

The purpose of our life on this physical world is observe all the laws of Hashem. His laws do not restrict our desires nor movements. Rather, He is giving us how we should live in this world, so that we can be pure as He is pure. Hashem said, “*She-ma', yis-ra'el. hash-shem e-lo-hei-nu, hash-shem e-chad* (שְׁמַע, יִשְׂרָאֵל: יְהוָה אחד). (Devarim 6:4) The Hebrew word “*shema*” means “listen and obey.” We are to “listen” by studying, meditating on His words, and “obey” by taking actions to observe His words. Listed below are the summary of His commandments and the order follows Sefer HaChinuch.

As the biblical year 5779 comes to an end, a quick review of 613 commandments is needed to ensure whether we followed His Laws. If not, perhaps, Hashem willing, we can fulfill His Laws that we have missed this coming year. Shalom. Ninteenth day of Elul, 5779

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|--|
| Beresheet | 1 | 1 | | The obligation of Procreation (Gen. 1:28) |
| Lech Lecha | 2 | 2 | | The obligation of Circumcision (Gen 17:10) |
| Vayishlach | 3 | | 1 | The prohibition to eat the Gid Hanasheh (sinew) (Gen. 32:33) |
| Bo | 4 | 3 | | The obligation to sanctify the new moon (Exo. 12:2) |
| | 5 | 4 | | The obligation to slaughter the Pesach offering on the 14 th of Nissan (Exo. 12:6) |
| | 6 | 5 | | The obligation to eat the meat of the Korban Pesach on the night of the 15 th (Exo. 12:8) |
| | 7 | | 2 | The prohibition to eat the Pesach lamb raw or cooks, but only roasted (Exo. 12:9) |
| | 8 | | 3 | The prohibition to leave leftovers of the Pesach Lamb (Exo. 12:10) |
| | 9 | 6 | | The obligation to destroy Chametz on the 14 th day of Nissan (Exo. 12:15) |
| | 10 | 7 | | The obligation to eat Matzah the night of the 15 th day of Nissan (Exo. 12:18) |
| | 11 | | 4 | The prohibition to have Chametz found throughout all seven days of Pesach (Exo. 12:19) |
| | 12 | | 5 | The prohibition to eat a food that contains Chametz (Exo. 12:20) |
| | 13 | | 6 | The prohibition to feed the meat of the Pesach sacrifice to a heretic (Exo. 12:43) |
| | 14 | | 7 | The prohibition to feed the Pesach lamb to a gentile [includes conversion process] (Exo. 12:45) |
| | 15 | | 8 | The prohibition to remove the meat of the Pesach offering outside (Exo. 12:46) |
| | 16 | | 9 | The prohibition to break a bone of the Pesach offering (Exo. 12:46) |
| | 17 | | 10 | The prohibition for an uncircumcised male to eat the meat of the Pesach offering (Exo. 12:48) |
| | 18 | 8 | | The obligation to sanctify the firstborn (Exo. 13:2) |
| | 19 | | 11 | The prohibition to eat Chametz on Pesach (Exo. 13:3) |
| | 20 | | 12 | The prohibition for Chametz to be seen in our possession on Pesach (Exo. 13:7) |
| | 21 | 9 | | The obligation to recount the exodus from Mitzrayim (Exo. 13:8) |
| | 22 | 10 | | The obligation to redeem a firstborn donkey (Exo. 13:13) |
| | 23 | 11 | | The obligation to decapitate a firstborn donkey if not redeemed (Exo. 13:13) |
| Beshelach | 24 | | 13 | The prohibition to go beyond the border on the Shabbat (Exo. 16:29) |
| Yitro | 25 | 12 | | The obligation to believe in the existence of Hashem (Exo. 20:2) |
| | 26 | | 14 | The prohibition to believe in any deity except Hashem alone (Exo. 20:3) |
| | 27 | | 15 | The prohibition to make an idol (Exo. 20:4) |

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| Yitro | 28 | | 16 | The prohibition to bow/prostrate to an idol (Exo. 20:5-6) |
| | 29 | | 17 | The prohibition to worship an idol in any of the ways that is worshipped (Exo. 20:5-6) |
| | 30 | | 18 | The prohibition to swear in vain (Exo. 20:7) |
| | 31 | 13 | | The obligation to sanctify the Shabbat in words by its entrance and exit (Exo. 20:8) |
| | 32 | | 19 | The prohibition to do labor on Shabbat, not us, our children, slaves or animals (Exo. 20:9-12) |
| | 33 | 14 | | The obligation to honor one's father and mother (Exo. 20:12) |
| | 34 | | 20 | The prohibition to murder (Exo. 20:13) |
| | 35 | | 21 | The prohibition to commit adultery with a married woman (Exo. 20:13) |
| | 36 | | 22 | The prohibition to kidnap (Exo. 20:13) |
| | 37 | | 23 | The prohibition to testify falsely (Exo. 20:13, Deut. 5:17) |
| | 38 | | 24 | The prohibition to covet another's item (Exo. 20:14) |
| | 39 | | 25 | The prohibition to makes images (sculpting human) even for decoration (Exo. 20:20) |
| | 40 | | 26 | The prohibition to build the altar from hewn stones (Exo. 20:22) |
| | 41 | | 27 | The prohibition to use steps to walk onto the altar (Exo. 20:23) |
| Mishpatim | 42 | 15 | | The obligation to adjudicate the law of a Hebrew servant (Exo. 21:2) |
| | 43 | 16 | | The obligation to take the Hebrew maidservant as a wife (Exo. 21:8) |
| | 44 | 17 | | The obligation regarding redemption of the Hebrew maidservant (Exo. 21:8) |
| | 45 | | 28 | The prohibition against the sale of a Hebrew maidservant to others (Exo. 21:8) |
| | 46 | | 29 | The prohibition to infringe on the rights of a Hebrew maidservant (Exo. 21:9-10) |
| | 47 | 18 | | The obligation to adjudicate capital punishment by strangulation to those liable (Exo. 21:12) |
| | 48 | | 30 | The prohibition of hitting one's father or mother (Exo. 21:15) |
| | 49 | 19 | | The obligation to punish one who injures his friend in accordance to Torah law (Exo. 21:18-19) |
| | 50 | 20 | | The obligation to adjudicate capital punishment by decapitation to those liable (Exo. 21:20) |
| | 51 | 21 | | The obligation to adjudicate cases of damage or injury caused by an ox (Exo. 21:28-29, 21:35-36) |
| | 52 | | 31 | The prohibition to eat the meat of an ox which was found liable for capital punishment (Exo. 21:28) |
| | 53 | 22 | | The obligation to adjudicate cases of damage or injury caused by a pit (Exo. 21:33-34) |
| | 54 | 23 | | The obligation to adjudicate cases of stealing in accordance to Torah law (Exo. 21:37-22:3) |
| | 55 | 24 | | The obligation to adjudicate cases of damage by an ox (Exo. 22:4) |
| | 56 | 25 | | The obligation to adjudicate cases of damage caused by the fire (Exo. 22:5) |
| | 57 | 26 | | The obligation to adjudicate cases of damage or loss caused of an item while stored by a custodian who was not paid for his service (Exo. 22:6-7) |
| | 58 | 27 | | The obligation to adjudicate cases of civil claims (Exo. 22:8) |
| | 59 | 28 | | The obligation to adjudicate cases of damage or loss caused to an item while stored by a paid custodian, or by a renter (Exo. 22:9-10) |

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| Mishpatim | 60 | 29 | | The obligation to adjudicate cases of damage or loss caused to an item while borrowed, or by a renter (Exo. 22:13-14) |
| | 61 | 30 | | The obligation to adjudicate cases of seduction/statutory rape of a virgin (Exo. 22:15-16) |
| | 62 | | 32 | The prohibition to allow a witch to live, and to judge her with death (Exo. 22:17) |
| | 63 | | 33 | The prohibition to verbally oppress a convert of the gentile nation (Exo. 22:20) |
| | 64 | | 34 | The prohibition to monetarily cheat a convert of the gentile nation (Exo. 22:20) |
| | 65 | | 35 | The prohibition to oppress orphans or widows neither in speech or action (Exo. 22:21) |
| | 66 | 31 | | The obligation to lend money to a pauper in need (Exo. 22:24) |
| | 67 | | 36 | The prohibition to demand payment of a loan if one knows he cannot pay it (Exo. 22:24) |
| | 68 | | 37 | The prohibition to collect or give interest on/to a loan (Exo. 22:24) |
| | 69 | | 38 | The prohibition to curse judges (Exo. 22:27) |
| | 70 | | 39 | The prohibition to curse YHWH (Exo. 22:27) |
| | 71 | | 40 | The prohibition to curse the Nassi which is the king and head of the Sanhedrin (Exo. 22:27) |
| | 72 | | 41 | The prohibition to tithe the produce in the wrong order (Exo. 22:28) |
| | 73 | | 42 | The prohibition to flesh of a torn animal (Exo. 22:30) |
| | 74 | | 43 | The prohibition [for a judge] to listen to the claims of one side not in the presence of the other (Exo. 23:1) |
| | 75 | | 44 | The prohibition [for a judge] to accept testimony of a sinner (Exo. 23:1) |
| | 76 | | 45 | The prohibition [for a judge] to follow a majority of one in capital cases (Exo. 23:2) |
