This chart can be used to help in daily/weekly Torah study efforts when you see the years and dates scriptures give when laid out side by side. It is interesting to note that the first 2158 years of human history are overlapped by the lives of three men (Adam, Lamech and Shem). It is also interesting to note that Abraham could have personally known Noah and that Jacob was a contemporary with Shem.

**What Is The Torah?**

The Torah is the first five books of what most Christians call the Bible. Genesis, Exodus, Leviticus, Numbers, Deuteronomy. The Torah, commonly mistranslated in the Bible as “Law” is simply the "instructions" that the Father has given for his people to be kept "forever for all generations". Other common misconceptions are that Jesus(Yeshua) came to do away with the Torah(law) and free us from the bondage contained within.

Actually, all throughout the Old Testament we see the authors refer to the Torah as “the way”, “the truth”, “the life” and freedom. Jesus(Yeshua) in fact was the Messiah who came to do away with our transgressions against God’s Torah while also being the perfect example showing us how to follow and keep God’s Torah (Matthew 5:17-19). When we fall short, his grace catches us. Yes, a new covenant is in place but for a true believer, the Torah(law) is to be written on our hearts. (Jeremiah 31:33 - Hebrews 8:10).

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