

Topic

Christianity:

- Beliefs
- Worship
- Practice



Key Words

- Jesus
- Church
- Messiah
- Bible
- Trinity
- Saviour

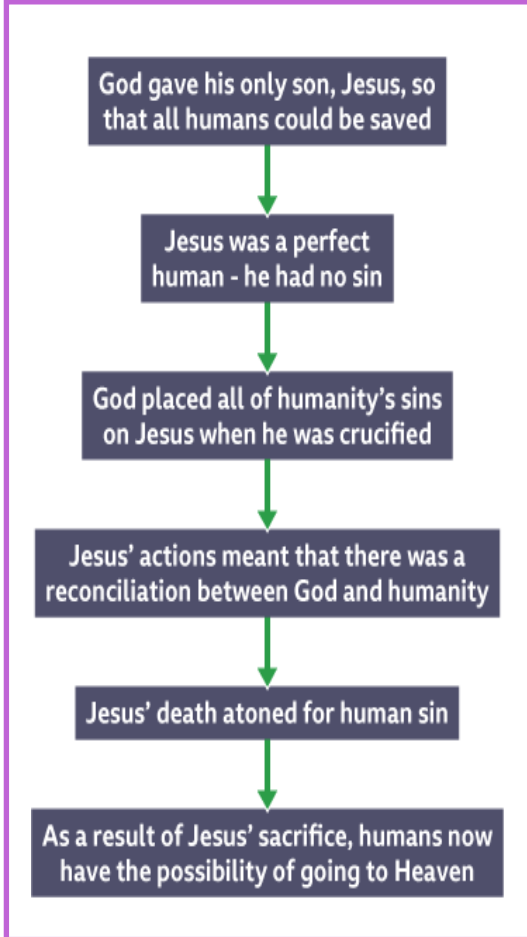


Jesus As The Son Of God

Most Christians believe that Jesus, as well as being fully human, is also fully God. Most Christians believe that Jesus is the second person of the Holy Trinity and is the Son of God.

Jesus As The Messiah

Messiah is a Hebrew word meaning 'anointed one'. Christians believe that Jesus is the Messiah because through his crucifixion and resurrection he brought salvation to humankind.



Christianity

Beliefs	While there are many different types of Christians, the majority of Christians share the same basic beliefs. All Christians believe in one God, and most also believe that Jesus was God's son sent to Earth in human form. Jesus was put to death but was resurrected and ascended to heaven. Christians believe that the events of Jesus's life are important and that people should follow his teachings.
Holy Book	The Christian holy book is the Bible, which means 'books' as it is a collection of many different books gathered together into a single volume. The Christian Bible is divided into the Old and New Testaments. The Old Testament was written before the birth of Jesus and is based on ancient Jewish scriptures called the Tanakh. In Protestant Christianity, there are 39 Old Testament books, with 46 in Catholicism.
Worship	Many Christians worship in special buildings such as churches or chapels, and Christian worship can be different depending on the denomination.
Symbol	The cross is the symbol of Christianity. Jesus Christ was executed by the Romans and died by being crucified on a wooden cross. Christians remember his death and resurrection by wearing crosses. Sometimes crosses will have a figure of Jesus on them. These are called crucifixes.
Denominations	Christians share many beliefs, but they don't all agree on everything. This has resulted in the development of different groups within the religion called denominations. Examples of these include Anglican, Methodist, Baptist and Catholic. Different Christian denominations worship in different ways. Anglicans, Catholics and Orthodox Christians have a set form of worship. It is a formal ritual based around the sacraments, particularly Holy Communion.

Topic

Sikhism:

- Beliefs
- Worship
- Practice



Vaisakhi

Guru Gobind Singh was the last of the ten gurus of the Sikhs and the founder of the Khalsa (a special community of initiated Sikhs who take on the wearing of the 5Ks). Vaisakhi is the festival celebrated by Sikhs to remember the formation of the Khalsa, and celebrate the start of the Sikh New Year.