| | 77 | | 46 | The prohibition [for a judge] to base his ruling on the opinion of other judges unless he comprehends it (Exo. 23:2) |
| | 78 | 32 | | The obligation to follow the majority opinion in cases of disputes regarding all Torah matters (Exo. 23:2) |
| | 79 | | 47 | The prohibition [for a judge] to show compassion in judgment on the weak and poor (Exo. 23:3) |
| | 80 | 33 | | The obligation to remove a heavy burden from on top of an animal (Exo. 23:5) |
| | 81 | | 48 | The prohibition to tilt the judgment of a case because of his wickedness (Exo. 23:6) |
| | 82 | | 49 | The prohibition to give capital punishment for a sin unless valid witnesses testify (Exo. 23:7) |
| | 83 | | 50 | The prohibition [for a judge] to take a bribe even if he plans to judge truthfully (Exo. 23:8) |
| | 84 | 34 | | The obligation to disown all the land produce grown every seventh year (Exo. 23:11) |
| | 85 | 35 | | The obligation to rest from work on Shabbat (Exo. 23:12) |
| | 86 | | 51 | The prohibition to swear, or cause others to swear in the names of idolatry (Exo. 23:13) |
| | 87 | | 52 | The prohibition to influence others to serve idolatry (Exo. 23:13) |
| | 88 | 36 | | The obligation to visit the Temple during the festival three times a year (Exo. 23:14) |
| | 89 | | 53 | The prohibition to slaughter the Pesach offering on the 14 th of Nissan while still owning Chametz in one's possession (Exo. 23:18) |
| | 90 | | 54 | The prohibition to leave the parts of the Pesach offering and other offerings, that need to be offered to the altar until the morning (Exo. 23:18) |

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| Mishpatim | 91 | 37 | | The obligation to bring the first fruits to the Temple (Exo. 23:19) |
| | 92 | | 55 | The prohibition to cook meat and milk together (Exo. 23:19) |
| | 93 | | 56 | The prohibition to make a covenant with the seven Canaanite nations (Exo. 23:32) |
| | 94 | | 57 | The prohibition to allow idolaters to live in our land (Eretz Yisrael) (Exo. 23:33) |
| Terumah | 95 | 38 | | The obligation to build a Temple for Hashem (Exo. 25:8) |
| | 96 | | 58 | The prohibition to removes the poles from the Ark of the Covenant (Exo. 25:15) |
| | 97 | 39 | | The obligation to constantly have bread (<i>Lechem Hapanim</i>) placed in Temple (Exo. 25:30) |
| Tetzaveh | 98 | 40 | | The obligation to have candles (Menorah) constantly lit before Hashem in the Temple (Exo. 27:20-21) |
| | 99 | 41 | | The obligation for the Kohanim (priests) to don their garments while serving in the Temple (Exo. 28:2-4) |
| | 100 | | 59 | The prohibition to remove the rings of the ephod [of the priests] (Exo. 28:28) |
| | 101 | | 60 | The prohibition to tear the rim of the robe [of the High Priest] (Exo. 28:32) |
| | 102 | 42 | | The obligation [upon the kohanim] to eat the meat of the <i>chatas</i> and <i>asham</i> offerings (Exo. 29:33) |
| | 103 | 43 | | The obligation for the kohanim to offer incense onto the altar twice daily (Exo. 30:7-8) |
| | 104 | | 61 | The prohibition to offer onto the gold altar any offering other than the daily incense (Exo. 30:9) |
| Ki Tisa | 105 | 44 | | The obligation for all Yisrael above age twenty to donate a half shekel (Exo. 30:13) |
| | 106 | 45 | | The obligation for the kohanim to wash their hands and feet when serving in the Temple (Exo. 30:19-20) |
| | 107 | 46 | | The obligation to make the anointing oil for the Hight Priest and Kings (Exo. 30:23-25) |
| | 108 | | 62 | The prohibition to anoint an outsider with the Anointment Oil (Exo. 30:31-33) |
| | 109 | | 63 | The prohibition to replicate the Anointment Oil (Exo. 30:32) |
| | 110 | | 64 | The prohibition to replicate the Incense (Exo. 30:37) |
| | 111 | | 65 | The prohibition to eat from offerings given to idols (Exo. 34:12-15) |
| | 112 | 47 | | The obligation to stop working the land during the Shemita (7 th year) (Exo. 34:21) |
| | 113 | | 66 | The prohibition to eat meat and milk that are cooked together (34:26) |
| Vayakhel | 114 | | 67 | The prohibition to adjudicate capital punishment on Shabbat (Exo. 35:3) |
| Vayikra | 115 | 48 | | The obligation regarding the process of the burnt offering (Lev. 1:3) |
| | 116 | 49 | | The obligation to offer the meal offering (Lev. 2:1, 4-5, 7) |
| | 117 | | 68 | The prohibition to offer honey or Chametz on the altar (Lev. 2:11) |
| | 118 | | 69 | The prohibition to bring offerings without salt (Lev. 2:13) |
| | 119 | 50 | | The obligation to salt all the offerings (Lev. 2:13) |
| | 120 | 51 | | The obligation upon Court to bring an offering for an erroneous ruling (Lev. 4:13-14) |
| | 121 | 52 | | The obligation for an individual to bring sin offering for inadvertent sin (Lev. 4:27-28, 32) |
| | 122 | 53 | | The obligation to testify in court as a witness in criminal/civil liability (Lev. 5:1) |
| | 123 | 54 | | The obligation to bring variable sin offering for certain sins: swearing falsely, entering the Temple while impure (Lev. 5:1-11) |

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| Vayikra | 124 | | 70 | The prohibition to separate (behead) the bird for sin offering (Lev. 5:8) |
| | 125 | | 71 | The prohibition to place oil on the meal sin offering (Lev. 5:11) |
| | 126 | | 72 | The prohibition to place frankincense on the meal sin offering (Lev. 5:11) |
| | 127 | 55 | | The obligation to add a fifth for improper consumption of Temple property (Lev. 5:15-16) |
| | 128 | 56 | | The obligation to bring an Asham (pending) offering if one performed an act of questionable transgression that involves a negative command that contains (excision) (Lev. 5:17-18) |
| | 129 | 57 | | The obligation to bring Definite Asham offering for certain sins (Lev. 5:21-25) |
| | 130 | 58 | | The obligation to return a stolen object to its rightful owner (Lev. 5:23) |
| Tzav | 131 | 59 | | The obligation to remove the ash from the altar (Lev. 6:3) |
| | 132 | 60 | | The obligation to keep a fire constantly alit on the altar (Lev. 6:6) |
| | 133 | | 73 | The prohibition to extinguish a fire from on the altar (Lev. 6:6) |
| | 134 | 61 | | The obligation for the kohanim to eat the leftovers of the meal offerings (Lev. 6:9) |
| | 135 | | 74 | The prohibition to bake the leftover meal offerings into leavened (Lev. 6:10) |
| | 136 | 62 | | The obligation of the High Priest to offer a daily meal offering (Lev. 6:13) |
| | 137 | | 75 | The prohibition for the meal offering of a priest to be eaten (Lev. 6:16) |
| | 138 | 63 | | The obligation for the priests to perform the chatas (sin) offering (Lev. 6:17-18) |
| | 139 | | 76 | The prohibition to eat from the flesh of the inner sin offering (Lev. 6:23) |
| | 140 | 64 | | The obligation regarding the process of the guilt offering (Lev. 7:1) |
| | 141 | 65 | | The obligation regarding the process of the shelamim (peace) offering (Lev. 7:11) |
| | 142 | | 77 | The prohibition to have any leftovers from the toda (thanks) offering (Lev. 7:15) |
| | 143 | 66 | | The obligation to burn leftovers of the feast offering (Lev. 7:17) |
| | 144 | | 78 | The prohibition to eat an offering that had been rendered piggul (rejected) (Lev. 7:18) |
| | 145 | | 79 | The prohibition to eat meat of kodashim (sacrificial offering) that became ritually impure (Lev. 7:19) |
| | 146 | 67 | | The obligation to burn meat of kodashim that became ritually impure (Lev. 7:19) |
| | 147 | | 80 | The prohibition to consume forbidden cheilev (fat) (Lev. 7:23) |
| | 148 | | 81 | The prohibition to eat the blood of an animal or fowl (Lev. 7:26) |
| Shemini | 149 | | 82 | The prohibition for the priests to enter the Temple with overgrown hair (Lev. 10:6) |
| | 150 | | 83 | The prohibition for the priests to enter the Temple with torn clothing (Lev. 10:6) |
| | 151 | | 84 | The prohibition for the priests to leave the Temple during their service (Lev. 10:7) |
| | 152 | | 85 | The prohibition to enter the Temple, or give Torah rulings while under the influence of wine or alcohol (Lev. 10:9-11) |
| | 153 | 68 | | The obligation to check domestic and wild animals for [kosher] signs (Lev. 11:2-3) |
| | 154 | | 86 | The prohibition to eat impure/non-kosher animals (Lev. 11:4-7) |
