

Name and form: _____

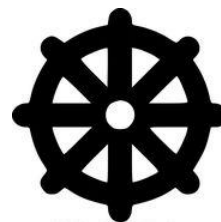
EPR

Paper 1

1 hour 45 minutes



Exam Dates



Trial Exam: _____

Summer Exam: _____



PAPER 1: EXAM TECHNIQUE

Your exam will be **1 hour 45 minutes** and you will answer on **4 topics**:

- **Christian Beliefs**
- **Christian Practices**
- **Buddhist Beliefs**
- **Buddhist Practices**

TOP TIP: Learn all key words - test yourself on these regularly. If you don't understand them, you may not even understand what the questions are about!

You will have two separate answer booklets - one for Christianity and one for Buddhism. You write your answers in these booklets. The number of lines indicates how much you should write for each answer.

For each topic you will answer a **1, 2, 4, 5 and 12 mark question** (always look how many marks a question is worth as this indicates how much time you should spend on it and how much you should write. Approximately you should allow a minute for each mark). You must know the exam technique for how to answer each style of question:

1 mark questions:

- Multiple choice question
- Four options given
- The question will always ask 'Which one of...'



TOP TIP: Make sure that you explain how teachings/beliefs link to the question.

E.G. Which one of the following means that God is all powerful?

A) Omnipresent B) Omnishambles C) Omnipotent D) Omniscient

You would tick C) Omnipotent

TOP TIP: You can find practice exam papers on the AQA website - look for **The Study of Religions (Christianity/Buddhism)** papers:
<http://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/assessment-resources>

2 mark questions

- These questions will always ask you to 'Give two...' or 'Name two...'
- You only need **2 simple bullet points**, you don't even need to write in full sentences.

E.G. Give two persons of the Trinity

You write in the space provided:

- **Father**
- **Son**



4 mark questions: Beliefs

- These questions will ask you to 'Explain two ways...' in which Christians/Buddhists are **influenced** by their beliefs - how do they affect their actions/behaviour?
- You will need to write **2 mini paragraphs (number them), each containing a developed point.**

1. =
2. =

E.G. Explain two ways in which learning about the life of the Buddha influences Buddhists today.

- 1) **The Buddha proved that humans could be enlightened.** *This encourages them to meditate so that they too can reach enlightenment.*
- 2) **The Buddha lived as a prince and as an ascetic but neither way made him happy.** *This teaches Buddhists to follow the middle way.*

(Writing in italics shows where the point has been developed)

4 mark questions: Practices

- These questions will focus on **contrasts** (differences) **within** the religion - Christianity or Buddhism - make sure you **READ THE QUESTION CAREFULLY!**
- Again you will need to write **2 mini paragraphs (number them), each containing a developed point.**

1. =
2. =

E.G. Explain two contrasting Buddhist rituals associated with death and mourning.

- 1) In **TIBET** Buddhists have sky burials. *Donating the body to the vultures is seen as a generous act which would create good karma.*

- 2) In **JAPAN** the coffin of the deceased is placed facing West. *This is the direction of the Pureland where Pureland Buddhists hope to be reborn.*

5 mark questions:

- For these questions you also need to write **2 mini paragraphs (number them), each containing a developed point.**
- In order to get the fifth mark you must include **at least one Christian or Buddhist teaching/belief AND reference it** (e.g. In the Bible it states... or Buddha taught...). Make sure you *explain the teaching and link it to the question.*



E.G. Explain two ways in which shrines are important in Buddhist worship. Refer to Buddhist teaching in your answer.

- 1) **Shrines are a focal point for meditation.** *A Tibetan monk said: 'The time required to keep the shrine clean ...is considered a skilful activity to focus one's mind in the spiritual practices' showing that it is important for focusing the mind.*
- 2) **Items placed on a shrine and remind Buddhists of key teachings.** *Different items on a shrine have different meanings, for example, flowers would remind a Buddhist of the teaching of anicca (impermanence).*

TOP TIP: *If you do not know a teaching (quote) for a 5 mark question, make sure you include a religious word as the 5th mark can be given for this!*

12 mark questions

- These will always give you a **statement** which you will have to **agree and disagree** with. **Read** the statement carefully and **plan** out some agree and disagree points.
- It's important that you get on to this question as quickly as you can, you should **write at least an A4 page.**
- **Include as many religious beliefs and teachings as you can and EXPLAIN HOW THEY LINK to the statement.**
- You can get up to an **extra 6 marks** for this question if your **SPaG** are accurate. Think capital letters, full stops, paragraphs and subject specific terms.
- You must finish with a **conclusion where you justify your own point of view.**

Some Christians/Buddhists agree because... - beliefs & teachings - explained and linked to the question. If you know the type of Christian (Catholic, Anglican, Methodist, Fundamentalist, Liberalist) or the type of Buddhist (Theravada, Mahayana, Pureland, Tibetan) then state it.

Some Christians/Buddhists disagree because... - beliefs & teachings - explained and linked to the question. If you know the type of Christian (Catholic, Anglican, Methodist, Fundamentalist, Liberalist) or the type of Buddhist (Theravada, Mahayana, Pureland, Tibetan) then state it.

If you have time, write another agree and disagree paragraph...

Some Christian/Buddhists agree because... - beliefs & teachings - explained and linked to the question.

Some Christians/Buddhists disagree because... - beliefs & teachings - explained and linked to the question.

In conclusion,... - here you need to **say whether overall you agree or disagree (look back at your answer and choose the side which has the most reasons!) and explain why.** Try to include new ideas, not just repeat points from your other paragraphs. This should be 3-4 sentences long.

TOP TIP: *On paper 1 NEVER write about Christians and Buddhists together (as you do on paper 2). You ONLY write about Christians in the Christianity answer booklet, and Buddhists in the Buddhism answer booklet!*



EPR Star Teachings & Key Concepts



Christianity



Buddhism

D Dukkha - Suffering

A "Avoid harming living beings"

R Rebirth

K Karma

M Metta - Love

I Intention

C Compassion -
Karuna

E Enlightenment

J Judgement Day - Heaven & Hell as a result of our own decisions (link Free Will)

U U shall not kill - 10 Commandments

G God's creation (link Stewardship)

G Golden Rule - "Always treat others as you would like to be treated"

L "Love your neighbour" (Agape)

E Everyone is made in the image of God

S Sanctity of Life - all human life is



Christian Beliefs

Ascension	Jesus ascended (rose up) to Heaven to be with God the Father, 40 days after his resurrection.
Atonement	the idea that Jesus' death on the cross fixed the broken relationship between God and humans.
Creator	the belief that God created everything - the world, the universe, all people, the animals etc.
Crucifixion	a method of execution used by the Romans, reserved for the worst criminals. It involved being nailed to a cross and left to die.
Free will	the belief that God has given humans the ability to choose how to think and act, and to choose right or wrong.
Genesis	the first book of the Bible, this is where the Creation Story is found.
Heaven	to be with God after death. A reward for people who have lived a good life (followed Jesus' teachings) whilst on earth.
Hell	to be without God after death. It is traditionally thought of as a place of evil and suffering where wicked people are punished.
Incarnation	where God became human (Jesus). Jesus was both fully God and fully human.
Judgement	the Christian belief that after death God will judge people according to how they have behaved (whether they have followed His teachings such as the 10 commandments).
Just	God is fair - he judges people fairly.
Monotheist	believing in one God.
Moral evil	suffering caused by humans (e.g. bullying, murder, rape etc.)
Natural evil	suffering caused by events that have nothing to do with humans and are to do with the way the world is (e.g. natural disasters such as floods or earthquakes).
Omnibenevolent	all-loving.
Omnipotent	all-powerful.
Omniscient	all-knowing - God sees everything and knows everything.
Original sin	Adam and Eve disobeyed God when they ate the forbidden fruit in the Garden of Eden. As a result, everyone is born sinful, this means that they are born with a built-in tendency to disobey God.
Purgatory	a middle place between heaven and hell where the souls of people who die are prepared before going to heaven. Only Catholics believe in this.
Resurrection	the belief that Jesus rose from the dead 3 days after his crucifixion.
Salvation	the belief that Jesus came to earth to save humans from sin and give them the chance of eternal life with God in heaven.
Sin	going against God or breaking God's rules.
Stewardship	The belief that God has given humans the duty to look after the world and everything in it for Him.
Theistic evolution	The idea that God creates through the Big Bang and evolution.
Trinity	the belief that God is 3 in 1 - the Father, the Son and the Holy Spirit (think Twix!)

