

Subject: RE

Date: Week Beginning 01.06.20

Activity: Sikhism – Main Beliefs

Instructions: Research the main beliefs of Sikhism and write an explanation of them. You can use the information below to help you.

<https://kids.kiddle.co/Sikhism>

<https://www.bbc.co.uk/bitesize/topics/zsjpyrd/articles/zkjpkmn>

Sikhs believe that:

There is only one God.

God cannot be described as either male or female.

God is both sargun (everywhere and in everything) and nirgun (above and beyond creation).

God created the world and created people to know the difference between right and wrong.

Sikhs do not have images of God and are forbidden to worship any images created of God.

God is referred to by many names including:

- Waheguru (Wonderful teacher)*
- Sath Nam (Eternal Reality)*
- Akal Purakh (Eternal One)*

What do Sikhs believe?

Sikhism teaches that all human beings are equal and can realise the divine within them through devotion to God, truthful living and service to humanity.

The core beliefs

One God

All Are Equal

Men and Women have the same rights/responsibilities

Meditation

Remember God

Live Honestly

Sikhs are supposed to work hard and live honestly

Share with Others

Give to the needy

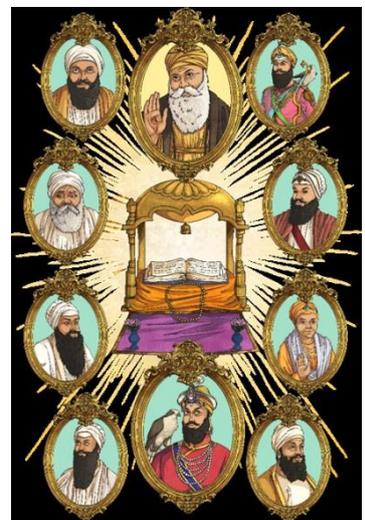
In Sikhism, there are ten Gurus (spiritual teachers).

Sikhs believe that these Gurus were at one with God.

They were the link between God and humans.

The Gurus were chosen to deliver God's messages.

All Gurus lived their lives as an example to all Sikhs.



The ten Gurus were in human form but the eleventh and final Guru is considered to be the holy book - the Guru Granth Sahib (which contains the messages of

all the Gurus).

Where do Sikhs Worship?

Sikhs worship at home and at the temple called a Gurdwara.

All Gurdwaras across the globe have:

The Sikh scripture - Guru Granth Sahib

Community Kitchen - langar

Food is cooked by the members of the community and served by

members of the community, to all people at the Gurdwara. The

idea is to demonstrate equality of all people, irrespective of caste,

creed, religion, race or gender.

Four Doors

The gurdwara usually has four doors to show that it is open to all.

The "Nishan Sahib," a yellow (saffron) triangular flag bearing the Sikh symbol of "Khanda" flies from every Gurdwara. The term 'nisan' means 'flag' and 'sahib' is a term of respect.