| | 155 | 69 | | The obligation to check fish for [kosher] signs (Lev. 11:9) |
| | 156 | | 87 | The prohibition to eat impure/non-kosher fish (Lev. 11:10-11) |

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| Shemini | 157 | | 88 | The prohibition to eat impure/non-kosher fowl (Lev. 11:13) |
| | 158 | 70 | | The obligation to know and check the kosher signs of locust (Lev. 11:21-22) |
| | 159 | 71 | | The obligation to know eight creeping creatures that impurify a person (Lev. 11:29-30) |
| | 160 | 72 | | The obligation to guard the laws of impurity of food and drink (Lev. 11:32-34) |
| | 161 | 73 | | The obligation to know that the carcass impurifies a person and act in accordance to its laws (Lev. 11:39) |
| | 162 | | 89 | The prohibition to eat insects that crawl on the ground (Lev. 11:41) |
| | 163 | | 90 | The prohibition to eat insects that grow in fruit and legumes while attached to the ground (Lev. 11:42) |
| | 164 | | 91 | The prohibition to eat water insects (Lev. 11:43) |
| | 165 | | 92 | The prohibition to eat insects of spontaneous generation, created from rotting produce (Lev. 11:44) |
| Tazria | 166 | 74 | | The obligation to know the impurity of a woman who has given birth (Lev. 12:2, 5) |
| | 167 | | 93 | The prohibition for an impure person to eat kodoshim (food of sacred offerings) until purified (Lev. 12:4) |
| | 168 | 75 | | The obligation to bring a burnt offering upon the completion of her days of purity (Lev. 12:6, 8) |
| | 169 | 76 | | The obligation to follow the laws of a metzora (skin disease) (Lev. 13:2) |
| | 170 | | 94 | The prohibition to shave the hair of the tzaraas (Lev. 13:33) |
| | 171 | 77 | | The obligation that the metzora follow the laws relating to him, such as to have torn garments and long hair (Lev. 13:45) |
| | 172 | 78 | | The obligation to follow the laws instructed regarding clothing that grows tzaraas (Lev. 13:47) |
| Metzora | 173 | 79 | | The obligation to follow the process instructed for purifying tzaraas (Lev. 14:2) |
| | 174 | 80 | | The obligation to shave off all the hair of the body of a Metzora on the seventh day (Lev. 14:9) |
| | 175 | 81 | | The obligation to immerse in a mikveh when one desires to purify oneself from impurity (Lev. 14:9) |
| | 176 | 82 | | The obligation for the Metzora to bring an offering when he is cured (Lev. 14:10, 21-22) |
| | 177 | 83 | | The obligation to follow the laws instructed regarding a house which has grown tzaraas (Lev. 14:34-35) |
| | 178 | 84 | | The obligation to attribute laws of impurity to a discharge (Lev. 15:2-3) |
| | 179 | 85 | | The obligation for a Zav (man with seminal discharge) to bring an offering after healed (Lev. 15:13-15) |
| | 180 | 86 | | The obligation to attribute laws of impurity to one who expels or touches semen (Lev. 15:16-17) |
| | 181 | 87 | | The obligation regarding the impurity to her discharge (Lev. 15:19) |
| | 182 | 88 | | The obligation to attribute laws of impurity to a Zava (woman with menstrual flow) (Lev. 15:25) |
| | 183 | 90 | | The obligation for a Zava to bring an offering after she is healed (Lev. 15:28-30) |
| Acharei Mot | 184 | | 95 | The prohibition upon priests to enter the Temple at will (Lev. 16:2) |
| | 185 | 91 | | The obligation of Yom Kippur (Day of Atonement) for the High Priest (Lev. 16:3-34) |
| | 186 | | 96 | The prohibition to slaughter sacred offerings outside the Temple Courtyard (Lev. 17:3-4) |
| | 187 | 92 | | The obligation to cover the blood after slaughtering (Lev. 17:13) |
| | 188 | | 97 | The prohibition to conduct oneself in an intimate manner with any one of the relatives (Lev. 18:6) |
| | 189 | | 98 | The prohibition to cohabit with one's father (Lev. 18:7) |

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| Acharei Mot | 190 | | 99 | The prohibition to cohabit with one's mother (Lev. 18:7) |
| | 191 | | 100 | The prohibition to cohabit with one's father's wife (Lev. 18:8) |
| | 192 | | 101 | The prohibition to cohabit with one's sister, even if not from father's wife (Lev. 18:9) |
| | 193 | | 102 | The prohibition to cohabit with one's son's daughter (Lev. 18:10) |
| | 194 | | 103 | The prohibition to cohabit with one's daughter's daughter (Lev. 18:10) |
| | 195 | | 104 | The prohibition to cohabit with one's daughter **Note: This prohibition is not in the Torah. As previously mentioned in Mitzvah 193 and 194, both of whom are female offspring of a person who are more distantly related than one's daughter, and such action is repugnant and repulsive. As such, there is no need for such verse! ** |
| | 196 | | 105 | The prohibition to cohabit with one's sister if she is one's father's wife's daughter (Lev. 18:11) |
| | 197 | | 106 | The prohibition to cohabit with one's aunt, one's father's sister (Lev. 18:12) |
| | 198 | | 107 | The prohibition to cohabit with one's aunt, one's mother's sister (Lev. 18:13) |
| | 199 | | 108 | The prohibition to cohabit with one's uncle, one's father's sister (Lev. 18:14) |
| | 200 | | 109 | The prohibition to cohabit with one's aunt, one's father's brother's wife (Lev. 18:14) |
| | 201 | | 110 | The prohibition to cohabit with one's daughter-in-law (Lev. 18:15) |
| | 202 | | 111 | The prohibition to cohabit with one's brother's wife (Lev. 18:16) |
| | 203 | | 112 | The prohibition to cohabit with a woman and her daughter (Lev. 18:17) |
| | 204 | | 113 | The prohibition to cohabit with a woman and her son's daughter (Lev. 18:17) |
| | 205 | | 114 | The prohibition to cohabit with a woman and her daughter's daughter (Lev. 18:17) |
| | 206 | | 115 | The prohibition to cohabit with one's wife's sister while one's wife is alive (Lev. 18:18) |
| | 207 | | 116 | The prohibition to cohabit with a woman who has menstrual cycle (Lev. 18:19) |
| | 208 | | 117 | The prohibition to give one's offspring to Molech (Lev. 18:21) |
| | 209 | | 118 | The prohibition for a man to cohabit with another man (Lev. 18:22) |
| | 210 | | 119 | The prohibition for a man to have sexual relations with an animal (Lev. 18:23) |
| | 211 | | 120 | The prohibition for a woman to have sexual relations with an animal (Lev. 18:23) |
| Kedoshim | 212 | 93 | | The obligation to revere one's father and mother (Lev. 19:3) |
| | 213 | | 121 | The prohibition to pursue idolatry in neither thought, speech, or observation (Lev. 19:4) |
| | 214 | | 122 | The prohibition to make idols for oneself or for other people (Lev. 19:4) |
| | 215 | | 123 | The prohibition to eat meat offerings after a specific time elapsed (Lev. 19:8) |
| | 216 | 94 | | The obligation to leave the corner of one's field to the poor (Lev. 19:9-10) |
| | 217 | | 124 | The prohibition to harvest the entire field (Lev. 19:9-10) |
| | 218 | 95 | | The obligation to leave the bundles that fall to the ground during harvest to the poor (Lev. 19:9-10) |
| | 219 | | 125 | The prohibition to take the bundles that fall to the field during harvest (Lev. 19:9-10) |
| | 220 | 96 | | The obligation to leave a corner of certain clusters of grapes (Lev. 19:10) |
| | 221 | | 126 | The prohibition to take all the grapes off the vine and to leave the corner for the poor (Lev. 19:10) |

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| | 222 | 97 | | The obligation to leave the corner of the vineyard that falls during harvest (Lev. 19:10) |
| | 223 | | 127 | The prohibition to gather fallen grapes from the vineyard (Lev. 19:10) |
| | 224 | | 128 | The prohibition to steal anything of value (Lev. 19:11) |
| | 225 | | 129 | The prohibition to deny having another's money in one's possession (Lev. 19:11) |
| | 226 | | 130 | The prohibition to swear falsely in denial of a monetary obligation (Lev. 19:11) |
| | 227 | | 131 | The prohibition to swear falsely (Lev. 19:12) |
| | 228 | | 132 | The prohibition to withhold money that belongs to another (Lev. 19:13) |
| | 229 | | 133 | The prohibition to rob a person (Lev. 19:13) |
| | 230 | | 134 | The prohibition to delay payment of a worker's wage (Lev. 19:13) |
| | 231 | | 135 | The prohibition to curse any man or woman (Lev. 19:14) |
| | 232 | | 136 | The prohibition to place a stumbling block (bad advice) in front of a person (Lev. 19:14) |