Topic specific teachings:

'He is the atoning sacrifice for our sins...' (Bible)

'In the beginning God created the heavens and the earth' (Bible)

'And the Word became flesh and dwelt among us' (Bible)

'I am the resurrection...those who believe in me will live even though they die' (Bible)

'God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life' (Bible)

'Let us make man in our own image' (Bible)

'Nothing is impossible with God' (Bible)



Christian Beliefs

NATURE OF GOD: KEY TERMS

Description	Explanation, Quote and Influence on a Christian.
Omnipotent	God is all powerful. "Nothing is impossible with God". Makes a Christian fearful of God's power and follow his rules, believe the creation story more.
Omni-benevolent	God is all loving. "For God so loved the world, He gave his only son". Follow his example & be loving to others (charity), comforted that God loves them.
Just	God is fair. "All his ways are just". Help others (charity) to get a good judgement, will treat people equally fairly regardless of race, gender etc.
Omniscient	God is all-knowing. "his understanding has no limit". Comforted to know that God is listening to prayers, aware of our actions and therefore will not sin.
Monotheistic	There is only 1 God. "You shall have no other Gods before me". Worship God, attend Church to learn about God.

NATURE OF GOD: THE HOLY TRINITY

Definition: the Christian belief that there is 1 God who is made of 3 persons- the Father, the Son and the Holy Spirit. Each part of Trinity is fully God but the Father/Son/Holy Spirit are not the same as each other.



Why do Christians believe in the Holy Trinity?

- It is clear in the Bible there is only one God (see Monotheistic above) but it also says "Let us make man in our own image".
- John's version of creation in the New Testament refers to the Trinity being present at creation.

THE FATHER: The creator of all life, all powerful, all loving, all knowing, present everywhere, our judge, a loving father to all.

THE SON: Became incarnate through Jesus who was fully human and fully God, died so sins could be forgiven (salvation) and encouraged humans to live by God's rules.

THE HOLY SPIRIT: Unseen power of God at work in the world, influences/ guides/sustains life on earth, answers prayers, comforts.

Why is the Trinity an IMPORTANT Christian belief?

- It helps Christians understand the complex nature of God- it is a central teaching within Christianity.
- It helps Christians to understand the way in which they might encounter God e.g. Holy Spirit in worship.

How does a belief in the Holy Trinity INFLUENCE Christians?

- The Holy Spirit being present is a source of strength/can comfort Christians/make them feel supported.
- The Son was fully human and died for our sins- Christians will follow his teachings to reach heaven.

HEAVEN AND HELL.

Heaven: A state/place of eternal happiness in God's presence.

How does heaven INFLUENCE Christians?

- A Christian might evangelise/convert so more people can go here (only believers can enter heaven).
- Might make a Christian perform good deeds/follow God's teachings to reach heaven e.g. give to charity.

Hell: A place of eternal suffering/being without God

How does hell INFLUENCE Christians?

- Might make a Christian avoid committing sins e.g. lying, murder.
- Might make a Christian fearful of God and more likely to follow his rules, e.g. 10 Commandments.



DIFFERENT BELIEFS ABOUT CREATION.

Briefly describe the Creation story found in Genesis. God created the earth and everything in it out of nothing. It took 7 days and everything was good. He made light, dark, sea, land, humans etc.



Quote: "In the beginning, God created the heavens and the earth..." and "God said 'Let there be light'".

How does this story of creation INFLUENCE Christians?

- It shows that God is the creator and therefore a Christian will respect his creation e.g. recycling, switching off lights etc.
- It shows that God is omnipotent (all-powerful) and therefore could make a Christian fearful of God.

What are the DIFFERENT Christian beliefs about creation?

Fundamentalist: the creation of story in the Bible is literally true. God created everything in 6 days and rested on the 7th day. This links with creationism.

Liberalist: not everything in the Bible is true. Science explains how we are here (Big Bang), Genesis explains why we are here (given a purpose). The word 'day' might mean more than 24 hours.

How is the story in John different? It was written about 600 years after Genesis. Everything was created through 'the Word' (who was both with God and was God)- the 'Word' is Son of God. All parts of the trinity were present at creation.

JESUS' INCARNATION

Explain what is meant by Jesus' Incarnation.



Becoming flesh/taking a human form. Jesus was God in human form who lived on earth for around 30 years. He was 100% human and 100% God at the same time. Christmas celebrates the incarnation.

Quote: "And the word became flesh and dwelt among us". (Bible).

How does a belief in the incarnation INFLUENCE Christians?

- Christians celebrate Christmas to remember the birth of Jesus/ the arrival of God on earth e.g. Midnight Mass, nativity play etc.
- They would believe in Jesus' miracles etc because he is not an ordinary human but is God on earth.

Why is the incarnation IMPORTANT to Christians?

- It shows that Jesus was able to understand what it is to be human and suffer. This can provide strength and comfort.
- It shows that God loved humans by sending a part of him to live on earth and die for our sins.

LIFE AFTER DEATH

Judgement: Christians believe on the Day of Judgement that they will be judged based on their actions and behaviour.

Parable of the Sheep & Goats: Jesus separates a group into two- the 'sheep' who will go to heaven because of helping those in need and the 'goats' who did not help will go to hell.

Why do Christians believe in an afterlife?

- The Bible tells them that there is an afterlife and the Bible is the word of God.
- Jesus rose from the dead.



Quote: "I am the resurrection and the life. He who believes in me will live, even though he dies". (Bible).

What are the DIFFERENT ideas on resurrection?

Bodily: Catholic Christians believe this. Resurrection is spiritual and physical- the physical body is restored and transformed into a new spiritual one.

Spiritual: only the soul is resurrected and will be judged on the Day of Judgement.

SALVATION

Sin: a thought or action that separates humans from God.

Examples of sins according to Bible: murder, adultery, lying, theft etc.

What is the Original Sin?

The in-built tendency to do wrong and disobey God, which Catholics believe all people are born with. This comes from Adam and Eve disobeying God, when they ate the apple from the tree of knowledge. The result was separation from God.

Give 2 beliefs about Original Sin

- Adam and Eve ate an apple
- It allowed sin into the world



Salvation: to be saved from sin and its consequences/to be granted eternal life with God.

There are 2 main ideas about how to bring salvation about:

Salvation by Works: a Christian can reach heaven through doing 'good works' or good deeds. E.g. donating to foodbanks, charity work etc, following teachings like "Love thy neighbour" (Bible)

Quote: "Faith without deeds is useless" (Bible).

Salvation by Grace: salvation is given freely by God through faith in Jesus. It is not earned but a gift from God.

Quote: "For it is by grace you have been saved" (Bible).

ROLE OF CHRIST IN SALVATION.

Atonement: restoring the relationship between God and humans through the life, death and resurrection of Jesus. It removes the effects of sin.



What is Jesus' role in salvation?

- Jesus knew that death was necessary to restore the relationship and make eternal life possible for people so he died knowing he was innocent.
- He rose from the dead and God accepted Jesus' sacrifice as an atonement for 'human sin'- salvation became available to everyone "He is the atoning sacrifice for sins". (Bible).

How does a belief in salvation INFLUENCE Christians today?

- It makes a Christian help those in need (food banks etc) to perform good deeds to reach heaven.
- It would make a Christian worship and believe in God e.g. go to church.

Why is salvation IMPORTANT to Christians?

- Shows that God loves us because He is willing to allow us to reach heaven as long as we repent our sins.
- Reinforces the believe and importance of forgiveness.

PROBLEM OF EVIL

Natural evil: suffering caused by nature and not humans.

Examples: earthquakes, tsunamis, drought, flooding, global warming etc.

Moral evil: suffering caused by humans.

Examples: murder, rape, bullying etc.



What is the Problem of Evil?

If God is **omniscient**, he would know that people are suffering. If God is **omnibenevolent**, he would want to stop suffering. If God is **omnipotent**, he would have the power to stop suffering. However, suffering **exists**. Therefore, either God is not omniscient, benevolent and omnipotent...Or he simply does not exist!

Why might God allow humans to suffer?

- It is a test of faith to see if the person will continue to believe in God and stay faithful to the religion.
- It is not God's fault. It is the result of Adam and Eve committing the original sin or humans' free will.
- We need to experience bad things to appreciate the good in our lives.

"If God was all-loving, there would be no suffering in the world".

