Year 10 – PRE – Christian Beliefs: Part 1 – The Nature of God

Key Words

Monotheistic: A religion which believes in one God
Holy: Separate and set apart for a special purpose by God
Omnipotent: All powerful, Almighty
Omnibenevolent: all-loving
Just: Fair
Trinity: One God has 3 parts**;** God the Father, Son and Holy Spirit
Holy Spirit: God's presence in the world
God the Son: Jesus – enables humans to have a special relationship with God
Creation: God bringing the universe into being
The Word: Jesus – as described in the book of John
Genesis: The first book in the Bible which has the creation story in it
Incarnation: God in human form – Jesus.
Resurrection: coming back from the dead
Blasphemy: saying or doing something which goes against God
Crucifixion: Roman method of execution where a person is nailed to a cross
Ascension: 40 days after the resurrection when Jesus returned to God in heaven
Afterlife: What happens when you die
Day of Judgement: God will judge all souls at the end of time
Heaven: Eternal happiness, being in the presence of God
Hell: Eternal suffering, absence of God
Purgatory: Catholic belief in which souls are cleansed in order to enter heaven
Sin: Any action against God
Original Sin: First sin in the world committed by Adam and Eve which means all humans are born with this in them
Salvation: saving the soul from sin and going to heaven thanks to Jesus' sacrifice
Grace: A quality of God which shows to humans that God loves them, which they don't need to earn
Forgiveness: pardoning someone for their wrong doing
Atonement: restoring the relationship between people and God through the life, death and resurrection of Jesus

God as omnipotent, loving and just

- Christians believe **God is omnipotent: all-powerful**. ***'Nothing is impossible with God'***
- **God is omnibenevolent: all-loving.** Guidelines are given for us to live the best lives we can. Christians should love each other treating everyone with care and respect. ***'God so loved the world he gave his one and only Son…'***
- God has unlimited power and authority, together with complete love, and therefore gives **justice** in a fair way. Christians should try and bring about fairness in the world.





The Problem of Evil and Suffering: The Inconsistent Triad

- Christians believe God is omnipotent (all-powerful) and omnibenevolent (all-loving).
- However, why is there evil and suffering?
- If God was all powerful, he would be able to stop evil and suffering.
- If he was all loving, he would care enough to stop it. So he would stop it.
- But he doesn't! So God cannot exist, or is at least not omnipotent or omnibenevolent.
- A Christian defence: God is transcendent (beyond our understanding) and therefore we can trust God to know best – there is a reason for this inconsistency, even if we can't understand it.



Different Christian Beliefs about Creation

Genesis 1 v 1-3 	- God created the world in 6 days and rested on day 7. ***'In the beginning God created the heavens and the earth'.*** God created the perfect world in the beginning: ***'It was good'*** - Not all Christians believe this story is literally true, but rather believe it is a story which represents the idea that God created life. - A further quote from Genesis: ***'The Spirit of God hovered over the waters'*** indicates that the Holy Spirit was present at creation.	Combined, these ideas suggest that all 3 parts of the Trinity were present at creation.
John 1 v 1-3 	- ***'In the beginning was the Word, and the Word was with God, and the Word was God….through him all things were made…'.*** - 'The Word' refers to Jesus and therefore he was present at the beginning of the world and involved in the creation of the world	

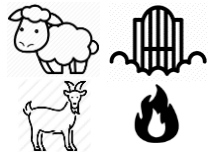
The Oneness of God and the Trinity

- The Holy Trinity: God the Father, the Son and the Holy Spirit.
- God is three in one. There are not three Gods, but different forms of the same thing. Each part is fully God, but also these parts of the Trinity are not the same.

God the Father	God the Son	God the Holy Spirit
- First person of the Trinity. - Creator - Omnipotent, omnibenevolent, omniscient (all-knowing) and omnipresent (everywhere). 	- Second person of the Trinity. - Jesus, who became God in human flesh (known as the Incarnation). - Performed miracles, healed the sick and showed kindness to outcasts. 	- Third person of the Trinity. - God sent the Holy Spirit to influence, guide and sustain all life on earth after Jesus ascended. - The unseen power of God. 