| | 233 | | 137 | The prohibition to judge unjustifiably, contrary to Torah law (Lev. 19:15) |
| | 234 | | 138 | The prohibition [upon a judge] to honor a litigant who is prominent (Lev. 19:15) |
| | 235 | 98 | | The obligation to judge justifiable and not honor one side of the case more than the other (Lev. 19:15) |
| | 236 | | 139 | The prohibition to speak lashon hara (slander) (Lev. 19:16) |
| | 237 | | 140 | The prohibition to stand idle while one's fellow is in danger (Lev. 19:16) |
| | 238 | | 141 | The prohibition to hate one's fellow (Lev. 19:17) |
| | 239 | 99 | | The obligation to rebuke a sinner (Lev. 19:17) |
| | 240 | | 142 | The prohibition to embarrass one's fellow (Lev. 19:17) |
| | 241 | | 143 | The prohibition to take revenge (Lev. 19:18) |
| | 242 | | 144 | The prohibition to hold a grudge (Lev. 19:18) |
| | 243 | 100 | | The obligation to love one's fellow (Lev. 19:18) |
| | 244 | | 145 | The prohibition to mate two different species of animals (Lev. 19:19) |
| | 245 | | 146 | The prohibition to plant two different species of seeds together in Eretz Yisrael (Lev. 19:19) |
| | 246 | | 147 | The prohibition to eat fruits for the first three years of the tree's growth (Lev. 19:23) |
| | 247 | 101 | | The obligation to eat the fruit of the fourth year of the tree (Lev. 19:24) |
| | 248 | | 148 | The prohibition to eat and drink in the manner of a glutton and drunkard (Lev. 19:26) |
| | 249 | | 149 | The prohibition to follow superstitious omens (Lev. 19:26) |
| | 250 | | 150 | The prohibition to follow superstitious times or to do magic tricks (Lev. 19:26) |
| | 251 | | 151 | The prohibition to shave the corners of the head (Lev. 19:27) |
| | 252 | | 152 | The prohibition to shave the corners of the beard (Lev. 19:27) |
| | 253 | | 153 | The prohibition to make a tattoo on one's skin (Lev. 19:28) |
| | 254 | 102 | | The obligation to revere the Temple (Lev. 19:30) |
| | 255 | | 154 | The prohibition to do the sorcery of necromancer (Lev. 19:31) |
| | 256 | | 155 | The prohibition to do the sorcery of reading the future (Lev. 19:31) |
| | 257 | 103 | | The obligation to honor the sages and elders and stand for them (Lev. 19:32) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|--|
| Kedoshim | 258 | | 156 | The prohibition to use dishonest measurements and weights in your sales (Lev. 19:35) |
| | 259 | 104 | | The obligation to have honest weights and measurements (Lev. 19:36) |
| | 260 | | 157 | The prohibition to curse one's father or mother (Lev. 20:9) |
| | 261 | 105 | | The obligation [upon judges] to burn one who is liable for the capital punishment of burning (Lev. 20:14) |
| | 262 | | 158 | The prohibition to adopt the customs of idolaters (Lev. 20:23) |
| Emor | 263 | | 159 | The prohibition for a kohen (priest) not to impurify himself with a corpse (Lev. 21:1-3) |
| | 264 | 106 | | The obligation for a kohen to impurify himself to specific relatives (Lev. 21:2-3) |
| | 265 | | 160 | The prohibition for a kohen who was immersed that day to serve in the Temple (Lev. 21:6) |
| | 266 | | 161 | The prohibition for a kohen to marry an adulteress (Lev. 21:7) |
| | 267 | | 162 | The prohibition for a kohen to marry a daughter from the union of another kohen and disqualified woman (Lev. 21:7) |
| | 268 | | 163 | The prohibition for a kohen to marry a divorcee (Lev. 21:7) |
| | 269 | 107 | | The obligation to sanctify the descendants of Aharon as sanctified (Lev. 21:8) |
| | 270 | | 164 | The prohibition upon a Kohen Gadol to enter a house containing corpse (Lev. 21:10-11) |
| | 271 | | 165 | The prohibition for a Kohen Gadol to impurify himself to any corpse even a relative (Lev. 21:11) |
| | 272 | 108 | | The obligation for a Kohen Gadol to marry a maiden (Lev. 21:13) |
| | 273 | | 166 | The prohibition for a Kohen Gadol to marry a widow (Lev. 21:14) |
| | 274 | | 167 | The prohibition for a Kohen Gadol to cohabit with a widow (Lev. 21:15) |
| | 275 | | 168 | The prohibition upon a blemished kohen to serve in the Temple (Lev. 21:17) |
| | 276 | | 169 | The prohibition upon a kohen with a temporary blemish to serve in the Temple (Lev. 21:21) |
| | 277 | | 170 | The prohibition upon a blemished kohen to enter the Temple Sanctuary (Lev. 21:23) |
| | 278 | | 171 | The prohibition upon a kohen who is ritually impure to serve in the Temple (Lev. 22:2) |
| | 279 | | 172 | The prohibition for a kohen who is ritually impure to eat Terumah (sacred foods) (Lev. 22:4) |
| | 280 | | 173 | The prohibition for a non-kohen to eat Terumah (Lev. 22:10) |
| | 281 | | 174 | The prohibition upon a resident work or laborer of a kohen to eat Terumah (Lev. 22:10) |
| | 282 | | 175 | The prohibition upon an uncircumcised male to eat Terumah (Lev. 22:10) |
| | 283 | | 176 | The prohibition upon a chalalah (desecrated from her kohanic status) to eat sacred foods (Lev. 22:12) |
| | 284 | | 177 | The prohibition to consume sacred food which had not been separated from terumah and tithe (Lev. 22:15) |
| | 285 | | 178 | The prohibition to consecrate blemished animals as offerings (Lev. 22:20) |
| | 286 | 109 | | The obligation for an offering to be unblemished (Lev. 22:21) |
| | 287 | | 179 | The prohibition to inflict a blemish upon consecrated animals (Lev. 22:21) |
| | 288 | | 180 | The prohibition to throw the blood of a blemished offering on the altar (Lev. 22:22) |
| | 289 | | 181 | The prohibition to slaughter a blemished animal as an offering (Lev. 22:22) |
| | 290 | | 182 | The prohibition to burn the sacrificial parts of blemished animals (Lev. 22:22) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|--|
| Emor | 291 | | 183 | The prohibition to sterilize a living creature of any species (Lev. 22:24) |
| | 292 | | 184 | The prohibition to offer blemished offerings of a stranger (Lev. 22:25) |
| | 293 | 110 | | The obligation that an offering be at least eight days old (Lev. 22:27) |
| | 294 | | 185 | The prohibition to slaughter an animal and its offspring on the same day (Lev. 22:28) |
| | 295 | | 186 | The prohibition to desecrate Hashem's name (Lev. 22:32) |
| | 296 | 111 | | The obligation to sanctify Hashem's name (Lev. 22:32) |
| | 297 | 112 | | The obligation to rest on the first day of Pesach (Lev. 23:4-7) |
| | 298 | | 187 | The prohibition to perform melachah (prohibited activity) on the first day of Pesach (Lev. 23:7) |
| | 299 | 113 | | The obligation regarding the additional offerings of all seven days of Pesach (Lev. 23:6-8) |
| | 300 | 114 | | The obligation to rest on the seventh day of Pesach |
| | 301 | | 188 | The prohibition to perform melachah on the seventh day of Pesach (Lev. 23:8) |
| | 302 | 115 | | The obligation to bring the grain offering of barley on the second day of Pesach (Lev. 23:10-12) |
| | 303 | | 189 | The prohibition to eat [bread] from the new grain until after the sixteenth of Nissan (Lev. 23:14) |
| | 304 | | 190 | The prohibition to eat roasted kernels from the new grain until after the sixteenth of Nissan (Lev. 23:14) |
| | 305 | | 191 | The prohibition to eat stalks of roasted grains until after the sixteenth of Nissan (Lev. 23:14) |
| | 306 | 116 | | The obligation of counting the Omer (Lev. 23:15-16) |
| | 307 | 117 | | The obligation of meal offering of new wheat on Shavuot (Lev. 23:16-17) |
| | 308 | 118 | | The obligation to rest on the festival of Shavuot (Lev. 23:21) |
| | 309 | | 192 | The prohibition to perform melachah on the day of the Shavuot festival (Lev. 23:21) |
| | 310 | 119 | | The obligation to rest on the day of Rosh Hashanah (New Year) (Lev. 23:24) |
| | 311 | | 193 | The prohibition to perform melachah on the first day of Tishrei (Rosh Hashanah) (Lev. 23:24-25) |
| | 312 | 120 | | The obligation regarding the additional offering of Rosh Hashanah (Lev. 23:24-25) |
| | 313 | 121 | | The obligation to fast on Yom Kippur (tenth of Tishrei) (Lev. 23:27) |
| | 314 | 122 | | The obligation regarding the addition offering on the tenth of Tishrei (Lev. 23:27) |
| | 315 | | 194 | The prohibition to perform melachah (prohibited activity) on the tenth of Tishrei (Lev. 23:28) |
| | 316 | | 195 | The prohibition to eat or drink on Yom Kippur (Lev. 23:29) |