AGREE: letting people suffer is cruel- there is no acceptable reason for the innocent to suffer/even if God was not the cause of suffering, if He was loving He would stop it/if there was a purpose to suffering then this could be achieved in a different way.

DISAGREE: it is punishment for wrong doing (e.g. Adam and Eve in Garden of Eden)/ it is a test of faith/it is needed for balance- you need bad to appreciate the good.

CRUCIFIXION OF JESUS

Crucifixion: execution and death of Jesus on Good Friday.

During the crucifixion:

- Killed by Romans for the crime of blasphemy under a sign of King of Jews.
- He had a criminal on each side. Promised one he would be in paradise.

How does a belief in the crucifixion INFLUENCE Christians?

- Jesus died for our sins so we can reach heaven- Christians will be grateful of this.
- Jesus forgave the guards who crucified him so Christians will forgive.

Why is the crucifixion IMPORTANT?

- Gives hope to Christians that they will be forgiven of sins if they repent.
- Suffering is a part of life and God understands their suffering.

Quote: "Father, into your hands I commit my spirit". (Bible)



RESURRECTION OF JESUS

Resurrection: rising from the dead. Jesus did this on Easter Sunday.

During the resurrection:

- The ladies went to the tomb and Jesus was not there.
- Appeared to the women in the Garden and looked as he did when he died.

How does a belief in the resurrection of Jesus INFLUENCE Christians?

- Proof there is an afterlife therefore Christians are not afraid of death.
- Shows God's power and this can make a Christian fearful of God/follow rules.

Why is Jesus' resurrection IMPORTANT?

- Christianity would not exist without this- it shows that Jesus is the Son of God.
- It shows that good will overcome evil.

Quote: "But Christ has indeed by raised from the dead". (Bible)



ASCENSION OF JESUS

Ascension: 40 days after his resurrection, Jesus returned to heaven.

During the ascension:

- Met with disciples and asked them to carry on his work- the 'Great Commission'
- Went up to heaven to be with the Father.

How does a belief in the ascension of Jesus INFLUENCE Christians?

- Jesus is in heaven with God ready for judgement day - likely to avoid sin.
- Makes a Christian evangelise/do missionary work to follow Jesus' words.

Why is Jesus' ascension IMPORTANT?

- Signals that God has sent the Holy Spirit to earth which provides comfort.
- Provides evidence for the afterlife.

Quote: "He left them and was taken up to heaven". (Bible)



Christian Beliefs Exam Questions

Remember – practice makes perfect ☺

4 mark questions

- a) Explain two ways in which beliefs in the Trinity influences Christians today.
- b) Explain two ways in which beliefs about the Incarnation influences Christians today.
- c) Explain two ways in which beliefs about the Resurrection influences Christians today.
- d) Explain two ways in which the belief that God is just influences Christians today.
- e) Explain two ways in which belief about creation influences Christians today.
- f) Explain two ways in which beliefs about the afterlife influences Christians today.

5 mark questions

- g) Explain two Christian beliefs about the causes of sin.
- h) Explain two Christian teachings about Judgement.
- i) Explain two Christian teachings about the means of Salvation.
- j) Explain two Christian teachings about the Crucifixion.
- k) Explain two Christian teachings about the problem of evil.
- l) Explain two Christian teachings about God the creator.
- m) Explain two Christian teachings about The Trinity.



12 mark questions

- n) 'God cannot be loving because people suffer'
- o) 'The Bible tells Christians all they need to know about God's creation'
- p) 'If God were loving there would be no suffering in the world'
- q) 'The crucifixion is more important than the resurrection'
- r) 'The afterlife is a good way to get people to behave themselves and help others'
- s) 'Salvation is God's greatest gift to humans'
- t) 'The stories of the incarnation prove that Jesus was the Son of God'

Christian Practices

Advent	the four weeks before Christmas.
Agape	unconditional love for all people.
baptism	the ceremony through which people become members of the church. It can take place as an infant or an adult.
Christian Aid	a Christian charity that helps people in need worldwide.
Christmas	the day celebrating the incarnation, the birth of Jesus (25 th December in most churches).
Church	1. a gathering of Christians: 2. a building in which Christians worship.
convert	someone who has decided to become committed to a religion, possibly coming from a different religion.
denomination	a group or branch of Christianity (e.g. Catholic, Anglican, Methodist).
disciple	a follower of Jesus. Jesus had 12 close disciples when he was alive.
Easter	the festival celebrating the resurrection of Jesus.
evangelism	Actively trying to spread Christianity, usually by public preaching.
festival	a day or period of celebration for religious reasons.
food bank	a place people donate dry foods (tinned food and pasta etc) which is then given to people in need, free of charge.
Holy Communion	a service in church every Sunday where bread and wine is eaten to remember the death and resurrection of Jesus; also called Eucharist.
Iona	an island off Scotland where Christians can go on a pilgrimage for peace and reflection.
informal prayer	prayer that is made up by an individual using his or her own words.
Lent	a period of 40 days before Easter when Christians remember the suffering of Jesus. Often they give up luxury, such as chocolate.
liturgical worship	a church service that follows a set structure or pattern.
Lourdes	a town in France, a place of pilgrimage. People go there to be healed or cured.
missionary	a person who goes on a 'mission' to promote Christianity in foreign countries through preaching or charitable work.
non-liturgical worship	a service that does not follow a set order or pattern, it changes each week.
persecution	aggression and ill-treatment towards a group of people because of race, political or religious beliefs. Christians are persecuted in many countries such as China.
pilgrimage	a journey to a holy site for religious reasons, it is an act of worship and shows devotion to your religion.
prayer	communicating with God, either silently or out loud. It can include praise, thanks giving, confession, or requests for God's help/guidance.
reconciliation	restoring of harmony after relationships have broken down (making friends again after falling out!). Corrymeela is a Christian charity working to mend the broken relationship between different Christian groups in Northern Ireland.
sacrament	holy ceremonies through which a believer receives a special gift of grace (God is believed to be involved the ceremony), e.g. baptism or marriage).
set prayers	prayers that have been written down and have been said for many years, for example, the Lord's Prayer.
street pastor	trained volunteers from local churches who care about their community. They patrol the streets late at night and help drunk people or tackle anti-social behaviour - putting into action "love your neighbour".
The Lord's Prayer	a famous prayer which Jesus taught to the disciples (followers); also known as the 'Our Father'.
worship	acts of religious praise, honour or devotion.

Topic specific teachings:

'Forgive us our sins as we forgive those who sin against us'/'Give us this day our daily bread' (Lord's Prayer- Bible)

'...baptise them in the name of the Father, son and Holy Spirit.' (Bible)

'This is my blood/body, which is for you; do this in remembrance of me' (Bible)

'Love your neighbour' (Bible)

'Go and worship me in the name of Christ' (Bible)

'Go and make disciples of all nations' (Bible)



Christian Practices

WORSHIP

Why do Christians worship?

- Praise and thank God
- To ask for forgiveness
- To see God's help for themselves or others
- To depend their relationship with God and strengthen their faith



Liturgical worship: a church service that follows a set structure

Why is it IMPORTANT for Christians?

- Worldwide set order
- Ritual passed through generations
- Follows the Christian calendar



Non-liturgical worship: service that does not follow set text or ritual

Why is it IMPORTANT for Christians?

- Topics chosen to follow a theme
- Non-conformist churches place importance of the word of God

Informal Worship: a type of spontaneous or charismatic non-liturgical

Why is it IMPORTANT for Christians?

- Follow the style of worship of early Christians
- People are actively involved
- Believed that God reveals himself

PRAYER

Communicating with God

Set prayers: written down and used for many years, uses the same words every time you say it, E.G. *The Lord's Prayer*.

Informal prayers: made up by the individual who uses their own words.

Why is prayer IMPORTANT?

- Enables Christians to listen and talk to God
- Helps Christians in difficult times
- Gives a sense of peace
- Encourages reflection



Why is the Lord's Prayer IMPORTANT?

- "Our Father..."
- Gives individual Christians a pattern for how to pray
- Combines praising God and asking for one's own needs
- Reminder to forgive
- Used in Christian worship
- Brings a sense of unity and spiritual purpose

PILGRIMAGE

A visit to a place of religious significance and holy to a believer. Often the journey is also special.



Why are pilgrimages IMPORTANT?

- It gives them time to be taken out of their daily lives
- It gives them spiritual growth
- Visiting places inspirational Christians lived
- They may have a purpose for visiting e.g. they may be ill.
- Deepens their faith and helps them gain new insight.

SACRAMENTS

BAPTISM

Why is baptism IMPORTANT?

