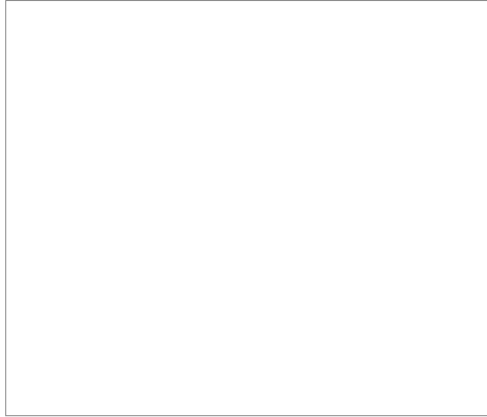
<sup>1</sup> <https://torahportions.ffoz.org/info/about.html>

<sup>2</sup> For more instruction in beginning Hebrew, see *Alephbeit for Beginners from Psalm 119*, by Lydia Hirn, available at <https://foundationspress.com/product/alephbeit-for-beginners>.

### Memory Verse:

By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible. Hebrews 11:3

Draw a picture of something God made on the sixth day (Genesis 1:24-26):



Each week, your entire family can memorize a verse that goes with the theme of the Torah portion.

Encourage your child to draw a picture for each verse. This can help you check that your child understands the meaning of the verse.

You can find more tips for memorization in the *Parent-Teacher Edition*.

Help your child trace several of the words in each week's memory verse.

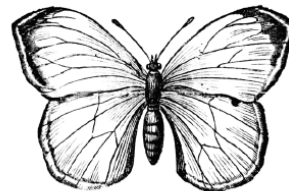
Talk about ways to sound out each word.

Read the entire verse together, pointing to each word with your finger as you read it.

The pictures below the verses will go along with the Torah portions. Your child may wish to color them while you read aloud.

Trace the underlined words.

By faith we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.  
Hebrews 11:3



# B'reisheet | "In the Beginning"

Genesis 1:1 - 6:8

בְּרֵאשִׁית

Copy the Hebrew letters here:




**In the beginning**, God created the heavens and the earth. The earth was formless and empty. Darkness was on the surface of the deep and God's Spirit was hovering over the surface of the waters. Genesis 1:1-2

## Memory Verse:

By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible. Hebrews 11:3

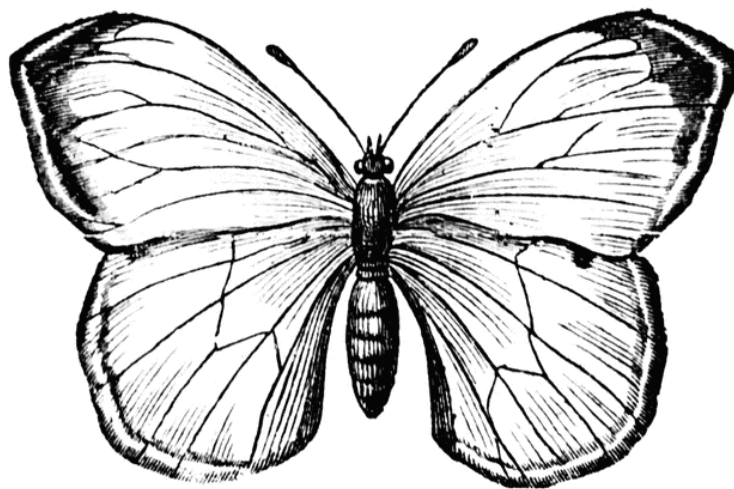
Draw a picture of something God made on the sixth day (Genesis 1:24-26):

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of something God made on the sixth day.



Trace the underlined words:

By faith we understand that  
the universe has been framed  
by the word of God, so that  
what is seen has not been made  
out of things which are visible.  
Hebrews 11:3




# Noach | "Noah"

Genesis 6:9 – 11:32

נח

Copy the Hebrew letters here:



**Noah was a righteous man,**  
blameless among the people of his time.  
Noah walked with God. Genesis 6:9

## Memory Verse:

I will also give you as a light to the nations, that you may be my salvation to the end of the earth. Isaiah 49:6

Draw a picture of what God asked Noah to build:

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the majority of the lower half of the page.

Trace the underlined words:

I will also give you as a light  
to the nations, that you may  
be my salvation to the end of  
the earth. Isaiah 49: 6



# Lech Lecha | “Go Forth”

Genesis 12:1 – 17:27

לך-לך

Copy the Hebrew letters here:

Now יהוה said to Abram,

**“Go forth** out of your country, and your  
relatives, and your father’s house, and go to  
the land that I will show you. Genesis 12:1-2

## Memory Verse:

But they that wait upon יהוה shall renew their strength;  
they shall mount up with wings as eagles; they shall run,  
and not be weary; and they shall walk, and not faint.