| | 317 | 123 | | The obligation to rest from melachah on Yom Kippur (Lev. 23:32) |
| | 318 | 124 | | The obligation to rest from melachah on the first day of Sukkot (Lev. 23:34-35) |
| | 319 | | 196 | The prohibition to perform melachah on the first day of Sukkot festival (Lev. 23:34-35) |
| | 320 | 125 | | The obligation regarding the additional offering of each of the seven days of Sukkot (Lev. 23:36) |
| | 321 | 126 | | The obligation to rest from melachah on the eighth day of Sukkot (Shemini Atzeret) (Lev. 23:36) |
| | 322 | 127 | | The obligation regarding the additional offering of the eighth day of Sukkot (Lev. 23:36) |
| | 323 | | 197 | The prohibition to perform melachah on Shemini Atzeret (Lev. 23:36) |
| | 324 | 128 | | The obligation to take the lulav (four specific species) in hand (Lev. 23:40) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|--|
| Emor | 325 | 129 | | The obligation to dwell in a sukkah (tent) for seven days (Lev. 23:42-43) |
| Behar | 326 | | 198 | The prohibition to work the ground during the seventh year (Shemittah) (Lev. 25:4) |
| | 327 | | 199 | The prohibition to cultivate tree during the seventh year (Lev. 25:4) |
| | 328 | | 200 | The prohibition to reap aftergrowths during the seventh year (Lev. 25:5) |
| | 329 | | 201 | The prohibition to gather fruits during the seventh year as gathered every other year (Lev. 25:5) |
| | 330 | 130 | | The obligation to count they years leading up to Yovel (Jubilee) (Lev. 25:8) |
| | 331 | 131 | | The obligation to blow the Shofar on Yom Kippur of Yovel (Lev. 25:9) |
| | 332 | 132 | | The obligation to sanctify the Yovel year (Lev. 25:10) |
| | 333 | | 202 | The prohibition to work the land during the Yovel year (Lev. 25:11) |
| | 334 | | 203 | The prohibition to reap aftergrowths of produce of the Yovel year (Lev. 25:11) |
| | 335 | | 204 | The prohibition to gather fruits during the Yovel year in the manner that they are gathered in other years (Lev. 25:11) |
| | 336 | 133 | | The obligation to follow the laws of business acquisitions (Lev. 25:14) |
| | 337 | | 205 | The prohibition to commit fraud when buying or selling (Lev. 25:14) |
| | 338 | | 206 | The prohibition to offend another in words (Lev. 25:17) |
| | 339 | | 207 | The prohibition to permanently sell a field in Eretz Yisrael (Lev. 25:23) |
| | 340 | 134 | | The obligation for buyers to give up all land and homes to the original owners during Yovel (Lev. 25:24) |
| | 341 | 135 | | The obligation for buyers to allow homes in a walled city to be purchased back until the end of the first year from the sale (Lev. 25:29-30) |
| | 342 | | 208 | The prohibition to change the zones and allotments of the outskirts of the Levite cities and fields (Lev. 25:34) |
| | 343 | | 209 | The prohibition to lend money with interest (Lev. 25:37) |
| | 344 | | 210 | The prohibition to make an Eved Ivri (Hebrew servant) perform a belittling task (Lev. 25:39) |
| | 345 | | 211 | The prohibition to sell an Eved Ivri as a regular slave is sold (Lev. 25:42) |
| | 346 | | 212 | The prohibition to given an Eved Ivri laborious activity (Lev. 25:43) |
| | 347 | 136 | | The obligation for a slave to work for his master forever, and not be freed by his master (Lev. 25:46) |
| | 348 | | 213 | The prohibition to allow a gentile to give his Eved Ivri laborious activity (Lev. 25:47, 53) |
| | 349 | | 214 | The prohibition to prostrate on a stone surface even for the sake of Hashem (Lev. 26:1) |
| Bechukotai | 350 | 137 | | The obligation upon one who pledges a persons erech (valuation) to pay the amount set in the Torah (Lev. 27:2-3) |
| | 351 | | 215 | The prohibition to designate a substitute for an offering (Lev. 27:10) |
| | 352 | 138 | | The obligation that if an animal was designated as a substitute for an offering, both animals be considered holy (Lev. 27:10) |
| | 353 | 139 | | The obligation for one who redeems a consecrated animal to pay its assessed valuation (Lev. 27:11-12) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Bechukotai | 354 | 140 | | The obligation for one who redeems consecrated houses to pay their assessed valuation, plus a fifth (Lev. 27:14) |
| | 355 | 141 | | The obligation for one who redeems a consecrated field to pay the value to its seeding set by the Torah (Lev. 27:16; Lev. 27:22-23) |
| | 356 | | 216 | The prohibition to change sanctified offerings from one type of offering to another (Lev. 27:26) |
| | 357 | 142 | | The obligation regarding property declared cherem (condemned or worthless; is a form of curse) which is generally given to the kohanim (priests) (Lev. 27:28) |
| | 358 | | 217 | The prohibition to sell property that had been designated as cherem by its owner; rather, it shall be given to kohanim (Lev. 27:28) |
| | 359 | | 218 | The prohibition to redeem a cherem field (Lev. 27:28) |
| | 360 | 143 | | The obligation to tithe one's kosher domestic animals annually (Lev. 27:32) |
| | 361 | | 219 | The prohibition to sell the tithed animal (Lev. 27:33) |
| Nasso | 362 | 144 | | The obligation to send the impure people outside the camp of the Shechinah (Num. 5:2) |
| | 363 | | 220 | The prohibition upon one who is impure to enter the entire sanctuary (Num 5:3) |
| | 364 | 145 | | The obligation to recite one's sins to Hashem (Num. 5:6-7) |
| | 365 | 146 | | The obligation to bring a wayward wife to the kohen (priest) so that he can perform the prescribed procedure with her (Num. 5:12, 15) |
| | 366 | | 221 | The prohibition to put oil upon the offering of a wayward wife (Num. 5:15) |
| | 367 | | 222 | The prohibition to place frankincense upon the offering of a wayward wife (Num. 5:15) |
| | 368 | | 223 | The prohibition upon a Nazir to drink wine or alcohol (Num. 6:2-4) |
| | 369 | | 224 | The prohibition upon a Nazir to eat fresh grapes (Num. 6:3) |
| | 370 | | 225 | The prohibition upon a Nazir to eat raisins (Num. 6:3) |
| | 371 | | 226 | The prohibition upon a Nazir to eat grape seeds (Num. 6:4) |
| | 372 | | 227 | The prohibition upon a Nazir to eat grape skins (Num. 6:4) |
| | 373 | | 228 | The prohibition for a Nazir to shave his hair during his entire term of Nezirus (Num. 6:5) |
| | 374 | 147 | | The obligation for a Nazir to grow his hair (Num. 6:5) |
| | 375 | | 229 | The prohibition upon a Nazir to enter a house containing a corpse (Num. 6:6) |
| | 376 | | 230 | The prohibition upon a Nazir to become ritually impure from a corpse or other sources of corpse-Tumah (Num. 6:7) |
| | 377 | 148 | | The obligation upon the Nazir to shave and to bring his offerings (Num. 6:13, 14, 18) |
| | 378 | 149 | | The obligation upon kohanim to bless the people every day (Num. 6:23-26) |
| | 379 | 150 | | The obligation to carry the Ark of the Covenant on the shoulders (Num. 7:9) |
| Beha'alotcha | 380 | 151 | | The obligation to bring the Pesach Sheni (Second) offering on the fourteenth of Iyar (Second month) (Num. 9:10-11) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Beha'alotcha | 381 | 152 | | The obligation that the Pesach Sheni offering be eaten along with matzah and maror (bitter herbs) (Num. 9:11) |
| | 382 | | 231 | The prohibition to leave over any meat of the Pesach Sheni offering (Num. 9:12) |
| | 383 | | 232 | The prohibition to break a bone of the Pesach Sheni offering (Num. 9:12) |
| | 384 | 153 | | The obligation to blow trumpets in the Temple and when going to war (Num. 10:9-10) |
| Shelach | 385 | 154 | | The obligation to separate challah (loaf), a portion of dough given to a kohen (Num. 15:19-20) |
| | 386 | 155 | | The obligation to affix tzitzit (Num. 15:38) |
| | 387 | | 233 | The prohibition to stray after one's thoughts or eyes (Num. 15:39) |
| Korach | 388 | 156 | | The obligation to guard the Temple (Num. 18:2, 4) |
| | 389 | | 234 | The prohibition upon kohanim and Levites to perform Temple services assigned to another (Num 18:3) |
| | 390 | | 235 | The prohibition for a non-kohen to perform the Temple service (Num. 18:4) |
| | 391 | | 236 | The prohibition to neglect the guarding of the Temple (Num. 18:5) |
| | 392 | 157 | | The obligation to redeem a human firstborn (Num. 18:15) |