- Jesus was baptised by John the Baptist, who was his cousin
- It welcomes them into the Christian Church
- The person is cleansed from sin
- The person receives the grace of the Holy Spirit



Infant Baptism

- This use of water symbolises washing away original sin
- "I baptise you..."
- Allows child to be welcomed into the Church
- Parents can thank God for the child

Believers' Baptism

- People should be old enough to understand
- It is the decision to be baptised that is important not the baptism itself



EUCHARIST

Why is the Eucharist IMPORTANT for Christians?

- Memorial of Jesus' death and sacrifice
- "For whenever you eat this bread and drink this cup..."
- Grace received from God- Roman Catholics.
- Orthodox believe God is truly present.
- Others - Spiritual presence of God

Orthodox Divine Liturgy

Liturgy of the Word

- Hymn, prayers and a Bible reading
- The Royal Doors are opened and the priest chants the Gospel
- Sermon



Liturgy of the Faithful

- Priest receives bread and wine
- Prayer are offered
- Behind the iconostasis the priest says words used by Jesus at the Last Supper
- Holy bread and wine given out on a spoon
- Prayers of thanks
- Un-consecrated bread taken home



Holy Communion on United Reformed Church

- Prayer of praise and thanksgiving
- Bible readings and a sermon
- Minister repeats words of Jesus at the Last Supper
- 'Open table'
- The bread and wine (often non-alcoholic) are shared
- Service ends with encouragement to go out and serve God

PILGRIMAGE

Lourdes, France

- In 1844 the Virgin Mary appeared to Bernadette
- Mary told Bernadette to dig in the ground and spring water appeared
- The water is said to have healing properties and there have been miracles that cannot be explained.



Iona, Scotland

- St. Columba established a monastic community in the 6th century
- It is now home to the ecumenical (non-denominational) community

CELEBRATIONS

Christmas: remembers the incarnation of Jesus - God becoming human

- Lights represent Jesus as light of the world
- Nativity scenes show Jesus born into poverty
- Carol services remind Christians that Jesus was their saviour
- Midnight Mass reflects the holiness of the night
- Gifts recall the wise men
- Christians give to charity as a sign of goodwill



Easter: remembers the crucifixion and resurrection of Jesus

- Holy Week remembers the events leading up to Jesus' crucifixion
- On Good Friday there are special services lead by a person carrying a cross
- On Saturday night churches hold special services to celebrate the resurrection
The priest announces "Christ is risen"
The Paschal candle is lit
On Easter Sunday churches are filled with flowers and special hymns are sung
A shared breakfast of eggs represents new life

THE PLACE OF MISSION AND EVANGELISM

Mission: a calling to spread the faith.

Evangelism: showing faith in Jesus by example or by telling others

The Great Commission: "Therefore go and make disciples of all nations..."

Missionary: involves evangelism and humanitarian work in developing countries.

Alpha: evangelism in the UK; a series of sessions exploring the Christian faith.

CHURCH GROWTH

- A third of the world's population is Christian
- The Church has grown rapidly since the time of Christ and continues to do so in South America, African and Asia.
- 80,000 people become Christians each day and 500 churches are built
- New Christians are expected to spread the faith

How do Christians spread the faith?

- sharing stories of how Jesus has changed their lives for the better
- social-media
- praying for others to accept God
- inviting people to Christian meetings



Christ for All Nations: Christian organisation promoting evangelism particularly in Africa

THE ROLE OF THE CHURCH IN THE LOCAL COMMUNITY

The Church: It is the community of believers (not the building!)

Food banks:



- Provide emergency food, help and support to people in crisis
- Non-perishable goods are donated
- Professionals such as the police, doctors and social service workers identify those most in need and give them food vouchers

Street Pastors:

- Street Pastors respond to urban problems, engaging with people on the streets.
- They patrol in teams of men and women, usually from 10 p.m. to 4 a.m. on a Friday and Saturday night, to care for, listen to and help people who are out on the streets.
- They discourage anti-social behavior - this helps the whole community
- School pastors work to discourage illegal drug use, bullying and anti-social behaviour

Why might Christians want to help people in their local community?

- "I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink..."
- "Faith without action is dead"
- "Love your neighbour"
- "Good Samaritan"
- Agape



RECONCILIATION

Reconciliation is restoring harmony after conflict. Associated with Jesus ... reconciling humanity with God through his death

corrymeela⁺

Quote: "We were reconciled to him through the death of his son" (Bible)

The Corrymeela Community: brings together people from different backgrounds. They met at a residential centre in Northern Ireland to build trust and to find ways to move away from violence during 'The Troubles' between Protestants and Catholics.

PERSECUTION = treated badly / victimised

How are Christians persecuted?

Extra tax/ not allowed jobs / not allowed churches/violence

How do Christians respond to persecution?

A positive response to persecution is ...

It allows Christians to share Jesus' suffering

Quote: "I want to know Christ"

Christians can act against persecution by...

supporting the persecuted by giving to a charity that helps those persecuted/praying/spreading awareness

Quote: "If one part suffers"



WORLD POVERTY

Why do Christians help?

- Jesus helped others
- Rich Man and Lazarus
- Good Samaritan

CHRISTIAN AID

- Supports projects to encourage sustainable development
- Provides emergency relief



Christian Practices Exam Questions

Remember – practice makes perfect ☺

4 mark questions

- a) Explain two contrasting examples of the work of the church in the local community.
- b) Explain two contrasting ways in which Christians worship.
- c) Explain two contrasting ways in which Christians pray.
- d) Explain two contrasting ways in which the Eucharist (Holy Communion) is celebrated in Christianity.
- e) Explain two contrasting ways in which baptism is performed in Christianity.
- f) Explain two contrasting examples of Christian pilgrimage.
- g) Explain two contrasting attitudes towards evangelism.

5 mark questions

- h) Explain two reasons why celebrating Holy Communion/Eucharist is important for many Christians.
- i) Explain two reasons why Christians pray.
- j) Explain two ways that Christian charities help the poor in less economically developed countries.
- k) Explain two reasons why Christians practice evangelism.
- l) Explain two ways that Christians may work for reconciliation.
- m) Explain two ways in which Christian street pastors carry out their duty.
- n) Explain two ways in which a Christian relief organisation carries out its mission overseas.

12 mark questions

- o) 'The Lord's Prayer is the only prayer that Christians need to use'
- p) 'The best way for Christians to reach an understanding of God is by practicing prayer.'
- q) 'Private worship has more meaning for a Christian than public worship.'
- r) 'Christmas is no longer a religious festival'
- s) 'It is not possible to 'rejoice and be glad' if you are being persecuted'
- t) 'Religious charities should just concentrate on emergency aid'
- u) 'Every Christian should be an evangelist'