Isaiah 40:31



Draw a picture of an eagle flying high in the sky over the land of Canaan.

Trace the underlined words:

But they that wait upon הִנֵּה:  
shall renew their strength;  
they shall mount up with wings  
as eagles; they shall run, and  
not be weary; and they shall  
walk, and not faint. Isaiah  
40: 3 |



# Foundations of Torah

MIDDLE YEARS JOURNAL

BY ANNE ELLIOTT

PUBLISHED BY  
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B'reisheet   בְּרֵאשִׁית   "In the Beginning" (Genesis 1:1 - 6:8)					
	Day 1	Day 2	Day 3	Day 4	Day 5
Prayer Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory Verse	<input type="checkbox"/> Discuss memory verse	<input type="checkbox"/>	<input type="checkbox"/> Motions	<input type="checkbox"/> Contests	<input type="checkbox"/> Test
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Bible Drill		<input type="checkbox"/> Bible drill		<input type="checkbox"/> Bible drill	
Homework	<input type="checkbox"/> Illustrate memory verse	<input type="checkbox"/> Copy memory verse	<input type="checkbox"/> Other activities		<input type="checkbox"/> Journals

**Teacher's Notes:**

Memory Verse:  
Hebrews 11:3 (WEB) – "By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible."

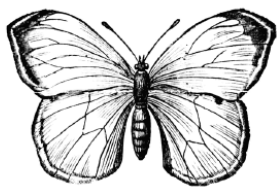
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You can help your child learn the names of the Hebrew Torah portions. First, help your child copy the Hebrew letters.<sup>2</sup>

Your child may wish to follow along with the daily Scripture readings.

There is a place for your child to journal his or her own prayer requests and answers to prayer.

B'reisheet   "In the Beginning"	
Genesis 1:1 - 6:8	
Copy the Hebrew letters:	בְּרֵאשִׁית
Daily Readings:	
<input type="checkbox"/> Genesis 1:1 – 2:3	
<input type="checkbox"/> Genesis 2:4 – 3:24	
<input type="checkbox"/> Genesis 4	
<input type="checkbox"/> Genesis 5:1 – 6:8	
<input type="checkbox"/> Isaiah 42:5 – 43:10	
I am thankful for:	_____
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I am praying for:	_____
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<sup>1</sup> <https://torahportions.ffoz.org/info/about.html>

<sup>2</sup> For more instruction in beginning Hebrew, see *Alephbeit for Beginners from Psalm 119*, by Lydia Hirn, available at <https://foundationspress.com/product/alephbeit-for-beginners>.

### Memory Verse:

By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.

Hebrews 11:3

God made all the things in our universe by only speaking a word. Can you do that?  
Decorate this page with pictures of things God created out of nothing.

Each week, your entire family can memorize a verse that goes with the theme of the Torah portion.

Encourage your child to draw a picture for each verse. This can help you check that your child understands the meaning of the verse.

You can find more tips for memorization in the *Parent-Teacher Edition*.

*By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.*

*Hebrews 11:3*

Copy the verse:

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Copying the memory verse helps a child memorize it.

The last page of each week's journal pages give your child a place to tell what he or she has learned. If your child struggles with writing, offer to let your child dictate what he has learned, while you write it down. Many children enjoy drawing a picture to illustrate what is written.

### What did you learn?

Write a paragraph telling about something you learned this week. Draw a picture if you'd like.

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# B'reisheet | "In the Beginning"

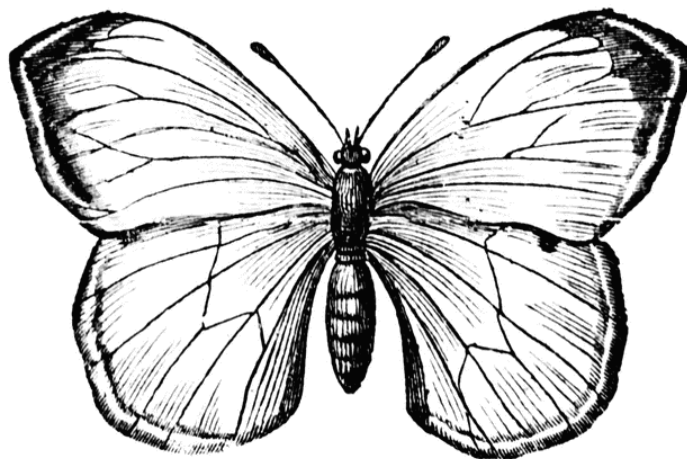
Genesis 1:1 - 6:8

Copy the Hebrew letters:

בְּרֵאשִׁית

Daily Readings:

- ☐ Genesis 1:1 – 2:3
- ☐ Genesis 2:4 – 3:24
- ☐ Genesis 4
- ☐ Genesis 5:1 – 6:8
- ☐ Isaiah 42:5 – 43:10



I am thankful for:

I am praying for:

## Memory Verse:

By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.

Hebrews 11:3

God made all the things in our universe by only speaking a word. Can you do that?  
Decorate this page with pictures of things God created out of nothing.

*By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.*  
*Hebrews 11:3*

Copy the verse:

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# What did you learn?

Write a paragraph telling about something you learned this week. Draw a picture if you'd like.

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# Noach | "Noah"

Genesis 6:9 – 11:32

Copy the Hebrew letters:

נח

Daily Readings:

- ☐ Genesis 6:9-8:22
- ☐ Genesis 9
- ☐ Genesis 10
- ☐ Genesis 11
- ☐ Isaiah 66:1-24



I am thankful for:

I am praying for:

## Memory Verse:

I will also give you as a light to the nations, that  
you may be my salvation to the end of the earth.

Isaiah 49:6

Draw a picture of what God asked Noah to build. How did he become a salvation to humanity?



*I will also give you as a light  
to the nations, that you may be  
my salvation to the end of the  
earth. Isaiah 49:6*

Copy the verse:

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# What did you learn?

Write a paragraph telling about something you learned this week. Draw a picture if you'd like.

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# Lech Lecha | “Go Forth”

Genesis 12:1 – 17:27

Copy the Hebrew letters:

לך-לך

Daily Readings:

- ☐ Genesis 12
- ☐ Genesis 13-14
- ☐ Genesis 15
- ☐ Genesis 16-17
- ☐ Isaiah 40:27-41:16



I am thankful for:

I am praying for:

## Memory Verse:

But they that wait upon יהוה shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:31, KJV



Draw a picture of an eagle flying high in the sky over the land of Canaan.

But they that wait upon יהוה:  
shall renew their strength; they  
shall mount up with wings as  
eagles; they shall run, and not  
be weary; and they shall walk,  
and not faint. Isaiah 40:31

Copy the verse:

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# What did you learn?

Write a paragraph telling about something you learned this week. Draw a picture if you'd like.

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# Foundations of Torah

HIGH SCHOOL JOURNAL

BY ANNE ELLIOTT

PUBLISHED BY  
FOUNDATIONS PRESS, INC.

# How to Use This Journal:

This journal is designed to accompany *Foundations of Torah: Parent-Teacher Edition*, available from [FoundationsPress.com](http://FoundationsPress.com).

However, as a young adult, you can choose to study through the Torah on your own. You will probably want to write out the answers to the study questions in a separate journal. If you are unsure of an answer, we recommend discussing it with your parents or another wise adult. The parent-teacher edition includes answers for the study questions as well.

You can practice Hebrew by copying the name of the Torah portion each week. You will remember what the portion is about if you'll write a 3-4 sentence summary at the end of each week.

Keep track of how the Father is working in your life by writing down prayer requests and how He answers.

### Study Questions:

**Day 1 – Genesis 1:1-2:3**

- According to Genesis 1:3, how did אלהים create the world?
- Look up John 1:1-3, 9-10 and Hebrews 1:1-3. How did God create the world?
- Discuss some ways that we are made in the image of God. (See Genesis 1:27.)
- You may also wish to read Genesis 5:2, Psalm 81:6, and 1 Corinthians 11:7.
- Using a Strong's concordance, look up the words "ended" and "rested" in Genesis 2:2. What do these words mean in Hebrew? Why did God cease from His labor? (Note: We will frequently use a Strong's concordance in this curriculum. You may wish to use <http://biblestudytools.com> online.)

**Day 2 – Genesis 2:4-3:24**

- Look up the Hebrew meaning of the name "Adam." (See Genesis 2:19-20.)
- Look up the Hebrew meaning of the name "Eve." (See Genesis 3:20.)
- According to Genesis 1:26-30 and Genesis 2:15, what was man's job?
- One way the serpent tempted Eve was to cause her to doubt what God really said. (See Genesis 3:1.) Look up three kinds of temptation listed in 1 John 2:16. How did Yeshua defeat temptation in Matthew 4:4, 7, and 10? You might also wish to read Ephesians 6:10-18.