| | 393 | | 237 | The prohibition to redeem the firstborn of a kosher animal (Num. 18:17) |
| | 394 | 158 | | The obligation upon the Levites to serve in the Temple (Num. 18:23) |
| | 395 | 159 | | The obligation of the first tithe (Num. 18:24) |
| | 396 | 160 | | The obligation upon the Levites to give a tithe of the Maaser (Num. 18:26) |
| Chukat | 397 | 161 | | The obligation of the red heifer (Num. 19:2) |
| | 398 | 162 | | The obligation regarding corpse (Num. 19:14-16) |
| | 399 | 163 | | The obligation regarding the sprinkling waters upon an impure person (Num. 19:19, 21) |
| Pinchas | 400 | 164 | | The obligation regarding the laws of inheritance (Num. 27:8-11) |
| | 401 | 165 | | The obligation to bring daily tamid (continual) offerings twice a day (Num. 28:2-4) |
| | 402 | 166 | | The obligation of the Shabbat mussaf (meal) offering (Num. 28:9) |
| | 403 | 167 | | The obligation of the mussaf offering on every Rosh Chodesh (New Moon) (Num. 28:11-15) |
| | 404 | 168 | | The obligation of the mussaf (meal) offering on the Shavuot festival (Num. 28:26-30) |
| | 405 | 169 | | The obligation of shofar on Rosh Hashanah (Num. 29:1) |
| Mattot | 406 | 170 | | The obligation regarding the laws of canceling vows (Num. 30:3) |
| | 407 | | 238 | The prohibition to profane our words by disregarding vows (Num. 30:3) |
| Massei | 408 | 171 | | The obligation upon the Yisraelim to give the Levites cities to inhabit and the cities of refuge (Num. 35:2) |
| | 409 | | 239 | The prohibition to execute a guilty person before he stands trial in the cities of refuge (Num. 35:12) |
| | 410 | 172 | | The obligation upon the courts to banish an unintentional killer from his city to a city of refuge, and the obligation upon the unintentional killer himself to go there (Num. 35:25, 28) |
| | 411 | | 240 | The prohibition for a witness in a capital case to state a judicial opinion (Num. 35:30) |
| | 412 | | 241 | The prohibition to accept ransom to save a murderer from execution (Num. 35:31) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Massei | 413 | | 242 | The prohibition to accept ransom from one who has incurred exile, to exonerate him from exile (Num. 35:32) |
| Devarim | 414 | | 243 | The prohibition to appoint a judge who is not a scholar of Torah law, even if he is scholarly in other subjects (Deut. 1:17) |
| | 415 | | 244 | The prohibition for a judge to fear a wicked litigant (Deut. 1:17) |
| Ve'etchanan | 416 | | 245 | The prohibition to covet the item of another even in one's heart (Deut. 5:18) |
| | 417 | 173 | | The obligation to believe in the oneness of Hashem (Deut. 6:4) |
| | 418 | 174 | | The obligation to love Hashem (Deut. 6:5) |
| | 419 | 175 | | The obligation to study Torah (Deut. 6:7) |
| | 420 | 176 | | The obligation to recite the Shema every morning and evening (Deut. 6:7) |
| | 421 | 177 | | The obligation of Tefillin of the arm (Deut. 6:8) |
| | 422 | 178 | | The obligation of Tefillin of the head (Deut. 6:8) |
| | 423 | 179 | | The obligation of mezuzah (Deut. 6:9) |
| | 424 | | 246 | The prohibition to test a true prophet excessively (Deut. 6:16) |
| | 425 | 180 | | The obligation regarding slaying the seven Canaanite nations (Deut. 7:2) |
| | 426 | | 247 | The prohibition to show favor to idol worshippers (Deut. 7:2) |
| | 427 | | 248 | The prohibition of intermarriage (Deut. 7:3) |
| Ekev | 428 | | 249 | The prohibition to benefit from the plating of an idol (Deut. 7:25) |
| | 429 | | 250 | The prohibition to incorporate anything associated with idolatry into our possessions or property, in order to benefit from it (Deut. 7:26) |
| | 430 | 181 | | The obligation to bless Hashem after eating meal (Deut. 8:10) |
| | 431 | 182 | | The obligation to love converts (Deut. 10:19) |
| | 432 | 183 | | The obligation to fear Hashem (Deut. 10:20) |
| | 433 | 184 | | The obligation of prayer (Deut. 10:20) |
| | 434 | 185 | | The obligation to cleave to Torah scholars (Deut. 10:20) |
| | 435 | 186 | | The obligation upon anyone who needs to swear, to swear in Hashem's name (Deut. 10:20) |
| Re'eh | 436 | 187 | | The obligation to destroy places idol worship and its accessories (Deut. 12:2-3) |
| | 437 | | 251 | The prohibition to erase sacred book, or Names of Hashem, or to [destroy] the houses of the sacred service (Deut. 12:4) |
| | 438 | 188 | | The obligation to bring all one's offerings, both mandatory and voluntary, on the first festival possible (Deut. 12:5-6) |
| | 439 | | 252 | The prohibition to offer up sacrifices outside the Temple (Deut. 12:13) |
| | 440 | 189 | | The obligation to bring all offerings in the Temple and not elsewhere (Deut. 12:14) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Re'eh | 441 | 190 | | The obligation to redeem kodashim (sacred offerings) that have been blemished by designating money to be consecrated in their place, and with the money consecrated in their place to buy another animal for offering (Deut. 12:15) |
| | 442 | | 253 | The prohibition to eat second tithe of grain outside Yerushalem (Deut. 12:17) |
| | 443 | | 254 | The prohibition to consume second tithe of wine outside Yerushalem (Deut. 12:17) |
| | 444 | | 255 | The prohibition to consume second tithe of olive oil outside of Yerushalem (Deut. 12:17) |
| | 445 | | 256 | The prohibition to eat an unblemished firstborn offering outside Yerushalem (Deut. 12:17) |
| | 446 | | 257 | The prohibition, even for kohanim (priests) to eat the meat of the chatas (sin) and ashame (guilt) offerings outside of the Temple courtyard (Deut. 12:17) |
| | 447 | | 258 | The prohibition to eat the meat of the olah (burnt) offering (Deut. 12:17) |
| | 448 | | 259 | The prohibition to eat kodashim kalim (offerings of lesser holiness; donative offerings) before the blood is thrown upon the altar (Deut. 12:17) |
| | 449 | | 260 | The prohibition for kohanim to eat Bikkurim (first fruits) before they are set down in the Temple courtyard (Deut. 12:17) |
| | 450 | | 261 | The prohibition to forsake the Levites by not giving them their Levitical gifts and not gladdening them on the pilgrimage festivals (Deut. 12:19) |
| | 451 | 191 | | The obligation of Shechitah (ritual slaughter) (Deut. 12:21) |
| | 452 | | 262 | The prohibition to eat a limb that detached from a live animal (Deut. 12:23) |
| | 453 | 192 | | The obligation to bring offerings from outside the Eretz Yisrael to the Temple (Deut. 12:26) |
| | 454 | | 263 | The prohibition to add to the Torah's commandments (Deut. 13:1) |
| | 455 | | 264 | The prohibition to subtract from the Torah's commandments (Deut. 13:1) |
| | 456 | | 265 | The prohibition to listen to one who prophesies in the name of idol worship (Deut. 13:2-4) |
| | 457 | | 266 | The prohibition to love a meisis (inciter) (Deut. 13:9) |
| | 458 | | 267 | The prohibition to let go of hatred for a meisis (Deut. 13:9) |
| | 459 | | 268 | The prohibition to rescue a meisis (inciter) (Deut. 13:9) |
| | 460 | | 269 | The prohibition for musas (target of incitement) is not to learn merit on a meisis (Deut. 13:9) |
| | 461 | | 270 | The prohibition for the musas to suppress an argument for convicting the meisis (Deut. 13:9) |
| | 462 | | 271 | The prohibition to incite a Yisraelite to idolatry (Deut. 13:12) |
| | 463 | 193 | | The obligation to interrogate witnesses thoroughly (Deut. 13:15) |
| | 464 | | | The obligation to burn a subverted city and all of its contents (Deut. 13:17) |
| | 465 | | 272 | The prohibition to rebuild a subverted city to its previous state (Deut. 13:17) |
| | 466 | | 273 | The prohibition to derive benefit from property of a subverted city (Deut. 13:18) |
| | 467 | | 274 | The prohibition to cut oneself as idolaters do (Deut. 14:1) |
| | 468 | | 275 | The prohibition to make a bald spot in mourning over a dead person (Deut. 14:1) |
| | 469 | | 276 | The prohibition to eat disqualified offerings (Deut. 14:3) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Re'eh | 470 | 194 | | The obligation to check fowl for kosher signs (Deut. 14:11) |
| | 471 | | 277 | The prohibition to eat non-kosher grasshoppers and any other flying insects (Deut. 14:19) |