Buddhist Beliefs

Amitabha Buddha	a heavenly Buddha worshipped by Pure Land Buddhists.
anatta	'no soul'; the belief that people do not have a permanent, unchanging soul.
anicca	impermanence; the idea that everything changes, nothing lasts forever.
Arhat	an enlightened person who has reached enlightenment by following the Buddha's teachings. It is the goal of Theravada Buddhists.
ascetic	living a simple and strict lifestyle with few pleasures or possessions. Buddha became an ascetic after he left the palace.
Buddha	a title given to someone who has achieved enlightenment by themselves (without the help of other people's teachings). It means 'Enlightened One' or one who is awake to the truth about life.
Buddhism	a religion founded around 2500 years ago in India by Siddhartha Gautama.
Buddhahood	when someone achieves enlightenment and becomes a Buddha.
Buddha-nature	the idea that everyone has the essence of a Buddha inside them.
Bodhisattva	someone who has become enlightened but chooses to remain in the cycle of samsara (rebirth) to help others achieve enlightenment as well. It is the goal of Mahayana Buddhists.
dependent arising	the idea that everything is interconnected, nothing exists completely by itself but depends on other things (e.g. a flower is dependent on water, soil and light).
Dharma (Dhamma)	the Buddha's teachings.
dukkha	the first noble truth: suffering.
enlightenment	understanding the truth about life (e.g. why we suffer), it is a state of mind (not a place) and once reached you are never reborn again.
Jataka tales	stories about the lives of the Buddha (e.g. his previous rebirths as animals).
Karma (kamma)	a person's actions; the idea that skilful actions result in happiness and unskilful ones lead to suffering.
Mahayana Buddhism	the more <u>modern</u> and larger type of Buddhism which includes lots of traditions such as Pure Land, Tibetan and Zen Buddhism.
meditation	a practice of calming and focusing the mind. The Buddha achieved enlightenment through meditation.
nidanās	12 causal links that explain in detail how craving leads to suffering and rebirth.
Nirvana (Nibbana)	the Buddhist word for enlightenment - a state of wisdom, happiness and peace.
Pure Land Buddhism	a Mahayana form of Buddhism based on worship of Amitabha Buddha.
renunciation	where Siddhartha 'gave up' all his luxuries (e.g. left his family, gave away his robes and cut his hair) to try and find an answer to suffering.
samsara	the cycle of birth, life, death and rebirth.
Sukhavati	a heavenly place where Amitabha Buddha lives and where Pure Land Buddhists aim to be reborn.
sunyata	emptiness; the idea that things only exist in relation to each other, nothing exists independently.
tanha	craving (desiring or wanting something). Buddhists believe this is what causes suffering.
The Eightfold path	eight steps that Buddhists follow in order to live the middle way and reach enlightenment.
the five aggregates	the five things that make up a person (i.e. form, sensations, perceptions, mental formations and consciousness)
the Four Noble Truths	the first thing the Buddha taught after his enlightenment, they explain why there is suffering and how to escape it.
the four sights	old age, sickness, death and a holy man; the four sights lead the Buddha to leave his life of luxury in the palace.
the Tibetan wheel of life	an image that illustrates samsara, often found in Tibetan Buddhist monasteries and temples.
the three poisons	greed, hatred and ignorance; the main causes of suffering.
The Three Marks of Existence	anicca, anatta and dukkha
Theravada Buddhism	'the way of the elders'; the more <u>traditional</u> type of Buddhism - they stick closely to the original teachings of the Buddha.

Topic specific teachings:

'No further rebirths have I to endure...' (Buddha)

'I teach suffering and the end of suffering' (Buddha)

'Whatever is impermanent is subject to change. Whatever is subject to change is subject to suffering.' (Buddha)

'Sukhavati is rich in a great variety of flowers and fruits...For this reason that world is called the 'Happy Land' (Pureland Sutra)

Story of Kisa Gotami: Kisa Gotami was consumed by grief after the death of her baby. Buddha sent her on a useless search for a mustard seed from a house that has not known death to demonstrate how anicca is a fundamental part of human existence.

The Jataka Tales record stories of all of the Buddha's previous rebirths - e.g. the Monkey King

Bodhisattva Vow: 'I vow to save them.'



Buddhist Beliefs

BUDDHA'S LIFE

Buddha was a man called *Siddhartha Gautama* who was born in India 2500 years ago. Information about his life can be found in the JATAKA TALES.



Birth

He could walk and talk straight away, had golden skin, Lotus flowers grew where he walked. This teaches that he was *special/unique*.

Life in the Palace

Siddhartha grew up in LUXURY. Shortly after his birth, a wise man predicted that he would be a great king or a great religious leader, depending on whether he saw suffering. His father wanted him to be a king so protected him from suffering. However, at age 30 he sneaked outside the palace and saw 4 things that would change his life forever.

4 Sights

- 1) Old age
- 2) Sickness
- 3) Death
- 4) Holy Man (ascetic).



1,2&3 taught him that we all experience suffering (*dukkha*). 4 shows the detachment necessary to end *dukkha*. This story is in *Jataka 75*.

The Renunciation

After seeing the 4 sights, Siddhartha realised that *luxury will not make you happy*. He *renounced* (gave up) his luxuries (e.g. left his wife and son, cut off his hair, gave away his jewellery) and left the palace to *find an answer to suffering*.

Life as an Ascetic

Siddhartha lived as an ascetic for 6 years. He learnt how to *meditate* and followed *extreme practises* such as eating one grain of rice per day! However, he *still wasn't happy* (too weak to meditate, his health suffered). He realised the *answer to suffering is to follow the MIDDLE WAY* - not being too rich or too poor.

Enlightenment

Following the Middle Way, Siddhartha *sat under a Bodhi tree and MEDITATED* through the night. As the morning came, he *reached ENLIGHTENMENT* (*nirvana*). He now became known as *the Buddha* - meaning 'Enlightened One' or 'one who is awake to the truth'.

The 3 Watches of The Night

Siddhartha's enlightenment happened over 3 different periods of the night (called watches).

- 1) In the first he *gained the power to see his past lives*.
- 2) In the second he *realised the impermanence of life (anicca)* and how *karma* leads to *rebirth*.
- 3) In the third he *came to understand how to end suffering*.

THE TEMPTATIONS

The demon Mara tried to stop Siddhartha from reaching enlightenment by:

- Sent his beautiful daughters to tempt him
- Offered him control of his kingdom - appealing to greed



But Siddhartha remained focused on his meditation.

What did Siddhartha do after his enlightenment and why?

Out of compassion, Siddhartha set out to TEACH others what he found out so that they too could reach enlightenment and be free from suffering. He first taught his 5 ascetic companions. He taught for 40 years. When he died aged 80 he entered *PARANIRVANA* - nirvana after death, *never to be reborn again*.

How does learning about the Buddha's life INFLUENCE Buddhists today?

- 1) They will follow the Middle Way - to reach enlightenment.
- 2) They have confidence in their goal - Buddha is proof that humans can be enlightened.

4) THE MEDICINE: FOURTH NOBLE TRUTH - THE EIGHTFOLD PATH

= a detailed description of the MIDDLE WAY between luxury and hardship. The *practical truth* - the method used to attack craving/ignorance to reach nirvana. Represented by the Buddhist wheel (symbol of Buddhism), remove one spoke and it fails to turn. All steps should be practised *simultaneously* (at the same time) - each helps the others develop. Divided into 3 sections:

WISDOM (PANNA) - without wisdom, morality and meditation may never be started.

- 1) **Right Understanding** - understanding Buddha's teaching (e.g. 4 Noble Truths).
- 2) **Right Intention** - doing things for the right reasons (e.g. *metta* and *karuna*).



MORALITY (SILA) - helps develop compassion/generosity/good karma.

- 3) **Right Speech** - speaking truthfully and in a positive way; avoid lying or gossiping.
- 4) **Right Action** - behaving in a peaceful and loving way; avoid stealing or harming others.
- 5) **Right Livelihood** - having a job that doesn't harm others (e.g. do not exploit people or harm animals).



MEDITATION (SAMADHI) - calms the mind, prepares it for insight into the truth.

- 6) **Right Effort** - thinking positively and overcoming negative emotions/thoughts.
- 7) **Right Mindfulness** - becoming fully aware of yourself and world around you.
- 8) **Right Concentration** - formal sitting meditation to develop a calm/focused mind.



DHARMA = teachings of the Buddha (e.g. 4 Noble Truths).

Why is following the Dharma important?

- Reduces your own suffering and the suffering of others
- Develops *metta* (loving kindness) and *karuna* (compassion)
- Creates good karma leading to a good rebirth, closer to enlightenment.

The 3 Refuges

These are *places of safety* that Buddhists will turn to in their lives to relieve suffering. They are BUDDHA (example and role model), DHARMA (e.g. 4 Noble Truths) and SANGHA (community of monks & nuns).

THE 4 NOBLE TRUTHS

"I teach suffering..and an end to suffering" (Buddha)

Buddha taught these in his first sermon after reaching enlightenment, showing how important they are. They are found in the *Dhammapada 190-191*. *Think visit to a DOCTOR!*



1) DIAGNOSIS: DUKKHA = SUFFERING EXISTS

3 types of suffering:

- 1) Ordinary suffering (*dukkha-dukkha*) - e.g. disease/disasters
- 2) Suffering caused because everything changes (*dukkha-anicca*) - e.g. holidays come to an end, new phones get broken
- 3) Suffering caused because you are attached to the idea of self (*dukkha-anatta*) - e.g. we are sad when we get old!

2) EXPLANATION: SUFFERING IS CAUSED BY CRAVING (TANHA)

3 types of craving:

- For things that please the senses (e.g. beautiful sights or smells).
- To become something you are not (e.g. rich and powerful).
- For non-existence (e.g. not wanting to feel embarrassed after making a mistake).

Suffering is also caused by the 3 POISONS:

- 1) GREED = cockerel
- 2) HATRED = snake
- 3) IGNORANCE = pig



How do the 3 poisons lead to suffering?

They're pictured in the centre of the Tibetan Wheel of Life. Craving is rooted in ignorance (stupidity). Craving leads to greed and hatred which create bad karma and so keep humans trapped in the cycle of *SAMSARA* (birth, death and rebirth).