Different Christian Beliefs about the Afterlife

- Based on God's judgement Christians believe that people will go to heaven or hell.
- Judgement will happen at death or at the day of judgement (Christians vary on their understanding of this)
- ***The Parable of the Sheep and the Goats*** shows how people will be judged by God. The sheep represent those who did good actions (therefore going to heaven) and the goats represent those who did bad actions (therefore going to hell)
- Jesus also said, ***"I am the way the truth and the life, no-one comes to the Father except through me."***
- *So,* treating others well *and* believing in God is important to guarantee a good afterlife.
- Heaven is seen as being with God and eternal happiness where there is no suffering. Hell is seen as eternal torment or suffering and being absent from God, and where the Devil is.
- Some Christians believe that Heaven is a literal, real place you will go. Other Christians believe it is just being with God, in the same way hell may not be actually real but an absence of God.
- The Bible teaches that there will be a resurrection of the body for all people who go to heaven, though the details of this are debated.
- In the book of Revelation it mentions that people who go to hell will burn in a lake of fire.
- Roman Catholics believe in a place called purgatory in which your soul goes to be cleansed as not everyone is ready yet to go to heaven.

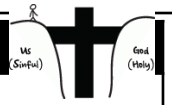


Year 10 – PRE – Christian Beliefs: Part 2 – Jesus Christ and Salvation

Jesus' Life: Key Events

Event	Key Details	Importance/ Influence on Christians
Incarnation: Jesus is God in human form 	- 'Incarnate' mean 'In the flesh' – Jesus was God in the flesh. - Jesus' birth is explained in the Christmas story: the Nativity. - Humble birth (in a manger) shows Jesus was fully human, but he was born through the immaculate conception (Mary was a virgin), so he was fully God - This means Jesus does not have Original Sin because he was not conceived through sexual relations. - ***'Before they came together, she was found to be pregnant through the Holy Spirit'.*** - ***'The Word became flesh and made his dwelling among us'. '***	- Encourages them to celebrate Christmas for its true meaning - Helps them in difficult times as they know their role model was human too - Allows them to have a personal relationship with God through Jesus
Crucifixion: Jesus' death on the cross 	- Crucifixion is remembered on Good Friday. - Jesus was arrested (having been betrayed by Judas) and put to death by Pontius Pilate. He was crucified alongside two criminals. - As Jesus was fully human he suffered pain as an ordinary human did. ***'Father, into your hands I command my spirit'*** - On the cross Jesus said ***'Father forgive them, for they know not what they do'.***	- By accepting Jesus' sacrifice they can be forgiven for sin and go to heaven. - Encourages them to follow Jesus' example and forgive others - Reminds them to be thankful and remember Jesus (especially on Good Friday) - Reminds them that suffering is a part of life and God can understand what it I like for someone to suffer.
Resurrection: Jesus rose from the dead 	- Jesus was buried in a tomb and left there until Sunday. Due to it being the Sabbath (on the Saturday), no-one could touch the body until after this. - Mary Magdalene returned to the tomb - it was open and empty. - An angel appeared and said Jesus had risen from the dead. - Evidence of resurrection: he appeared to people including disciples, they saw him eat, Thomas was encouraged to tough Jesus' palms to prove he was not a ghost.	- Shows Jesus was divine and not just a human so it may strengthen faith - Shows the power of good over evil - Encourages them to not fear death
Ascension: Jesus went back up to heaven to be with God 	- Happened 40 days after the resurrection - Jesus ascended to heaven. - He gave the disciples the Great Commission: ***'Go and make disciples of all nations, baptizing them in the name of the Father, the Son and the Holy Spirit'.*** - The Holy Spirit was left to guide and comfort people.	- Will encourage them to call on the Holy Spirit for guidance and comfort - Will encourage them to spread the message of Christianity (evangelise)

Sin and Salvation



- Sin: anything that goes against God's laws. Separates humans from God.
- Salvation means to be saved from sin (therefore being able to go to heaven)
- Humans are not perfect – impossible not to sin
- All humans are born with Original Sin – passed down from Adam and Eve.
- This action separated humans from God and brought about death into the world. They were tempted by the serpent (devil) and Christians believe that Christians are tempted in life to do bad things.
- **Salvation through Law**: humans have free will but should use this to make the right choices using God and Jesus' teachings to guide them, e.g. 10 Commandments.
- **Salvation through Grace**: being saved by accepting the sacrifice Jesus made on the cross – this showed God's grace: ***'For by grace you have been saved through faith'***
- **Salvation through Spirit**: having the Holy Spirit as a guide to accept God's Grace and follow his Law.