Sikhism

Beliefs	Sikhism was founded in the Punjab region of India by Guru Nanak who was born in the year 1469. Guru Nanak taught that everyone is equal in the eyes of God. The word Guru means a spiritual guide or teacher. Sikhs believe in one God called Waheguru which means 'Wonderful Lord' or 'Wonderful Teacher'. Waheguru gives life to everything, and all life is part of Waheguru. Many Sikhs today join the Khalsa, which is a special community of initiated Sikhs. It was started by Guru Gobind Singh, the tenth Guru. To be part of the Khalsa, Sikhs must take part in the amrit ceremony, where they promise to keep all the rules of their religion and wear the 5 Ks.
Holy Book	The most important Sikh holy book is called the Guru Granth Sahib. The Guru Granth Sahib is a collection of songs, prayers and hymns from the Sikh Gurus and other holy men, as well as teachings from other faiths. Sikhs believe that the Guru Granth Sahib is the word of God, and it is used in all Sikh worship and ceremonies. Sikhs show the Guru Granth Sahib great respect and it is treated as if it is a living person. The Guru Granth Sahib is placed on a throne in the gurdwara called a takht, and is cared for by a Granthi who reads aloud from the book during ceremonies. The Granthi also make sure that the book is covered by cloth when not in use and that it is protected from heat and dust.
Worship	Sikhs worship in a gurdwara. The word gurdwara means 'door to the guru'. The gurdwara brings Sikhs together and supports the Sikh message of equality by offering food, shelter and company to anyone who may need it, regardless of their faith. A gurdwara does not have to be a special building, but it must contain the Guru Granth Sahib, the Sikh holy book. You can identify a gurdwara by a yellow flag flying outside with the Sikh symbol on it. This is called the Nishan Sahib
Symbol	The Khanda is the symbol of the Sikh faith. It consists of three different types of weapons: -A double edged sword or khanda in the centre. -A round throwing weapon known as a chakkar. -Two single-edged swords called kirpans, crossed either side of the other weapons.
The Khalsa	The amrit ceremony is one of the most important ceremonies in Sikhism. It was started by Guru Gobind Singh, the tenth Sikh Guru, who called for Sikhs to defend their faith against the persecution that was happening to them at the time. Guru Gobind Singh asked for volunteers who were prepared to die for their faith. Five men volunteered, but instead of being killed, they were spared and became known as the panj piare – which means 'the five beloved ones'. They were the first members of the Sikh community known as the Khalsa.

How is Guru Nanak celebrated?

To celebrate Guru Nanak Gurpurab, the Sikh community gathers together to take part in a street procession called a nagar kirtan. The Guru Granth Sahib (the Sikh holy book) is carried through the streets on a specially decorated float, Sikhs join together to sing, dance and play musical instruments.
Sikh worship and festivals are followed by the langar. This is a free, vegetarian meal which takes place in the Gurdwara, the Sikh holy building. This meal is offered to everyone, regardless of their faith and is cooked and served by both men and women, with everyone sitting together on the floor to eat. The langar symbolises equality, which was one of the most important teachings of Guru Nanak

Sikhism

Kesh (uncut hair)	Throughout history hair (kesh) has been regarded as a symbol both of holiness and strength. One's hair is part of God's creation. Keeping hair uncut indicates that one is willing to accept God's gift as God intended it. It follows the appearance of Guru Gobind Singh, founder of the Khalsa.
Kara (Steel bracelet)	A symbol of restraint and gentility. A symbol that a Sikh is linked to the Guru. It acts as a reminder that a Sikh should not do anything of which the Guru would not approve. A symbol of God having no beginning or end. A symbol of permanent bonding to the community-being a link in the chain of Khalsa Sikhs (the word for link is 'kari'). The Kara is made of steel, rather than gold or silver, because it is not an ornament.
Kanga (Wooden comb)	This symbolises a clean mind and body; since it keeps the uncut hair neat and tidy. It symbolises the importance of looking after the body which God has created. This does not conflict with the Sikh's aim to move beyond bodily concerns; since the body is one's vehicle for enlightenment one should care for it appropriately.
Kaccha (cotton under garment)	This is a pair of breeches that must not come below the knee. It was a particularly useful garment for Sikh warriors of the 18th and 19th centuries, being very suitable for warfare when riding a horse. It's a symbol of chastity.
Kirpan (Steel sword)	There is no fixed style of Kirpan and it can be anything from a few inches to three feet long. It is kept in a sheath and can be worn over or under clothing. The Kirpan can symbolise: Spirituality The soldier part of the Soldier-Saints Defence of good Defence of the weak The struggle against injustice A metaphor for God

Key Words

- Sikhism
- Guru
- Khalsa
- Kirpan
- Kesh
- Kara
- Kanga
- Kaccha



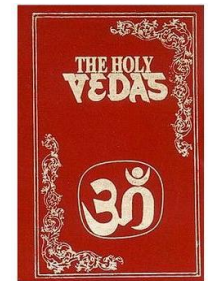
What Are the Sikh Gurus?

Founded in the Punjabi region of India over 500 years ago, one would think the Sikh religion would have more than ten Gurus, who are holy leaders and teachers. Sikhism developed in an area where contact between Muslims and Hindus occurred frequently with periods of cooperation and conflict. Sikhism, while sharing some traits with each, is a completely separate religion that follows a single god but believes that all religions follow this god in their own way. Let's look at how each Guru helped shape Sikhism.