3) THE CURE: SUFFERING CAN BE STOPPED BY REACHING

NIRVANA

Buddha taught it's possible to end suffering by reaching enlightenment (*nirvana*). Buddha achieved this so anyone else can - *we can, because he did*.

Nirvana = 'blown out' - after enlightenment you are free from the 3 poisons. It is a **STATE OF MIND, NOT A PLACE!** It means to *see the truth about life* and is a state of complete *happiness and peace*.

The 3rd truth is *optimistic* - it teaches that it's possible to end suffering and be happy.

Is Nirvana positive or negative?

Positive: End of suffering and rebirth; Peace/happiness/truth/freedom; Arhats are calm and wise.

Negative: It's the end of rebirth/life as we know it; It cannot be described so we do not know what we're aiming for; it's very hard to achieve.



How do the Four Noble Truths INFLUENCE Buddhists today? (do/say/think?)

- 1) They will *try to not to crave or become attached* to things - this leads to suffering.
- 2) They will *follow the Eightfold Path* - as this leads to nirvana.

Is Buddhism pessimistic?

Some people think the focus on suffering is *pessimistic*. Buddhists say that it's *realistic* - suffering is an inescapable part of life. Also, it teaches that suffering can end if you reach nirvana. Anyone can do this by following the Eightfold Path - this is *optimistic* 😊

3 MARKS OF EXISTENCE

1) **DUKKHA** - See previous box



2) **ANICCA**: Impermanence. Everything is constantly changing. "Impermanent are all created things..." (Buddha)

Mandala: A detailed, circle shaped pattern, made of sand. Destroyed once finished to remind people that nothing lasts forever (*anicca*).

The relationship between *anicca* and *dukkha*

We become ATTACHED to things (e.g. relationships/phones). However, these things change (*anicca*) and so people suffer.

The story of Kisa Gotami

Teaches about suffering because of *anicca*. Kisa Gotami was consumed by grief after the death of her baby. Buddha sent her on a useless search for a mustard seed from a house that has not known death to demonstrate how *anicca* is a natural part of life.

3) **ANATTA**: No soul. No one stays the same from birth to death. If we cling to the idea of a permanent soul it will lead to suffering.



Chariot Analogy

The word 'chariot' is just a name to refer to a collection of parts (nuts, bolts, wheels, carriage etc). If we separated them, no chariot soul would remain. Similarly, if we took a human apart, no soul would remain. Names are just labels.

5

THE 5 AGGREGATES

To show that there is no soul (*anatta*), Buddha taught that humans are made up of 5 parts - called AGGREGATES.

- 1) **Form**: physical matter (our bodies or objects).
- 2) **Sensations**: our feelings that occur when we come into contact with things.
- 3) **Perception**: recognition of what things are based on our previous experience.
- 4) **Mental Formations**: our thoughts, how we respond mentally to the things we experience (e.g. likes/dislikes).
- 5) **Consciousness**: our general awareness of being alive

The aggregates are constantly changing. Therefore, the 'self' which is the sum of all these parts, is constantly changing. It is karmic energy that passes on at rebirth (a stream of consciousness), not a permanent, unchanging soul.

How do the 3 Marks of Existence INFLUENCE Buddhists today? (do/say/think?)

- 1) They will try *not to be attached to things* - things change (*anicca*) and this causes us to suffer.
- 2) They will try *not to be attached to the idea of a soul* (*anatta*) - they know we are just made up of a collection of changing parts (aggregates).

PURELAND BUDDHISM: a branch of Mahayana Buddhism practised in Japan. Based on faith and devotion to *Amitabha Buddha* - a heavenly, god-like being. Amitabha was once a king who became a monk and achieved enlightenment. He created a Pureland called *Sukhavati* - a happy land (like heaven!)



What is the goal of Pureland Buddhism?

To be reborn in the Pureland where Amitabha lives. Here they will be taught by Amitabha and have a better chance of attaining *Buddhahood* (becoming a Buddha). In the Pureland there is no suffering or any of the problems that stop people reaching enlightenment.

How do they achieve this goal?

NEMBUTSU: Chanting Amitabha's name - the most important practice in Pureland Buddhism.

FAITH: Faith in Amitabha is more important than a person's own effort (opposite of Theravada Buddhism which teaches that enlightenment can only be achieved through a person's own effort).

Why is Pureland Buddhism popular?

Easier to reach enlightenment with Amitabha's help. Also, the enlightenment is open to all (not just to the monks/nuns).



How does belief in the Pureland INFLUENCE Buddhists today? (do/say/think?)

- 1) In funerals head faces the west - direction of the Pureland.
- 2) They chant Amitabha's name - this helps them get reborn in the Pureland.

DEPENDENT ARISING (*paticcasamupada*)



Everything depends on something else for its existence, nothing is independent - e.g. a tree is dependent on soil/rain/sunshine, a wave depends on the wind.

TIBETAN WHEEL OF LIFE: Shows SAMSARA (the cycle of birth, death and rebirth) and how KARMA determines REBIRTH.

- "SKILFUL" actions (e.g. based in metta and karuna) lead to good karma and a good rebirth.
- "UNSKILFUL" actions (e.g. based in the 3 poisons) lead to bad karma and a bad rebirth.

OUTER CIRCLE - THE 12 CAUSAL LINKS (*nidanas*)

Give a detailed explanation of how craving, ignorance and karma lead to rebirth (dependent arising applied to human beings). It is a constant cycle - we will keep being reborn until we reach enlightenment. If we can understand the 12 causal links, we can break the links and solve the problem. *Craving* and *ignorance* are the easiest links to break.

INNER CIRCLE - 6 REALMS (WORLDS) OF REBIRTH

- 1) Gods (everyone happy)
- 2) Aggressive gods
- 3) Animal
- 4) Hell
- 5) Hungry ghosts
- 6) Human (only realm in which you can reach enlightenment)



CENTRE CIRCLE (pig, cockerel and snake) shows the 3 POISONS = *greed, hatred & ignorance*. These create bad karma so keep us stuck in the cycle of *samsara*.

How does the Tibetan Wheel of Life INFLUENCE Buddhists today? (do/say/think?)

- 1) They will *make sure actions are skilful* - to get good karma leading to a good rebirth.
- 2) They will *try to overcome the 3 poisons* - these create bad karma leading to a bad rebirth.

THERAVADA BUDDHISM: *traditional* type of Buddhism - stick closely to original teachings of the Buddha.

What is the goal of Theravada Buddhists?

To become an ARHAT - an enlightened person who will never be reborn again.

Who can achieve this goal?

Only monks and nuns.

How do you achieve this goal?

Follow the THE EIGHTFOLD PATH (Middle Way) and meditate a lot!



MAHAYANA BUDDHISM: *modern* type of Buddhism, adapt teaching of the Buddha to suit modern life. Includes lots of different ideas and ways of worshipping (e.g. Zen/Pure Land).

What is the goal of Mahayana Buddhists?

To become a BODHISATTVA which means they chose to keep getting reborn in order to help other beings reach Nirvana. They make a vow not to be fully enlightened until all beings are saved from suffering. Has COMPASSION AND WISDOM.

Who can achieve this goal?

Anyone can become a Bodhisattva!

How do they achieve this goal?

Follow the 6 PERFECTIONS:

- 1) Generosity (Dana)
- 2) Morality (Sila)
- 3) Patience
- 4) Energy
- 5) Meditation (Samadhi)
- 6) Wisdom (Prajna)



Key beliefs in Mahayana Buddhism:

SUNYATA: Everything is EMPTY! Because everything depends on other things for existence (e.g. flower dependent on light/water/soil), nothing has 'own being'.

BUDDHA NATURE: Everyone has the essence/nature of a Buddha inside them. It's hidden by craving, attachment, ignorance.

Buddha-nature is like honey surrounded by a swarm of bees. The honey is sweet and tasty, but as long as it's surrounded by bees you can't eat it. The only way to experience the honey (Buddha-nature) is to get rid of the bees (craving etc).

BUDDHAHOOD: Ultimate aim to achieve Buddhahood (become a Buddha). They believe that everyone has the potential to do this because of the Buddha-nature inside of them. However, they choose to get reborn to help others.