| | 472 | | 278 | The prohibition to eat the meat of a domestic animal or wild animal or a bird that died without ritual slaughter (Deut. 14:21) |
| | 473 | 195 | | The obligation to separate the second tithe (Deut. 14:22) |
| | 474 | 196 | | The obligation to separate the tithe of the poor instead of the second tithe, every third year (Deut. 14:28-29) |
| | 475 | | 279 | The prohibition to demand repayment of a debt held past seventh year (Deut. 15:2) |
| | 476 | 197 | | The obligation to demand a gentile who is a debtor to pay his debts (Deut. 15:3) |
| | 477 | 198 | | The obligation to abolish all debts in the seventh year (Deut. 15:1-3) |
| | 478 | | 280 | The prohibition to refuse to provide for the needs of the poor (Deut. 15:7) |
| | 479 | 199 | | The obligation of charity and support to those in need with a happy and glad heart (Deut. 15:8) |
| | 480 | | 281 | The prohibition to withhold a loan from a needy person due to the seventh year (Deut. 15:9) |
| | 481 | | 282 | The prohibition to send a Hebrew servant out to freedom empty-handed (Deut. 15:12-13) |
| | 482 | 200 | | The obligation to endow a Hebrew servant with severance gifts (Deut. 15:14) |
| | 483 | | 283 | The prohibition to work with animals of sacred offering (Deut. 15:19) |
| | 484 | | 284 | The prohibition shear animals of sacred offering (Deut. 15:19) |
| | 485 | | 285 | The prohibition to eat leavened after midday on the eve of Pesach (Deut. 16:3) |
| | 486 | | 286 | The prohibition to leave over meat of the celebration of the fourteenth of Nissan until the third day (Deut. 16:4) |
| | 487 | | 287 | The prohibition to bring the Pesach offering upon a private altar (Deut. 16:5) |
| | 488 | 201 | | The obligation to rejoice on the festivals (Deut. 16:14) |
| | 489 | 202 | | The obligation to appear in the Temple on the festivals (Deut. 16:16) |
| | 490 | | 288 | The prohibition to make the festival pilgrimage without bringing an offering (Deut. 16:16) |
| Shoftim | 491 | 203 | | The obligation to appoint judges and officers in every community (Deut. 16:18) |
| | 492 | | 289 | The prohibition to plant a tree in the Temple (Deut. 16:21) |
| | 493 | | 290 | The prohibition to erect a structure of idol worship (Deut. 16:22) |
| | 494 | | 291 | The prohibition to bring an offering that has a temporary blemish (Deut. 17:1) |
| | 495 | 204 | | The obligation to heed the directives of the Great Sanhedrin in all times (Deut. 17:10-11) |
| | 496 | | 292 | The prohibition to defy the directives of the Great Sanhedrin by a sage who maintains that the Sanhedrin erred in its ruling (Deut. 17:11-12) |
| | 497 | 205 | | The obligation to appoint a king over Yisrael (Deut. 17:14-15) |
| | 498 | | 293 | The prohibition to appoint anyone other than a person of Yisrael lineage as king over Yisrael (Deut. 17:15) |
| | 499 | | 294 | The prohibition upon a king to have too many horses (Deut. 17:16) |
| | 500 | | 295 | The prohibition to ever settle in Mitzrayim (Egypt) (Deut. 17:16) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Shoftim | 501 | | 296 | The prohibition upon a king to have too many wives (Deut. 17:17) |
| | 502 | | 297 | The prohibition upon a king to amass silver and gold beyond what he needs (Deut. 17:17) |
| | 503 | 206 | | The obligation upon a king to write a second Sefer Torah for himself (Deut. 17:18-19) |
| | 504 | | 298 | The prohibition upon the tribe of Levi to receive a share in Eretz Yisrael (Deut. 18:1) |
| | 505 | | 299 | The prohibition upon the tribe of Levi to take a share of the spoils of war (Deut. 18:1) |
| | 506 | 207 | | The obligation to give the foreleg, jaw, and stomach of an animal to a kohen (Deut. 18:3) |
| | 507 | 208 | | The obligation to separate terumah gedolah (a portion of one's produce that is sanctified) (Deut. 18:4) |
| | 508 | 209 | | The obligation to give the kohen (priest) the first of wool (Deut. 18:4) |
| | 509 | 210 | | The obligation to set up shifts and rotations of service in the Temple for kohanim and Levites (Deut. 18:6-8) |
| | 510 | | 300 | The prohibition to practice divination (Deut. 18:10) |
| | 511 | | 301 | The prohibition to practice sorcery (Deut. 18:10) |
| | 512 | | 302 | The prohibition to cast spells (Deut. 18:10-11) |
| | 513 | | 303 | The prohibition to consult a necromancer (Deut. 18:10-11) |
| | 514 | | 304 | The prohibition to consult a witch or a wizard (Deut. 18:10-11) |
| | 515 | | 305 | The prohibition to inquire of the dead (Deut. 18:10-11) |
| | 516 | 211 | | The obligation to adhere to the voice of a prophet (Deut. 18:15) |
| | 517 | | 306 | The prohibition to prophesy falsely (Deut. 18:20) |
| | 518 | | 307 | The prohibition to prophesy in the name of idolatry (Deut. 18:20) |
| | 519 | | 308 | The prohibition to fear a false prophet, and not to fear killing him (Deut. 18:22) |
| | 520 | 212 | | The obligation to prepare six cities of refuge (Deut. 19:3) |
| | 521 | | 309 | The prohibition to have mercy on a murderer, or one who injured another (Deut. 19:21) |
| | 522 | | 310 | The prohibition to steal property by changing the line of the border (Deut. 19:14) |
| | 523 | | 311 | The prohibition to accept the testimony of a single witness (Deut. 19:15) |
| | 524 | 213 | | The obligation to punish false witnesses measure for measure for what they desired to do (Deut. 19:19) |
| | 525 | | 312 | The prohibition to be afraid of the enemy during war (Deut. 20:1, 7:21, 3:22) |
| | 526 | 214 | | The obligation to anoint a kohen (priest) for battle (Deut. 20:2-4) |
| | 527 | 215 | | The obligation to follow the Torah's instructions for conducting a discretionary war (Deut. 20:10) |
| | 528 | | 313 | The prohibition to let any of the seven Canaanite nations survive (Deut. 20:16-18) |
| | 529 | | 314 | The prohibition to destroy fruit trees during a siege (Deut. 20:19) |
| | 530 | 216 | | The obligation to break the neck, and follow the process of eglah arufah (decapitated calf) (Deut. 21:1-8) |
| | 531 | | 315 | The prohibition to perform work at the place where an eglah arufah was decapitated (Deut. 21:4) |
| Ki Teitzei | 532 | 217 | | The obligation regarding yefas toar (woman of beautiful form) (Deut. 21:10-13) |
| | 533 | | 316 | The prohibition to sell a yefas toar (Deut. 21:14) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Ki Teitzei | 534 | | 317 | The prohibition to work a yefas toar like a maidservant (Deut. 21:14) |
| | 535 | 218 | | The obligation upon the court to hang an executed person who is liable to hanging (Deut. 21:22) |
| | 536 | | 318 | The prohibition to leave one hanging on the gallows overnight, or to leave any corpse unburied overnight except for the sake of his honor (Deut. 21:23) |
| | 537 | 219 | | The obligation to bury one executed by the court, or any deceased person on the day of death (Deut. 21:23) |
| | 538 | 220 | | The obligation to return a lost object (Deut. 22:1) |
| | 539 | | 319 | The prohibition to ignore a lost object (Deut. 22:3) |
| | 540 | | 320 | The prohibition to ignore the animal of one's fellow that has fallen under its load (Deut. 22:4) |
| | 541 | 221 | | The obligation to help one's fellow reload a burden (Deut. 22:4) |
| | 542 | | 321 | The prohibition upon a woman to wear men's clothing (Deut. 22:5) |
| | 543 | | 322 | The prohibition upon a man to wear woman's clothing (Deut. 22:5) |
| | 544 | | 323 | The prohibition to take the mother bird with her young (Deut. 22:6-7) |
| | 545 | 222 | | The obligation to send away the mother bird (Deut. 22:7) |
| | 546 | 223 | | The obligation to make a fence around a roof and remove any danger from others (Deut. 22:8) |
| | 547 | | 324 | The prohibition to ignore a public safety hazard and rather to get rid of it (Deut. 22:8) |
| | 548 | | 325 | The prohibition to plant a vineyard with mixed seed in Eretz Yisrael (Deut. 22:9) |
| | 549 | | 326 | The prohibition to eat or benefit from mixed seed in Eretz Yisrael (Deut. 22:9) |
| | 550 | | 327 | The prohibition to work two species of animals together (Deut. 22:10) |
| | 551 | | 328 | The prohibition to wear garments containing wool and linen (Deut. 22:11) |
| | 552 | 224 | | The obligation to consecrate a woman prior to marriage (Deut. 22:13) |
