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KJV Genesis 5:1 This is the book of the generations of Adam. In the day that God created man, in the likeness of God made he him;

Adam's 1st year is counted "0" because he was not counted as a year old until after a full 12 months had passed. This is also confirmed by Methuselah's life. The zero years are necessary to keep Methuselah from living past the flood.

www.torahtimes.org/book/page108.pdf

Scroll Legend

- A B.C. Years
- B Year of World
- C Sabbatic Periods
- D Seasons
- E Sabbatic Periods
- E Jubilee Year
- G1 The first Sacred Year
- G3 Adam's Life
- I1 Days of 1st month
- H2 Month names
- I1 Month number