Buddhist Beliefs Exam Questions

Remember – practice makes perfect ☺

4 mark questions

- a) Explain two ways in which belief in Bodhisattvas influences Buddhists today.
- b) Explain two ways in which learning about the Buddha's life influences Buddhists today.
- c) Explain two ways in which beliefs about the third noble truth influences Buddhists today.
- d) Explain two ways in which the belief that Buddha-nature is within everyone influences Buddhists today.
- e) Explain two ways in which belief in the Buddha's enlightenment influences Buddhists today.
- f) Explain two ways in which beliefs about anicca influences Buddhists today.
- g) Explain two ways in which the Eightfold Path influences Buddhists today.
- h) Explain two ways in which the Tibetan wheel of life influences Buddhists today.

5 mark questions

- i) Explain two Buddhist beliefs about the Pureland.
- j) Explain two Buddhist teachings/beliefs about nirvana.
- k) Explain two Buddhist teachings/beliefs about dependent arising.
- l) Explain two Buddhist teachings/beliefs about the refuge formula.
- m) Explain two Buddhist teachings/beliefs about causes of suffering.
- n) Explain two Buddhist teachings/beliefs about sunyata.
- o) Explain two Buddhist teachings/beliefs about dukkha.

12 mark questions

- p) 'It is not easy to achieve enlightenment'
- q) 'The Four Noble Truths are the most important Buddhist teaching'
- r) 'For Buddhists anicca (impermanence) is the most important of the Three Marks of Existence.'
- s) 'It is better to be a Bodhisattva than an Arhat (perfected person).'
- t) 'Nirvana is not worth aiming for.'
- u) 'Wisdom (prajna) is the most important section of the Eightfold Path.'
- v) 'Pure Land Buddhism is a misunderstanding of Buddha's Dharma.'
- w) 'The stories of the Buddha's birth have no relevance for Buddhists today.'



Buddhist Practices

Buddha rupa	a statue of the Buddha, often sitting cross-legged in a meditation pose. They are found at the centre of Buddhist shrines.
chanting	saying sections of Buddhist scriptures (holy books) or teachings over and over again to remember them and focus the mind. e.g. "Om mani padme hom" - believed to be the sound of compassion.
festival	a day or period of celebration for religious reasons.
gompa	a hall or building where Tibetan Buddhists meditate.
karuna	compassion; feeling concerned for the suffering of other people and wanting to stop their suffering.
mala	prayer beads that are used to count the number of recitations of a mantra or breaths in meditation.
mantra	a short sequence of sacred syllables that are believed to have spiritual powers when said over and over again.
mandala	an intricate (detailed), circle shaped pattern often made of sand. It is destroyed once finished to remind of anicca.
meditation	a practice of calming and focusing the mind.
metta	loving-kindness; showing a kind, friendly attitude towards other beings (including animals) - even those who you do not know.
monastery (vihara)	a place where Buddhist monks and nuns live.
Parinivana Day	a Mahayana festival that commemorates the Buddha passing away (death).
puja	Buddhist worship.
retreat	a period of time spent away from everyday life in order to focus on meditation and discuss teachings.
samatha meditation	'calming meditation'; a type of meditation that involves counting the breath to calm the mind.
shrine	an area in the temple or the home with a statue of a Buddha or Bodhisattva. It provides a focal point for meditation and worship.
skilful actions	good, ethical actions based in metta and karuna. They create good karma and lead to a good rebirth closer to enlightenment.
stupa	a dome shaped structure that contains holy relics (bones, ashes, teeth) of important Buddhists. They are places of worship and pilgrimage.
temple	a place where Buddhists come together to practice - e.g. to meditate.
thangka	a detailed painting of a Buddha or Bodhisattva used as a focus for visualisations by Tibetan Buddhists.
the four sublime states	love, compassion, sympathetic joy and equanimity which the Buddha taught that Buddhists should develop.
the five precepts	five principles that Buddhists try to follow - e.g. Avoid harming living beings, Avoid false speech, Avoid intoxicants, Avoid harmful sexual activity, Avoid taking what is not given. This will ensure that good karma is created.
the six perfections	the six qualities that Mahayana Buddhists try to develop in order to be a Bodhisattva.
unskilful actions	bad, unethical actions based in greed, ignorance and hatred. They create bad karma and lead to a bad rebirth further from enlightenment.
vipassana meditation	'insight meditation' which involves focussing on a teaching (e.g. anicca) in order to better understand it and gain an insight into the true nature of reality.
visualisation	imagining or 'seeing' a Buddha or Bodhisattva in as much detail as possible in the mind in the hope that you will become more like them.
Wesak	a Theravada festival that celebrates the Buddha's birth, enlightenment and passing away.

Topic specific teachings:

'Whenever your mind becomes scattered, use the breath' (A Buddhist monk)

'Holding on to anger is like holding on to a hot coal' (Buddha)

'Hatred does not cease by hatred, hatred ceases by love' (Buddha)

'If you want to be happy, practice compassion.' (Dalai Lama)

5 Precepts e.g. 'Avoid harming living beings'



Buddhist Practices

WORSHIP (PUJA)

Why is worship IMPORTANT?

- To thank Buddha for his teachings
- To deepen understanding of Buddha's teachings.

Ways Buddhists worship:

CHANTING: reciting Buddhist scriptures, helps to memorise them, pass teachings on and calm the mind.

MANTRAS: a mantra is a sequence of sacred syllables that are chanted aloud or silently. They help concentrate the mind and can help to develop qualities such as compassion.

MALAS: a string of prayer beads used to help count the number of times a mantra has been chanted.

Also remember MEDITATION, making OFFERINGS and creating MANDALAS are all ways that Buddhists worship.

PLACES OF WORSHIP

TEMPLE: a place where Buddhists come together to practice their religion. Often at the heart of a Buddhist community.

Features of a temple often include a main hall, meditation hall, study hall, shrine and stupa.

STUPA: a tiered structure often containing the relics of an important Buddhist. It is common for Buddhists to walk around them as a form of worship.



Why is worship at a temple IMPORTANT?

- It brings Buddhists together, giving a sense of community. They have everything needed for worship.
- Buddhists can listen to talks from monks and nuns and learn more about the Buddha's teachings.

SHRINES: an area with a statue or image of a Buddha or bodhisattva. A focal point for worship.

Features of a shrine:

- Rupa: focal point of the shrine, reminder of thanks to Buddha for his teachings
- Flowers: reminder of impermanence (anicca)
- Candle: the light symbolises enlightenment
- Incense: symbolises purity, a reminder of the importance of pure thoughts, speech and behaviour



Why are shrines IMPORTANT?

- They allow Buddhists to give offerings to show thanks to the Buddha for his teachings.
- They provide a focal point for meditation.

MONESTARY (Vihara): a place where monks or nuns live

Why are monasteries IMPORTANT places to worship?

- Can learn from the monks there, influenced by the simple life.
- Often have a stupa - reminds Buddhists that enlightenment is possible, it inspires them.

HOME

Why is the home an IMPORTANT place of worship?

- Where you feel most comfortable
- Can worship any time, you might not live close to a temple.



FESTIVALS

Wesak: Theravada festival celebrating Buddha's birth, enlightenment and passing away. A day of celebration.

How is it celebrated?

- Make offerings to the Buddha and gifts to monasteries.
- Visit temple and meditate.



Why is it IMPORTANT?

- An opportunity to remember and give thanks to Buddha.
- Inspires Buddhists on their journey to enlightenment, reflecting on Buddha's life gives them hope they will reach enlightenment too.

MEDITATION: a practice of calming and focusing the mind.

Why is it IMPORTANT?

- Helps to calm and focus the mind, essential to understand the Buddha's teachings.
- Helps to reach enlightenment. Buddha reached enlightenment whilst meditating.



SAMATHA MEDITATION: a type of meditation that involves calming the mind. A simpler type of meditation in contrast to vipassana.

How do they do it?

- Mindfulness of breathing. The meditator becomes aware of their breathing and focuses on it.
- Use of kasinas. These are basic visual objects used in meditation. Buddha mentioned 10 e.g. fire and water. They help the meditator focus.

Why is samatha IMPORTANT?

- A simple meditation to develop a calm and concentrated mind through focusing on breathing.
- It is often seen as preparation for vipassana meditation to enable Buddhists to understand difficult teachings.

VIPISSANA MEDITATION: "insight meditation". The idea is to try to gain insight into the true nature of reality - to see things as they really are. It is a more advanced type of meditation.

How do they do it?

- Focus on a teaching and really try to understand it.
- They explore everything objectively, even things that are personal to them e.g. a feeling of annoyance or their own body.

Why is vipassana IMPORTANT?