Hinduism

Beliefs	Hindus believe in One Supreme Spirit, or Power called Brahman. Brahman can take the form of many gods and goddesses, also known as deities. Hindus believe in the concept of karma. Karma is the law of cause and effect. Hindus believe that good actions lead to good karma and bad actions lead to bad karma.
Holy Book	There are many holy books in Hinduism. The oldest ones are called the Vedas and the Upanishads. The Bhagavad Gita and the Ramayana are also read by many Hindus, and they help to guide them in their daily life.
Worship	Hindu worship is called puja. Hindus can worship at their holy building, called a mandir, or in their home. Puja involves praying to a favourite god or goddess. A statue or image is often used as a focus, and these are sometimes called murtis (meaning forms). During puja offerings of fruit and sweet foods are made to the deity.
Symbol	This is the Om symbol (sometimes written as Aum) and it is the Hindu word or sound for God. Hindus will say this at the beginning and end of all prayers.
Hindu shrine	A Hindu place of worship is called a mandir, but the majority of Hindus have a shrine at home where they perform personal and family worship. Worship in Hinduism is called puja.
Trimurti	Hindus believe that Brahman is beyond their understanding, so the different gods and goddesses help them to understand various aspects of Brahman. Three of the Hindu gods are known as the Trimurti.



Buddhism

Beliefs	Buddhism focuses on personal spiritual development, and Buddhists try to live a good life by following the Buddha's teachings, called the Dharma. In the Four Noble Truths the Buddha taught that life is full of suffering. Suffering is caused by desire and wanting things, and attachment to possessions. The way to stop suffering is to stop wanting things by following the Eightfold Path.
Holy Book	The Buddhist scriptures are known as the Tripitaka which means 'three baskets'. This is because the original writings were made on palm leaves and stored in baskets. The Tripitaka contains the teachings of the Buddha and his companions, comments on those teachings, as well as rules for monks. Buddhists call the teachings of the Buddha 'dharma', which means 'truth'.
Worship	Buddhists do not worship in the traditional sense, but they show their devotion by a ritual called puja, either at home, in a temple or a vihara. A vihara is a Buddhist monastery, which is open to the community for study, meditation and worship. In Buddhist countries, there are many temples. People bring flowers and incense for the shrine and food for the monks. When entering a temple or vihara, Buddhists will take off their shoes, put their hands together and bow to the image of the Buddha. They may also use prayer beads called malas.
Symbol	The dharmachakra, also known as wheel of dharma, is widely used as the symbol of Buddhism. It shows a wheel with eight spokes, representing the Noble Eightfold Path and the teachings of the Buddha.
Meditation	Meditation is important in all branches of Buddhism. It can help clear the mind, so that negative thoughts of anger or hatred can be replaced with positive ones of loving kindness and peace. By meditating frequently, Buddhists hope to develop insight and wisdom, helping them to see the true nature of things.



Topics

- Living the Muslim life
- Healthy living & Islam
- 4 Schools of Fiqh
- Halal and Haram



What Is Halal?

Halal is that which adheres to Shariah (Islamic Law). Halal meat must be slaughtered in a specific manner according to the Quran and Hadith



What Is Haram?

The Arabic term for forbidden (unlawful). For example certain food and drinks are considered Haraam such as pork and alcohol. Muslims must choose between Halal and Haraam

Key Words

- **Shariah** – Islamic law
- **Fiqh** - the theory or philosophy of Islamic law, based on the teachings of the Quran and the traditions of the Prophet. Muhammad (SAW)
- **Religious Law** – Laws pertaining to religions
- **Monarchy** – A form of government with a monarch at the head
- **Moral responsibility** – How do people act morally and how do they morally choose
- **Alcohol**
- **Drugs**
- **Halal** – Something which is permissible
- **Haram** – Something which is impermissible

Key Questions

- How do Muslims make moral and legal decisions?
- What is the difference between religious law and law of the land?
- How does a person follow religious law as well as the law of the land?
- How do Muslims act as stewards by taking care of their own bodies?
- What is it important to live a healthy lifestyle?
- Why are some foods halal and some haram?
- What are Islamic teachings on alcohol and drugs?



The 4 Main Schools Of Fiqh

Hanafi:

The Imam of this school was called Abu Hanifah, Nu`man bin Thabit (may Allah have mercy upon him). He was of Persian origin. He was born in Kufa, Iraq, in the year 80 AH.

Maliki:

The Imam of this school is Malik bin Anas (may Allah have mercy upon him) who was born in 95 AH and passed away in 179 AH at the age of 86. He was blessed to have been born and pass away in the blessed city of Madinah. He was buried in Jannah al-Baqi

Shafi'i:

The Imam of this school is Muhammad bin Idris (may Allah have mercy upon him). He was born in Gazzah in the year 150AH. He died in Egypt in the year 204 AH. His lineage meets with that of the Prophet (peace be upon him) on the seventh level.

Hanbali:

The Imam of this school is Ahmad bin Muhammad bin Hanbal (may Allah have mercy upon him) who was born in 164 A.H and passed away in 241 A.H at the age of 77. The city of birth and death was Baghdad, Iraq