The Role of Christ in Salvation: Atonement



- Salvation is offered through Jesus, ***"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus".***
- Jesus' death makes up for Original Sin. Humans can receive forgiveness for their sins because of Jesus' death and then receive eternal life.
- His sacrifice provides atonement, which means our relationship with God is restored. This removes the effects of sin and allows humans to get back to God. ***"He is the atoning sacrifice for our sins and for the sins of the whole world".***
- Jesus paid the price for the sin of all mankind through his death and Christians believe if you put your trust in him you can receive eternal life with God.
- Links with Salvation through Grace: salvation is a gift people must choose through belief in Jesus atoning for their sins

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Year 11 – PRE – Crime and Punishment: Part 1 – Religion, Crime and the Causes of Crime

Reasons for Crime

Cause of Crime	Explanation/ Examples	Christian Responses	Sikh Responses
Poverty and Upbringing 	Some people may commit a crime as they do not have the money for what they need e.g. they may steal to feed their family. Or, they may have been brought up in an environment where crime is normalised or even expected of them.	- Christians may be more sympathetic to those who have committed crimes for these reasons and show compassion: **'Love your neighbour as you love yourself'/ Agape,** **'Blessed are the merciful'** - They would also feel a responsibility to help those in need so that they had no need to steal: **'Faith without actions is dead', 'I was hungry and you gave me something to eat'.** - However, the crime itself is still wrong: **'Do not steal' (10 Commandments)**	- Sikhs would also show some compassion and understanding: **'Show kindness and mercy to all life'** - Sikhs would also feel a responsibility to help, which is why the service of the **langar, an example of sewa**, is so important. There should be no need for people to steal food as the langar is always open.: **'Keep the langar ever open'** - Sikhs emphasise the importance of a strong family network in order to raise children in the right way.
Mental Illness 	Mental illnesses can cause crime; kleptomania is a condition which leads people to steal. Mental illness can lead to anger issues which result in crimes such as assault, and some people feel driven to murder because of their illness.	- Christians would be compassionate towards those with a mental illness as it is not their fault and they are not always consciously committing crimes: **'Love your neighbour as you love yourself'/ Agape** **'Blessed are the merciful'** - However, justice for the victim is still important, so Christians would support an appropriate punishment coupled with medical support.	- Sikhs would also show compassion as the criminal was not in full control of their actions: **'Show kindness and mercy to all life'.** - They would support the criminal getting support and treatment, as well as showing compassion for the victim/ their family.
Addiction 	Addiction means the body cannot cope without a substance e.g. alcohol or drugs. This can lead to crime if the person is not in control e.g. they are drunk. They may behave in ways they wouldn't usually, or they may drive while intoxicated and cause an accident. They may also steal to fund their habit.	- Whilst illegal drugs are unacceptable, most Christians do not forbid drinking alcohol (Quakers do not drink at all). However, drunkenness is not encouraged, and it is a sin in Catholicism. - Addicts would be encouraged to seek support: **'Love your neighbour as you love yourself'/ Agape**	- Sikh teachings forbid the use of alcohol/ illegal drugs as they take the mind away from God, and a person is not able to worship. - Addicts would be encouraged to seek support: **'Show kindness and mercy to all life'**
Greed 	Greed can lead to crime e.g. stealing because you want more money/ possessions	Christians would not at all accept crime for this reason. One of the 10 Commandments says: **'Do not covet'** which means do not be jealous. In the Bible it says: **'you cannot serve both God and money'** and **'The love of money is the root of all evil'**, showing the problems with focusing on material wealth.	Sikhs are encouraged to be **Gurmukh** – God-centered, and to focus their minds on God and not on money/ possessions. **Worldly Attachment** is one of the 5 evils/ barriers to mukti, so crime for this reason is totally unacceptable.
Hate 	Hatred is a negative feeling which can lead to violence/ aggression. It might be based on a prejudice e.g. racism.	This is a totally unacceptable reason for crime as **'Human beings were made in God's image'** so everyone has the right to be treated fairly.	This is a totally unacceptable reason for crime as **'All are made of the same clay'** so all humans should be treated with love and respect.
Opposition to an unjust law 	There are times in history where people have broken the law as they felt the law was unfair, e.g. Rosa Parks refusing to give up her seat in 1950s America. In Britain today, our laws are generally fair but in some countries this is not the case.	- In general, Christians are taught to obey the law: **'Those who refuse to obey the law of the land refuse to obey God'.** - However, if the law was in opposition to Christian beliefs they would perhaps campaign for it to be changed, ideally without breaking the law themselves.	Sikhs have historically protested against laws they felt were unfair or in opposition to their beliefs, e.g. the law on motorcycle helmets. However, they would ideally protest to get the law changed rather than break it.