**Day 3 – Genesis 4**

- Why do you think אֵתֵן would not accept Cain's sacrifice? Read Hebrews 11:4.
- Name some inventions and first things that are listed in Genesis 4. For instance, the first city (verse 17), the first music (verse 21), etc.
- Read Genesis 4:26. What do you think it means to "call upon the name of אֵתֵן?"

**Day 4 – Genesis 5:1-6:8**

- Look up the meanings of the names listed in chapter 5. What do these tell you about what the world was like at this time?
- What does it mean to "walk with God"? (See Genesis 5:24. Compare to Genesis 6:9 and Genesis 17:1.)
- What does it mean that Noah "found grace in the eyes of אֵתֵן"? (See Genesis 6:8.) Read Hebrews 11:6-7.

**Day 5 – Isaiah 42:5-43:10**

- The "Haftarah" was compiled during the time of the Maccabees, when the Greek government over Judah would not allow the Jews to read from the Torah. Righteous men compiled a *Haftarah* schedule of passages outside the Torah that would help them remember what each Torah portion was about. Can you find the similarities between this week's Torah and Haftarah portions?
- As you read today, name some specific things which אֵתֵן created.

### B'reisheet | "In the Beginning"

Genesis 1:1 - 6:8

Copy the Hebrew letters:


בְּרֵאשִׁית

Daily Readings:

- ☐ Genesis 1:1 – 2:3
- ☐ Genesis 2:4 – 3:24
- ☐ Genesis 4
- ☐ Genesis 5:1 – 6:8

Haftarah:

- ☐ Isaiah 42:5 – 43:10



Summary of B'reisheet:

Answers to Prayer:

Prayer Requests:




You are never too old to memorize Scripture! Be sure you understand what each verse means by illustrating it. On the next page of your journal, you can copy the verse. These two activities will help you memorize, but we also recommend reviewing the verse each day of the week, after you have finished the day's reading.

Memory Verse:

With pen in hand, illustrate this Scripture verse to help you visualize its meaning. While you draw, you can meditate on God's Word and memorize the text.

By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible. Hebrews 11:3

Bible study is of no use if we don't apply what we've learned to our own lives. The final page of each Torah portion will give you ideas to apply Scripture to your life.

What did you learn?

This Week's Memory Verse: Hebrews 11:3 (WEB) – "By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible."
What error should I avoid?
What example should I follow?
What promises are given?
What commands did I learn?
How does this passage point to the Messiah?
What do I need most to apply to my life today?

# B'reisheet | "In the Beginning"

Genesis 1:1 - 6:8

Copy the Hebrew letters:

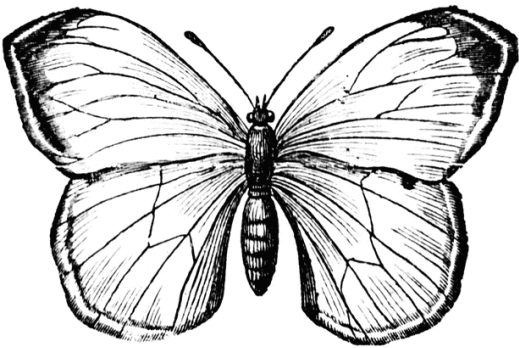
בְּרֵאשִׁית

Daily Readings:

- ☐ Genesis 1:1 – 2:3
- ☐ Genesis 2:4 – 3:24
- ☐ Genesis 4
- ☐ Genesis 5:1 – 6:8

Haftarah:

- ☐ Isaiah 42:5 – 43:10



Summary of B'reisheet:

Answers to Prayer:	Prayer Requests:

# Study Questions:

## Day 1 – Genesis 1:1-2:3

1. According to Genesis 1:3, how did **ה'ה'** create the world? Look up John 1:1-3, 9-10 and Hebrews 11:3. How did God create the world?
2. Discuss some ways that we are made in the image of God. (See Genesis 1:27.) You may also wish to read Genesis 5:2, Psalm 8:1-9, and 1 Corinthians 11:7.
3. Using a Strong's concordance, look up the words “ended” and “rested” in Genesis 2:2. What do these words mean in Hebrew? Why did God cease from His labor? (Note: We will frequently use a Strong's concordance in this curriculum. You may wish to use <http://blueletterbible.org> online.)