- Helps understand that everything is characterised by the 3 Marks of Existence - Anicca, Anatta and Dukkha.
- Helps to achieve enlightenment.

ZAZEN: is seated meditation. Practised in Zen Buddhism. The meditator sits with an awareness of the moment and as experiences come and go they keep returning to the present. It helps them to understand the true nature of reality - that everything is changing and this causes suffering.

VISUALISATION of Buddhas and Bodhisattvas = Popular in Mahayana Buddhism.

How do they do it?

- An object is imagined in great detail, examining all its qualities. This might involve looking at a **thangka** (a detailed painting of a Buddha or Bodhisattva.)
- The meditator tries to hold the image in their mind for as long as possible to help their concentration.

Why is visualisation IMPORTANT?

- Buddhists hope to connect with spiritual qualities of a Buddha or Bodhisattva e.g. Amitabha in Pureland.
- Visualising themselves as a buddha may help awaken their Buddha-nature.

FESTIVALS

Parinirvana Day: Mahayana festival remembering the Buddha's passing. A sombre (sad) occasion.

How is it celebrated?

- Meditate - either at home or at a temple
- Go on a retreat or pilgrimage.



Why is it IMPORTANT?

- Buddhists think about their own death and of friends/family who have passed away.
- Reminder of anicca - impermanence.

Buddhist Retreats

A period away from regular life to focus on Buddhist teachings. They are held in monasteries or Buddhist centres. May involve meditation, talks and study groups. The aim of them is to help people deepen their understanding of Buddhist practice and gives Buddhists time to focus on their religion.

FUNERALS & CEREMONIES

THEREVADA:

What happens?

- Very little money is spent on the funeral. The money saved goes to a good cause and the good merit is transferred to the person who has died.
- A shrine may be set up for the person who has died and offerings made.

Why are they IMPORTANT?

- Opportunity to think of *anicca* (impermanence)
- Opportunity to be generous - donating to charity and transferring merit.

TIBETAN (Mahayana):

What happens?

- Sky Burial - body left on the mountains as a gift to the vultures, seen as a generous act.
- Buddhist teachers cremated and remains put in stupas.

Why are they IMPORTANT?

- Reminder of *anicca* (impermanence).
- Buddhists visit stupas and can be inspired in their quest for enlightenment.

JAPAN (Mahayana):

What happens?

- Pureland Buddhists bury the dead with their head facing West, towards Amitabha's Pureland.
- Mourners will chant and sincerely hope for a rebirth for the deceased in the Pureland.

Why are they IMPORTANT?

- Opportunity to chant to Amitabha and hope for a rebirth with him.
- Helps with grief, reminder of *anicca*.

BUDDHIST ETHICS

Karma: This means "actions have consequences"

Skilful actions: actions based in metta and karuna, they good karma which leads to happiness.

Unskilful actions: actions based in greed, hatred and ignorance (3 Poisons), they create bad karma which leads to suffering.

Rebirth (Samsara): Depending on how you lived your life, you will have a good or a bad rebirth. There are 6 realms of rebirth: Gods, Angry Gods, Animals, Hungry Ghosts, Hell and Human.

How does Karma effect your rebirth? Good karma leads to a good rebirth (e.g. human), bad karma to a bad rebirth (e.g. animal).

Why is it IMPORTANT for Buddhists?

- Buddhists will think carefully about their actions to ensure they are creating good karma for a good rebirth.
- They will avoid actions based on the 3 poisons because they will bring suffering to themselves and others.

Metta: loving-kindness - a desire for others to be truly happy.

Why is Metta an IMPORTANT concept for Buddhists?

- Reduces suffering by instead being more caring. Reduces negative emotions like anger.
- Helps generate good karma for a good rebirth closer to enlightenment.

Karuna: compassion, wanting other to be free from suffering and doing whatever you can to stop the suffering.

Why is Karuna an IMPORTANT concept for Buddhists?

- Helps generate good karma for a good rebirth closer to enlightenment.
- Particularly important in Mahayana Buddhism to help become a bodhisattva.

ROKPA: a Buddhist charity that was set up to show compassion to others, e.g. helps people in poverty by giving them education.

"The key to a happier world is the growth of compassion"

(Dalai Lama)

5 PRECEPTS

These are 5 commitments that Buddhists undertake. They are guidelines rather than strict rules. Intention is important when it comes to the precepts.

'**Avoid harming living beings**': Buddhists aim not to harm or kill any living being. Instead they will be loving towards them.

2 Examples: being vegetarian and pacifist (against war and violence)

'**Avoid taking what is not given**': as well as not stealing, this also includes avoiding manipulating or taking advantage of others. Instead be generous.

2 Examples: don't steal, don't waste your employer's time.

'**Avoid Harmful sexual activity**': Buddhists aim not to abuse or overindulge in sensual pleasure or to use sex harmfully. Instead they should be content in their relationships.

2 Examples: don't rape and cheat.

'**Avoid saying what is not true**': Buddhists aim not to lie or gossip about others, but to instead be truthful and kind.

2 Examples: avoid gossip and lies.

'**Avoid intoxicants that cloud the mind**': not taking alcohol or drugs is important to Buddhists who commit themselves to training their mind. Instead practice mindfulness and meditation.

2 Examples: avoid alcohol and drugs.

Why are the precepts IMPORTANT to Buddhist?

- Following the Precepts helps to purify the mind of the 3 poisons - greed, hatred and ignorance.
- Helps generate good karma for a good rebirth

6 PERFECTIONS

These are the 6 qualities that Mahayana Buddhists try to develop in order to become a bodhisattva.

1) Generosity: to give without expecting anything in return.

Examples: giving money to charity & teaching the Buddha's teachings.

2) Morality: Buddhists follow the 5 precepts and Mahayana follow a further 5 including not being angry. Meditation helps Buddhists follow these precepts willingly.

Examples: any of the 5 precepts.

3) Patience: they should have patience in their journey to enlightenment, it takes a long time!

Examples: accepting suffering is part of life & practising compassion even when angered by someone else.

4) Energy: they should put energy and enthusiasm into their religion.

Examples: put lots of effort into reaching enlightenment meditating and studying.

5) Meditation: they should meditate to focus their mind and understand the true nature of reality.

Examples: they might visualise bodhisattvas and chant.

6) Wisdom: the first 5 perfections all come together to reach this one. It's when meditation, study of teachings and ethical living all come together to fully understand the nature of reality.

Example: they will understand that everything is empty of its own existence (see work in Buddhist Beliefs topic on this).

Why are they IMPORTANT to Buddhists today?

- They are essential to becoming a Bodhisattva and creating a harmonious society.
- Following them leads to good karma, a good rebirth, reaching enlightenment.

What teachings should you use?

Remember, beliefs such as karma, rebirth, anicca, dukkha, the 5 Precepts and 6 Perfections are all teachings. They can be used to achieve your 5th mark, just remember to write "Buddha taught".

They should also be used in 12 mark questions to help you develop your ideas.

Buddhist Practices Exam Questions

Remember – practice makes perfect ☺

4 mark questions

- a) Explain two contrasting ways in which Buddhists mourn the dead in Japan and Tibet.
- b) Explain two contrasting types of Buddhist meditation.
- c) Explain two contrasting types of Buddhist worship.
- d) Explain two contrasting rituals associated with death and mourning.
- e) Explain two contrasting ways that Wesak is celebrated.
- f) Explain two contrasting ways that Parinirvana Day is celebrated.
- g) Explain two contrasting aims of meditation.

5 mark questions

- h) Explain two reasons why meditation is important for Buddhists.
- i) Explain two ways in which shrines are important in Buddhist worship.
- j) Explain two reasons why temples are important in Buddhist worship.
- k) Explain two ways that Buddhists can perform puja in the home.
- l) Explain two ways in which Buddhists worship.
- m) Explain two ways in which Buddhists celebrate Wesak.
- n) Explain two Buddhist beliefs about metta.
- o) Explain two Buddhist beliefs about kamma (karma).

12 mark questions

- p) 'For Buddhists, worship in the temple is more important than worship in the home'
- q) 'The 5 precepts are impossible to live by'
- r) 'The best way to understand the Buddha's teachings about the Three Marks of Existence is by meditating'
- s) 'The best way for Buddhists to worship is in a monastery'
- t) 'The principle of kamma (karma) encourages ethical behaviour'
- u) 'The most important religious festival is Parinirvana Day'
- v) 'Metta is impossible to show towards everyone in the world'