Types of Crime

Type of Crime	Christian Responses	Sikh Responses
Murder: Deliberately ending someone's life	**'Do not commit murder'** **Sanctity of Life: 'Human beings were made in God's image'**	**Sanctity of Life: 'The Divine Light is within all'**
Theft: Stealing something that does not belong to you	**'Do not steal'**	**Rehat Maryada: (code of conduct) 'No Sikh should gamble or commit theft'**
Hate Crime: Committing a crime based on prejudice e.g. race, age, sexuality	**'Human beings were made in God's image'., 'There is no Jew nor gentile… male nor female, for you are all one in Christ Jesus'**	**'All are made of the same clay', 'We are all sons of the one God, there is no Hindu and no Muslim'.**

Good and Evil Intentions and Action

Christian Views:
- The Bible warns Christians against having evil thoughts which lead to evil actions. Avoiding sin and temptation steers Christians away from crime.
- Christians would be more willing to treat an offender who had good intentions with more mercy than one who acted out of evil intentions.
- Christians do not believe that people are evil but that people can be tempted to do wrong and break the law.
- Many Christians believe that we are born with **'Original Sin'** due to the actions of Adam and Eve, so we are inclined to be tempted and should resist this.

Sikh Views:
- There is no such thing as an evil person but humans do all make mistakes.
- Having good intentions and obeying the law etc helps Sikhs to build bad karma; those who commit evil actions with evil intentions should face justice in this life but will also face punishment in the next life.

Year 11 – PRE – Crime and Punishment: Part 2 – Religion and Punishment

Aims of Punishment

Aim	Explanation/ Examples	Christian and Sikh responses
Reformation 	Supports the criminal in **changing their behaviour** for the better. May involve therapy, education, training.	Preferred aim of punishment for Christians and Sikhs: Christian: **'Love your neighbour as you love yourself'/ Agape.** **'Do not take revenge but leave room for God's punishment… do not be overcome by evil but overcome evil with good'.** Sikh: **'Show kindness and mercy to all life',**
Retribution 	Seeking **justice or revenge**. The idea that 'you committed a crime, so you deserve to be punished'.	The Old Testament teaches **'An eye for an eye'**, but this really meant that a punishment should be proportionate to the crime. Christians do NOT agree with revenge. Jesus taught to **'Turn the other cheek'** meaning do not retaliate. Sikhs do NOT agree with revenge either: **'If someone hits you, do not hit him back. Go home after kissing his feet'.**
Deterrence 	**Putting people off from committing a crime** – either putting the criminal off from re-offending, or putting society off crime as they see the harsh punishments they could get.	Christians and Sikhs would want criminals to be deterred (put off) from committing crime but NOT in a way that violates their sanctity of life e.g. corporal or capital punishment. Christian: **'Human beings were made in God's image'** Sikh: **'All are made of the same clay'**.