## Day 2 – Genesis 2:4-3:24

1. Look up the Hebrew meaning of the name “Adam.” (See Genesis 2:19-20.)
2. Look up the Hebrew meaning of the name “Eve.” (See Genesis 3:20.)
3. According to Genesis 1:26-30 and Genesis 2:15, what was man's job?
4. One way the serpent tempted Eve was to cause her to doubt what God really said. (See Genesis 3:1.) Look up three kinds of temptation listed in 1 John 2:16. How did Yeshua defeat temptation in Matthew 4:4, 7, and 10? You might also wish to read Ephesians 6:10-18.

## Day 3 – Genesis 4

1. Why do you think **ה'ה'** would not accept Cain's sacrifice? Read Hebrews 11:4.
2. Name some inventions and first things that are listed in Genesis 4. For instance, the first city (verse 17), the first music (verse 21), etc.
3. Read Genesis 4:26. What do you think it means to “call upon the name of **ה'ה'**”?

## Day 4 – Genesis 5:1-6:8

1. Look up the meanings of the names listed in chapter 5. What do these tell you about what the world was like at this time?
2. What does it mean to “walk with God”? (See Genesis 5:24. Compare to Genesis 6:9 and Genesis 17:1.)
3. What does it mean that Noah “found grace in the eyes of **ה'ה'**”? (See Genesis 6:8.) Read Hebrews 11:6-7.

## Day 5 – Isaiah 42:5-43:10

1. The “Haftarah” was compiled during the time of the Maccabees, when the Greek government over Judah would not allow the Jews to read from the Torah. Righteous men compiled a *haftarah* schedule of passages outside the Torah that would help them remember what each Torah portion was about. Can you find the similarities between this week's Torah and Haftarah portions?
2. As you read today, name some specific things which **ה'ה'** created.

## Memory Verse:

With pen in hand, illustrate this Scripture verse to help you visualize its meaning. While you draw, you can meditate on God's Word and memorize the text.

By faith, we understand  
that the universe has  
been framed by the word  
of God, so that what is  
seen has not been made  
out of things which are  
visible. Hebrews 11:3

# What did you learn?

This Week's Memory Verse: Hebrews 11:3 (WEB) – “By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.”
What error should I avoid?
What example should I follow?
What promises are given?
What commands did I learn?
How does this passage point to the Messiah?
What do I need most to apply to my life today?

# Noach | “Noah”

Genesis 6:9 – 11:32

Copy the Hebrew letters:

נח

Daily Readings:

- ☐ Genesis 6:9-8:22
- ☐ Genesis 9
- ☐ Genesis 10
- ☐ Genesis 11

Haftarah:

- ☐ Isaiah 66:1-24



Summary of Noach:

Answers to Prayer:

Prayer Requests:


# Study Questions:

## Day 1 – Genesis 6:9-8:22

1. How was Noah described in Genesis 6:9? What was written about Noah in Genesis 6:22 and 7:5?
2. How many of each animal went into the ark (see Genesis 7:2-3)? How do you think Noah knew which animals were clean and which were unclean? What did Noah do with some of the clean animals in Genesis 8:20?

## Day 2 – Genesis 9

1. Why do you think ה' allowed Noah and his sons to eat meat after the flood?
2. People often say that Genesis 9:5-6 is the first time man was given the right to rule over other men. What things were men allowed to do to other men?
3. What command was given in Genesis 9:7? Do you remember when this command was first given?
4. What covenant did God make with Noah? What was the sign of His covenant?
5. What warnings does God give us about wine in Proverbs 23:20-21, 29-35?

## Day 3 – Genesis 10

1. Read Deuteronomy 32:8. What did God do to the nations and the sons of Adam?
2. Traditionally, it is said that 70 nations are represented in this chapter. Would you like to try to count them?

## Day 4 – Genesis 11

1. Where is Shinar? See <https://answersingenesis.org/tower-of-babel/where-in-the-world-is-the-tower-of-babel>
2. Who is the author of human language? What did ה' do to languages at Babel, and why?
3. What does the word “Babel” mean? (Look it up in a dictionary or a Strong’s concordance.) Compare this to the word “confound” in Genesis 11:9.

## Day 5 – Isaiah 66:1-24

1. Compare Genesis 6:5 to Isaiah 66:17-18.
2. What are some of the nations mentioned in this chapter?

## Memory Verse:

With pen in hand, illustrate this Scripture verse to help you visualize its meaning. While you draw, you can meditate on God's Word and memorize the text.