| | 553 | 225 | | The obligation upon a defamer to remain married to his wife forever (Deut. 22:18-19) |
| | 554 | | 329 | The prohibition for a defamer to divorce his wife (Deut. 22:19) |
| | 555 | 226 | | The obligation to stone one who had relations with a girl who is engaged to be married (Deut. 22:24) |
| | 556 | | 330 | The prohibition to punish one who was coerced to sin (Deut. 22:26) |
| | 557 | 227 | | The obligation upon a person who violates a woman to marry his victim (Deut. 22:28-29) |
| | 558 | | 331 | The prohibition upon a person who violates a woman to divorce his victim (Deut. 22:29) |
| | 559 | | 332 | The prohibition upon a eunuch to marry a woman of Yisrael (Deut. 23:2) |
| | 560 | | 333 | The prohibition for a mamzer (a person born out of wedlock) to marry a woman of Yisrael (Deut. 23:3) |
| | 561 | | 334 | The prohibition for an Ammonite or a Moabite convert marry a woman of Yisrael (Deut. 23:4) |
| | 562 | | 335 | The prohibition to ever make peace with Ammon or Moab (Deut. 23:7) |
| | 563 | | 336 | The prohibition to reject marriage with third-generation Edomite converts (Deut. 23:8-9) |
| | 564 | | 337 | The prohibition to prevent a third-generation Mitzrim (Egyptian) convert from marrying a woman of Yisrael (Deut. 23:8-9) |
| | 565 | | 338 | The prohibition upon an impure person to enter into the Levite camp (Deut. 23:11) |
| | 566 | 228 | | The obligation to prepare a place for performing bodily needs outside the army camp (Deut. 23:13) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|--|
| Ki Teitzei | 567 | 229 | | The obligation for every soldier to carry a shovel with which he can dig and cover when he does his needs (Deut. 23:14) |
| | 568 | | 339 | The prohibition regarding the return of an escaped slave (Deut. 23:16) |
| | 569 | | 340 | The prohibition to oppress a slave who ran away to Eretz Yisrael (Deut. 23:17) |
| | 570 | | 341 | The prohibition to be intimate with a woman without marriage (Deut. 23:18) |
| | 571 | | 342 | The prohibition to bring the 'harlot's wage' or 'exchange of a dog' as an offering (Deut. 23:19) |
| | 572 | | 343 | The prohibition to borrow an interest from a fellow Yisrael (Deut. 23:20) |
| | 573 | 230 | | The obligation to lend on interest to an alien who needs a loan as opposed to a fellow Yisrael (Deut. 23:21) |
| | 574 | | 344 | The prohibition to delay one's offering (Deut. 23:22) |
| | 575 | 231 | | The obligation to fulfill one's vows (Deut. 23:24) |
| | 576 | 232 | | The obligation to allow a hired worker to eat from certain foods while he is working (Deut. 23:25-26) |
| | 577 | | 345 | The prohibition upon a hired worker to take more than he will eat (Deut. 23:25) |
| | 578 | | 346 | The prohibition for a worker to eat on the job (Deut. 23:26) |
| | 579 | 233 | | The obligation for one who wishes to divorce his wife to do so with a get (divorce decree) (Deut. 24:1) |
| | 580 | | 347 | The prohibition to remarry one's divorcee if she was married to another in the interim (Deut. 24:1-4) |
| | 581 | | 348 | The prohibition for a bridegroom to travel from his home during the first year of marriage (Deut. 24:5) |
| | 582 | 234 | | The obligation for a bridegroom to rejoice with his wife during the first year of marriage (Deut. 24:5) |
| | 583 | | 349 | The prohibition to take as collateral utensils that are used in food preparation (Deut. 24:6) |
| | 584 | | 350 | The prohibition to remove the skin rash of tzaraas from the area (Deut. 24:8) |
| | 585 | | 351 | The prohibition to take collateral forcibly from a debtor (Deut. 24:10-11) |
| | 586 | | 352 | The prohibition to withhold collateral from its owner during the time that he needs it (Deut. 24:12) |
| | 587 | 235 | | The obligation to return a collateral to its owner for the time that he needs it (Deut. 24:13) |
| | 588 | 236 | | The obligation to pay a worker his wages on the day they are due (Deut. 24:15) |
| | 589 | | 353 | The prohibition to accept testimony from relatives (Deut. 24:16) |
| | 590 | | 354 | The prohibition to pervert judgment of a convert or orphan (Deut. 24:17) |
| | 591 | | 355 | The prohibition to take a collateral from a widow (Deut. 24:17) |
| | 592 | 237 | | The obligation to leave forgotten sheaves in the field (Deut. 24:19) |
| | 593 | | 356 | The prohibition to turn back to collect sheaves in the field (Deut. 24:19) |
| | 594 | 238 | | The obligation upon the court to punish certain transgressors with lashes (Deut. 25:2-3) |
| | 595 | | 357 | The prohibition to give extra lashes to one subject to lashes (Deut. 25:3) |
| | 596 | | 358 | The prohibition to muzzle an animal while it is working (Deut. 25:4) |
| | 597 | | 359 | The prohibition for a widow who is childless marry other than her deceased husband's brother (Deut. 25:5) |
| | 598 | 239 | | The obligation of brother-in-law to marry his deceased brother's wife (Deut. 25:5) |
| | 599 | 240 | | The obligation of chalitzah (removal of his [brother-in-law] shoes) who refuses to marry his deceased brother's wife, thereby allowing her to marry others (Deut. 25:7-10) |

| Name of Parashat | Mitzvah Number | Positive | Negative | Mitzvah |
|------------------|----------------|----------|----------|---|
| Ki Teitzei | 600 | 241 | | The obligation to save one who is being pursued by someone who intends to kill (Deut. 25:11-12) |
| | 601 | | 360 | The prohibition to have mercy on the pursuer (Deut. 25:12) |
| | 602 | | 361 | The prohibition to keep inaccurate scales and weights (Deut. 25:13-14) |
| | 603 | 242 | | The obligation to remember Amalek to Yisrael when they were leaving Mitzrayim (Egypt) (Deut. 25:17) |
| | 604 | 243 | | The obligation to destroy the seed of Amalek (Deut. 25:19) |
| | 605 | | 362 | The prohibition to forget what Amalek did when Yisrael was leaving Mitzrayim (Deut. 25:19) |
| Ki Tavo | 606 | 244 | | The obligation to recite the appropriate verse when bringing the firstfruits (Deut. 26:3, 5-10) |
| | 607 | 245 | | The obligation of tithing declaration (Deut. 26:12-15) |
| | 608 | | 363 | The prohibition to eat second tithing in a state of intense mourning (Deut. 26:14) |
| | 609 | | 364 | The prohibition to eat second tithing in a state of ritual impurity (Deut. 26:14) |
| | 610 | | 365 | The prohibition to spend second tithing money on items that are not intended for eating or drinking (Deut. 26:14) |
| | 611 | 246 | | The obligation to emulate the Good and Just ways of Hashem (Deut. 28:9) |
| Nitzavim | 612 | 247 | | The obligation of assembly once every seven years during Sukkot festival that follows the Shemittah year (Deut. 31:10-13) |
| | 613 | 248 | | The obligation upon every Yisrael to write his own Sefer (book) Torah (Deut. 31:19) |

Number of Mizvot per parashat. The parashat without mitzvot is not listed.

| Name of Parashat | Total Mitzvah | Total Positive | Total Negative | | Name of Parashat | Total Mitzvah | Total Positive | Total Negative | | Name of Parashat | Total Mitzvah | Total Positive | Total Negative |
|------------------|---------------|----------------|----------------|--|------------------|---------------|----------------|----------------|--|------------------|---------------|----------------|----------------|
| Beresheet | 1 | 1 | 0 | | Shemini | 18 | 7 | 11 | | Pinchas | 6 | 6 | 0 |
| Lech Lecha | 1 | 1 | 0 | | Tazria | 7 | 5 | 2 | | Mattot | 2 | 1 | 1 |
| Vayishlach | 1 | 0 | 1 | | Metzora | 11 | 11 | 0 | | Maasei | 6 | 2 | 4 |
| Bo | 20 | 9 | 11 | | Acharei Mot | 28 | 2 | 26 | | Devarim | 2 | | 2 |
| Beshalach | 1 | 0 | 1 | | Kedoshim | 51 | 13 | 38 | | Ve'etchanan | 12 | 8 | 4 |
| Yitro | 17 | 3 | 14 | | Emor | 63 | 24 | 39 | | Ekev | 8 | 6 | 2 |
| Mishpatim | 53 | 23 | 30 | | Behar | 24 | 7 | 17 | | Re'eh | 54 | 16 | 38 |
| Terumah | 3 | 2 | 1 | | Bechukotai | 12 | 7 | 5 | | Shoftim | 41 | 14 | 27 |
| Tetzaveh | 7 | 4 | 3 | | Nasso | 18 | 7 | 11 | | Ki Teitzei | 74 | 27 | 47 |
| Ki Tisa | 9 | 4 | 5 | | Behalotcha | 5 | 3 | 2 | | Ki Tavo | 6 | 3 | 3 |
| Vayakhel | 1 | 0 | 1 | | Shelach | 3 | 2 | 1 | | Vayeilech | 2 | 2 | |
| Vayikra | 16 | 11 | 5 | | Korach | 9 | 5 | 4 | | | | | |
| Tzav | 18 | 9 | 9 | | Chukat | 3 | 3 | 0 | | | | | |