Treatment of Criminals

Type of Punishment	Explanation/ Examples	Strengths and Weaknesses	Christian and Sikh responses
Prison 	A secure building where offenders are kept for a period of time set by a judge	+ Protects society, usually gives opportunity for reformation e.g. counselling, good deterrent - Can lead to poor mental health, many people re-offend as they learn poor behaviour or become comfortable in prison.	Christian: Focus should be on reformation: **'Love your neighbour as you love yourself'/ Agape** Sikh: Focus should be on reformation: **'Show kindness and mercy to all life'.**
Community Service 	An offender contributes to society as a punishment e.g. doing unpaid work in the community	+ Benefits the community, encourages reformation - Some see it as a soft punishment	Christian: Good punishment for minor offences as reformation is encouraged. Encourages **stewardship.** Sikh: Good punishment for minor offences; will build good **karma** and could lead to future acts of **sewa**.
Corporal Punishment 	Punishment of an offender by causing them physical pain e.g. whipping, cutting hands off. Illegal in the UK.	+ Good deterrent, brings justice for the victim/ their family (retribution) - Violates human rights, does not encourage reformation, promotes an attitude of revenge rather than compassion and forgiveness.	Christian: Disagree – violates sanctity of life and is a revenge-seeking punishment: **'Human beings were made in God's image', 'Do not take revenge but leave room for God's punishment'** Sikh: Disagree for same reasons: **'All are made of the same clay', 'If someone hits you, do not hit him back. Go home after kissing his feet'.**
Capital Punishment/ The Death Penalty 	Punishment where an offender is put to death for their crimes e.g. electric chair, hanging, firing squad. Illegal in the UK since the 1960s.	+ Good deterrent, brings justice e.g. if you kill, you deserve to lose your life. Supports **principle of utility**; if it benefits society for one person to lose their life, perhaps it is acceptable. - No going back if you get the wrong person, hypocritical, no chance for reformation, violates human rights.	Christian: Disagree – violates sanctity of life. Does not allow for reformation: **'Human beings were made in God's image', Agape etc.** Sikh: Disagree for same reasons: **'All are made of the same clay', 'Show kindness and mercy to all life', 'If someone hits you…' etc.**

Forgiveness: To show grace and mercy, and pardoning someone for what they have done wrong.

Christian Views

- Forgiveness is at the heart of Jesus' teaching.
- Christians would still agree with justly punishing the criminal, but forgiveness is a key teaching within Christianity.
- On the cross, Jesus said **'Father forgive them, for they know not what they do'.**
- In his life Jesus was also asked how many times people should forgive. He replied: **'Not seven times, but seventy-seven times'**, meaning always forgive.
- **'Love your neighbour as you love yourself'/ Agape**
- Gee Walker gives Christians a modern role model on the importance of forgiveness.

Sikh Views

- Forgiveness is a key teaching of Sikhism, closely linked with equality.
- Guru Granth Sahib: **'Where there is forgiveness, there is God'.**
- Forgiveness is not a replacement for punishment; fair punishment is still important but forgiveness can also be given.
- The focus of punishment should always be reformation, which is closely linked with forgiveness.



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Sikh Beliefs: Part 1 – Key Beliefs

The Nature of God: The Mool Mantra

- Opening words of the Guru Granth Sahib (GGS 1a)
- 'Mool Mantra' means 'Main Chant'.
- Sikhs believe the words were the first teachings of Guru Nanak after he became enlightened
- Most important part of the Guru Granth Sahib (GGS) and most important statement for Sikhs
- Said daily in Sikh prayers and recited in worship.

One Universal Creator God (Ik Onkar)
The Name is Truth
Creative Being Personified
No Fear, No Hatred
Image of the Undying
Beyond Birth
Self Existent
By Guru's Grace



God as Creator

- God (Waheguru) created everything.
- There are no creation stories in Sikhism, and Sikhs accept scientific views about how the universe came to be here, but nothing would have happened without it being God's will (hukam).
- Sikhs believe God is both separate from and part of His creation: ***'He possesses all qualities; He transcends all qualities'***

God as separate from the Universe

- God is transcendent – beyond human understanding
- He does not have a physical form, is timeless and spaceless, and has no limits
- God is without gender (Sikhs use 'He' to have a simple way to talk about God) and has no beginning or end.
- 'Nirgun' – without qualities or form.
- ***'He is the Perfect Transcendent Lord, from the very beginning and through the ages'***

God shown in and through the Universe

- God is present within creation and within human beings, as a soul or Divine Spirit
- There are ways that God can be understood by humans, e.g. through the Mool Mantra, the teachings of the Gurus, other parts of the GGS or through his creation.
- 'Sargun' – with qualities or form
- ***The Lord is seen to be manifest and present'***
- ***He Himself is the water… He Himself abides in each and every heart'***

The Virtues

- God has given people an opportunity to reunite with Him (Mukti)
- To achieve this, Sikhs must build good karma in the hope of being released from the cycle of birth, death and rebirth
- One way to build good karma is to live a good life, developing certain positive characteristics known as **virtues**.