Indeed, he says,  
“It is too light a thing  
that you should be my servant  
to raise up the tribes of Jacob,  
and to restore the preserved of Israel?  
I will also give you  
as a light to the nations,  
that you may be my salvation  
to the end of the earth.”

Isaiah 49:6



# What did you learn?

This Week’s Memory Verse: Isaiah 49:6 (WEB) – Indeed, he says, “It is too light a thing that you should be my servant to raise up the tribes of Jacob, and to restore the preserved of Israel? I will also give you as a light to the nations, that you may be my salvation to the end of the earth.”
What error should I avoid?
What example should I follow?
What promises are given?
What commands did I learn?
How does this passage point to the Messiah?
What do I need most to apply to my life today?

# Lech Lecha | “Go Forth”

Genesis 12:1 – 17:27

Copy the Hebrew letters:

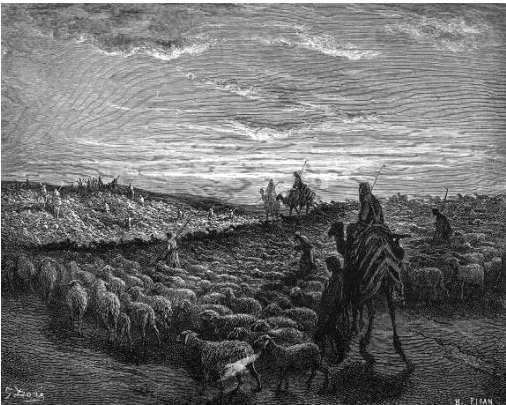
לך-לך

Daily Readings:

- ☐ Genesis 12
- ☐ Genesis 13-14
- ☐ Genesis 15
- ☐ Genesis 16-17

Haftarah:

- ☐ Isaiah 40:27-41:16



Summary of Lech Lecha:

Answers to Prayer:

Prayer Requests:


# Study Questions:

## Day 1 - Genesis 12

1. Look closer at the promise made to Abram in verses 2-3: How many *peoples* on the earth would be blessed through him? According to Genesis 17:4-6, how many *nations* would come from him?
2. What would happen to those who blessed or cursed Abraham? What happened to Pharaoh in this chapter when he tried to take Abram's wife?
3. Who is the "seed" mentioned in verse 7? To find the answer, look up Galatians 3:16.
4. Read Hebrews 11:8-10. Do we have to understand *why* before we obey?

## Day 2 - Genesis 13-14

1. What do you think it means to "call on the name of יהוה" (in verse 4)? What did Abram build before he called on יהוה's name? See also Genesis 12:7 and 8, as well as Genesis 13:18.
2. Describe the men of Sodom, whom Lot chose to live close by (see Genesis 13:12-13). Read Psalm 1:1. What do you think Lot should have done?
3. Who was Melchizedek, and what did Abram give him? Why? (See Genesis 14:18-20.) Learn more about this priest by reading Hebrews 7:1-4.

## Day 3 - Genesis 15

1. According to Genesis 15:1-3, what do you think Abram might have been afraid of? What promise did יהוה repeat to him (Genesis 15:5)? How did Abraham respond (Genesis 15:6)? Read also Hebrews 11:11-12.
2. What covenant did יהוה make with Abram in Genesis 15:18-21?
3. Optional: the word "covenant" is Strong's #1285, which is the Hebrew word *brit*. If you wanted, you could look up the meaning of this word. Based on what Abraham did in verse 10, why do you think this word means "covenant"?

## Day 4 - Genesis 16-17

1. What blessing did the angel of יהוה give to Hagar? (See Genesis 16:11-12)
2. What covenant did יהוה make with Abram when he changed his name? (See Genesis 17:4-8.)
3. What did Abraham have to do in order to keep his side of the covenant with יהוה? (See Genesis 17:9-14.)

## Day 5 - Isaiah 40:27 – 41:16

1. What do you think Isaiah 40:27-31 has to do with what we learned about Abraham in this week's Torah portion?

## Memory Verse:

With pen in hand, illustrate this Scripture verse to help you visualize its meaning. While you draw, you can meditate on God's Word and memorize the text.

But they that wait upon יהוה shall  
renew their strength; they shall mount  
up with wings as eagles; they shall run,  
and not be weary; and they shall walk,  
and not faint.

Isaiah 40:31

# What did you learn?

This Week’s Memory Verse: Isaiah 40:31 (KJV) – “But they that wait upon יהוה shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”
What error should I avoid?
What example should I follow?
What promises are given?
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