

What do Sikhs believe about God?

This work will enable you to think about the question above. Have paper and pens ready to work as you will be doing some written work. It would be helpful for you to have some background knowledge about Islam and its beliefs about Allah.

First, make a note of these keywords. If you don't know their meanings yet, then you soon will do. **Waheguru / Mool Mantar / Ek Onkar**

Second read this quote by Guru Nanak and write down what you think he means by this:

'There is neither a Hindu nor a Muslim, but only man... we are all God's children. Hindus and Muslims should live as brothers and sisters, as one family of God.'

I think Guru Nanak means...

Introduction to Sikhism

Get ready to watch a clip from the BBC series 'My Life, My Religion: Sikhism'. The clip is just under 4 minutes long:

www.bbc.co.uk/programmes/p02mx39q

Answer these questions as you watch the clip. You can pause/rewind the video if you need to.

How many gods are there according to Sikh teachings?

What does Waheguru mean?

What does Sikhism teach you should do with the name 'Waheguru'?

Guru Nanak and the Ka'aba

Guru Nanak walked on foot reaching Mecca and was very tired. His feet were sore and he needed rest. So he lay down to rest himself with his feet towards the Kaaba. Kazi Rukan-ud-din, who observed this, angrily remarked: "Infidel! How dare you dishonour God's place by turning your feet towards Him?" He also kicked Nanak. Calmly, Guru Nanak said to him, "Brother, don't be angry. I am very tired. I need rest. I respect the House of God as much as anyone. Please turn my feet in a direction in which God or the House of God is not."

Kazi took hold of the Guru's feet and dragged them in the opposite direction. Then he lifted his eyes. He saw the Kaaba standing in the direction of the Guru's feet. He turned the Guru's feet in another direction. The Kaaba was seen standing in that direction. He dragged them round and round. The Kaaba was seen to be going round and round. It was always, in the direction of the Guru's feet. His feet were always towards the Kaaba. Kazi was struck with wonder.

Kazi and the other pilgrims were all filled with wonder. The Guru got up and said, 'Don't you see that God's House is in every direction? I tell you He dwells in every place, in every heart. He is in your hearts. He is also in mine.'

Guru Nanak and the Ka'aba – Reflection

Read each point and complete both sentences below each point with your reflection on the story:

Guru Nanak upset a Muslim at Makkah to make a point: God is greater than any religion.

I agree: he proved a point here by...

He was wrong: he didn't need to risk offending. He could have just explained because...

If God was real, He would not care where you point your feet. God would care about your actions.

I agree: rituals don't matter as much as good actions because...

I disagree: I think rituals can support a person in doing good actions. They make sense of life because...

Guru Nanak took some Hindu and Muslim teachings and put it into Sikh scriptures. We need that kind of respectful approach to faith: perhaps in the future all religions can combine.

I agree: religions are all similar and should link up as much as possible because...

I disagree: the religions are all unique, each one with their own teaching. They can't all be true because...

The Mool Mantar

*There is only One God
His name is Truth
The Creator
Without fear
Without hatred
Timeless
Unborn and self-existent
Known by the grace of the Guru*

- The Mool Mantar is a short verse written by Guru Nanak, and describes the qualities of God. It begins with Ek Onkaar (Ik Onkaar): God is one.
- It is the first verse of the Japji Sahib, the opening section of the Guru Granth Sahib.
- It is sometimes referred to as the creed of the Sikhs.
- It is recited daily as part of the morning prayers.

Complete the Grid

The first one has been done for you as an idea. On the next page are some suggestions you can add to your grid.

Mool Mantar	Explanation
There is only One God	There are different paths to experiencing the one same God.
His name is Truth	
The Creator	
Without fear	
Without hatred	
Timeless	
Unborn and self-existent	
Known by the grace of the Guru	

Suggestions for the Grid

God is a good judge, caring and fair.

You can't get to God yourself – God must open your eyes. This grace is first offered when you are born as a human.

~~There are different paths to experiencing the one same God.~~

The cause of the universe and everything in it – keeps the universe going.

God is free from birth and death – God hasn't come to earth in a body.

God just is.

God has no rivals; nothing can harm or threaten God.

Time is the servant of God. God is not tied down by time. God is eternal.

How does the Gurdwara reflect Sikh teachings about God?

Get ready to watch a clip from the BBC series 'My Life, My Religion: Sikhism'. The clip is just over 3 minutes long:

www.bbc.co.uk/programmes/p02mx57w

Watch the clip. Using the information from the clip and what you have learnt from this resource about Sikh beliefs about God, answer the questions on the following page in as much detail as possible:

1. Why is the Gurdwara open to all people and not just Sikhs?
2. What is Langar and why is it an important part of Sikhism?
3. The volunteer in the clip says: “We serve the congregation as we would serve the Guru.” What does this show about Sikh beliefs in God? Try to link your answer to some phrases in the Mool Mantar.
4. What is Sewa and why is it important to Sikhs?