Truth and Truthful Living	Telling the truth, living an honest life. Includes promoting justice and not discriminating. ***'Truth is higher than everything; but higher still is truthful living'***
Compassion and Patience	Being kind and aware of the needs of others. Being able to accept/put up with delays/problems with a calm mind and attitude. ***'Show kindness and mercy to all life'.***
Contentment	Not being greedy, being satisfied with what you have, maintaining detachment from material things.
Humility	To be humble, not proud. Not full of your own importance.
Love	To show a loving attitude to everyone, to show kindness, respect and forgiveness (just as God would do for them)
Wisdom	Having experience, knowledge and good judgement – understanding all of the virtues and being able to put them into practice.
Courage	Being brave. Many Sikhs throughout history have shown bravery in remaining true to their faith, even if they have suffered for it.
Temperance/ Self-Control	Showing self-control and moderation, can include not partaking of alcohol or drugs. Being able to control one's temper and behaviour.
Justice	Working to make all things fair, or to bring equality.

Gurmukh and Manmukh

- **Gurmukh**: **God centered**. Someone who prays, worships, follows the virtues etc and keeps God in mind at all times. '***The Gurmukh acts in harmony with God's will; the Gurmukh finds perfection'***
- **Manmukh**: **Man centered**. Someone who is selfish, thinks they are above God and others, succumbs to the evils. ***'The foolish, self-willed manmukh is blind in the world'.***

Beliefs about Life After Death

Rebirth	- **Reincarnation**: when a human dies, their soul is reborn into another body - This rebirth is part of a cycle of being born, dying and reborn, known as **samsara**. - The cycle will repeat until the soul is freed/ liberated and becomes united with God - All animals, including humans, have souls, so a human may be reborn as an animal. - ***'They die and die, over and over again, only to be reborn, over and over again'***
Karma	- Sum total of a person's actions and words which determines their afterlife - Reincarnation is based on the good or bad karma they built in a previous life. - A human is the best being you can be reborn into as it gives you the best chance to build good karma and be liberated from samsara. - Good actions = good karma = a good reincarnation/ liberation from samsara - Bad action = bad karma = a lower reincarnation e.g. animal. - ***'The body is the field of karma in this age; whatever you plant, you shall harvest'***
Mukti	- Liberation, freedom and release from the cycle of samsara - The final goal for Sikhs - individual soul reunites with God - Negative aspects: To achieve mukti, a person must rid themselves of all that stands in the way of getting close to God. This can be challenging. - Positive aspects: the soul is free to unite with God. This is indescribable and can only be experienced. - ***'Through selfless service, eternal peace is obtained'***

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Sikh Beliefs: Part 2 – Key Beliefs/ Beliefs about the Nature of Life

Key Beliefs Continued

The Stages of Liberation: The 5 Khands

- Stages a human being must pass thorough on the way to mukti.
- Usually will not all happen in one lifetime

1) Piety	- The opportunity for devotion to God, awareness of God.
2) Knowledge	- Knowing about God; learning about and experiencing God
3) Effort	- Devoting oneself to tuning in with God e.g. through prayer, worship, meditation
4) Grace	- Spiritual blessing given by God (as we can only go so far in developing ourselves)
5) Truth	- Finding God, the realisation of God. Can only be experienced, not described.

