

Sikhism: Beliefs



Year 1 - Spring 2
RE Knowledge Organiser

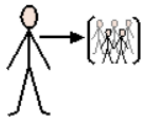
Sikhism was founded by Guru Nanak around 500 years ago in a place called the Punjab. This is an area which spans part of India and Pakistan in South Asia today.



Vocabulary



Gurdwara - A place of worship for Sikhs and a symbol of bringing people together.



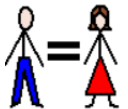
Belonging - A sense of acceptance, inclusion and identity. Sikhs believe that everyone belongs, we have just all been created differently.



Kesh - is hair. Sikhs promise not to cut their hair but let it grow as a symbol of their faith. Because during their lifetimes it will get very long they wear turbans to keep it tidy.



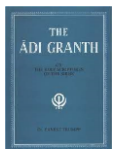
Meditation - is the practice of being in the present moment and fostering an awareness of your thoughts and feelings.



Equality - Sikhs believe males and females should be treated equally.

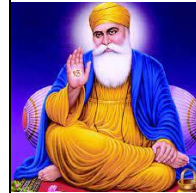


Guru - a teacher



The Guru Granth Sahib - Also called Adi Granth, is the holy book of the religion Sikhism. It contains prayers, and hymns of Sikh religion.

Guru Nanak



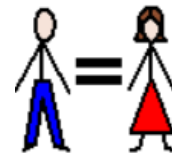
Guru Nanak is the founder of Sikhism. Guru means 'Teacher'. Sikhism is still based on his teachings and those of the nine Sikh Gurus who followed him.

What do Sikhs believe?

Sikhs believe in one God who guides and protects them. They believe everyone is equal before God. Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is:

- Keep God in your heart and mind at all times
- Live honestly and work hard
- Treat everyone equally
- Be generous to those less fortunate than you
- Serve others

Three key words for leading a Sikh life



Equality



Respect



Forgiveness