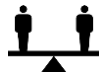
The Barriers to Mukit

- - Sikhs must avoid those things which will stop them from achieving mukti. There are 5 evils (below) bt Sikhs should also guard against:
- **Haumai** (pride and ego)
- Illusion (inability to see the truth; focus on material things)
- Self-centredness (ego, selfishness)

Anger 	- An emotion causing someone to act without balance
Lust 	- Sexual desire – sex outside of marriage leads people away from God: ***'Sexual desire and anger are broken, like a jar of poison'***
Greed 	- A desire to possess more than you need
Worldly Attachment 	- Placing too much emphasis on material possessions and worldly relationships
Pride 	- False pride – being proud of things that were given rather than achieved: ***'Why do you take pride in trivial matters?'***

The Oneness of Humanity

- Guru Nanak, the founder of Sikhism, had an experience where he disappeared into a river for 3 days. During that time, he said he met with God.
- Following this experience, he taught that there was not only one way to God; there is no need to convert others to Sikhism because we can all follow our own path to God.
- Everyone has a divine spark within them which unites us all, and this is known as the **oneness of humanity**.
- ***God is neither Hindu nor Muslim and the path I follow is God's'***
- ***'We are all sons of the one God; there is no Hindu and no Muslim'***
- ***'The Divine Light is within all'***
- This also means that everyone is equal – this was one of Guru Nanak's most important teachings.



The Equality of All
Equality is shown in Sikhism in the following ways:

<u>The life of Guru Nanak</u>

- Had both Hindu and Muslim friends. His best friend was a Muslim man called Mardana
- Emphasised equality between men and women: ***'From her, kings are born… without woman, there would be no one at all'***
- Taught: ***'There is no Hindu and no Muslim'***
- Introduced the practice of the langar: ***'No discrimination… must be made while making people sit in rows for eating'***

<u>The life of Guru Gobind Singh</u>

- Started the Khalsa – both men and women can join.
- When the first 5 members joined, they wore identical coloured robes to show equality.
- One key role of the Khalsa is to stand up against inequality
- Introduced surnames Singh (Lion) and Kaur (princess) to remove inequality shown by the caste system

<u>The Guru Granth Sahib</u>

- The GGS is a collection of hymns and writings from many teachers and saints e.g. the Gurus.
- Writers also included Hindus and Muslims, showing the inclusivity of Sikhism.
- Guru Gobind Singh declared the GGS 'The Living Guru' and is the 11th and final teacher for Sikhs. It contains many teachings about equality: ***'All beings and creatures are His; He belongs to all'. 'All are made of the same clay'.***

<u>Sikhism Today</u>

- The Langer: free kitchen where everyone is welcome. All sit on the floor together to show all are equal. Food is vegetarian so everyone can eat it.
- Both men and women take part in worship, reading GGS in the Gurdwara, cooking or serving food etc.





Sewa: Selfless Service

- Sewa is a duty Sikhs have to help others without expecting anything in return
- It will build good karma and help a Sikh on the path to achieving mukti
- ***'Through selfless service, eternal peace is obtained'***
- It helps Sikhs to show many of the virtues whilst avoiding the 5 evils.

<u>Tan (Physical Sewa)</u>
Using the body to help others e.g. serving in the langar, cleaning shoes or floors

<u>Man (Mental Sewa)</u>
Using the mind and mental skills e.g. reading the GGS, teaching others, inspiring others

<u>Dhan (Material Sewa)</u>
Using material wealth to help others e.g. giving a tenth of their income to the sangat or to charities. This 10% is known as Dasvandh

The Sangat: Sikh Religious Community

- The company of Sikhs meeting in the presence of the Guru Granth Sahib
- 'Sat Sangat' means 'True Congregation'
- ***'Join the Sat Sangat, the True Congregation, and find the Lord'***
- Sikhs may gather together to learn, pray, hold a ceremony, read the GGS etc
- Importance: provides opportunities for sewa, gives the chance to learn from other Sikhs, builds a supportive community to strengthen faith, helps to develop religious understanding.

Amritdhari and Sahajdhari Sikhs

- Amritdhari Sikhs are those who have been initiated into the Khalsa.
- They are expected to offer daily prayers, wear the 5Ks, take the name Singh and Kaur, practise the virtues, be vegetarian and obey the code of conduct (which includes rules such as no smoking, drinking or adultery)
- 5 Ks: **Kara** (steel bracelet), **Kirpan** (ceremonial sword), **Kachera** (cotton underwear), **Kanga** (wooden comb), **Kesh** (uncut hair). Amritdhari Sikhs must wear all of the 5 Ks. Sahajdhari Sikhs may choose to wear some.
- Sahajdhari Sikhs have not been initiated into the Khalsa so whilst they believe in Waheguru and the Gurus, they do not have to follow the strict rules.