

# What do Sikhs believe?

**Today we will be...**

Finding out why Sikhs meditate.





All religions have core beliefs. These beliefs are like rules that people choose to live their lives by.

Can you remember the Sikh core belief we focused on in the previous lesson?

We focused on the Sikh belief that everyone is equal. This means Sikhs have to treat everyone the same. They cannot be unkind to the people they don't like!

What does the right to be treated equally have to do with responsibilities?

Think, pair, share.



Having the right to be treated equally means you have the responsibility to treat other people equally as well.



Everyone is welcome at the Sikh community kitchen. They are all given the same food and they all sit on the floor together. They are all treated equally.

Treating people equally is one of the Sikh core values. Another core value is that Sikhs should remember God at all times.

How do you think  
Sikhs remember God?

Think, pair, share.





Sikhs remember God in lots of different ways. Some of the things they wear remind them of God, like their bracelet. Another way Sikhs remember God is to meditate each day.

What is meditation?

Think, pair, share.



The kara.

Meditation involves focusing your mind on one thing and shutting out the distractions. Sikhs are not the only people who meditate. Lots of people meditate because it gives them time to think.



Sikhs use meditation to focus their minds on God and how they should be behaving. They often use prayer beads called mala to help them focus during meditation.





Why might  
meditation help Sikhs  
think about God?

Think, pair, share.



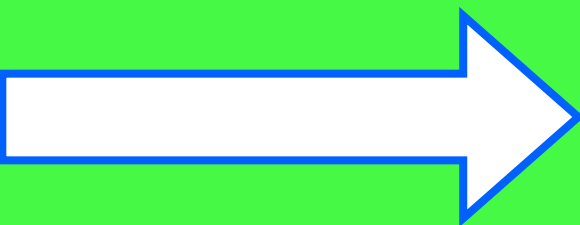
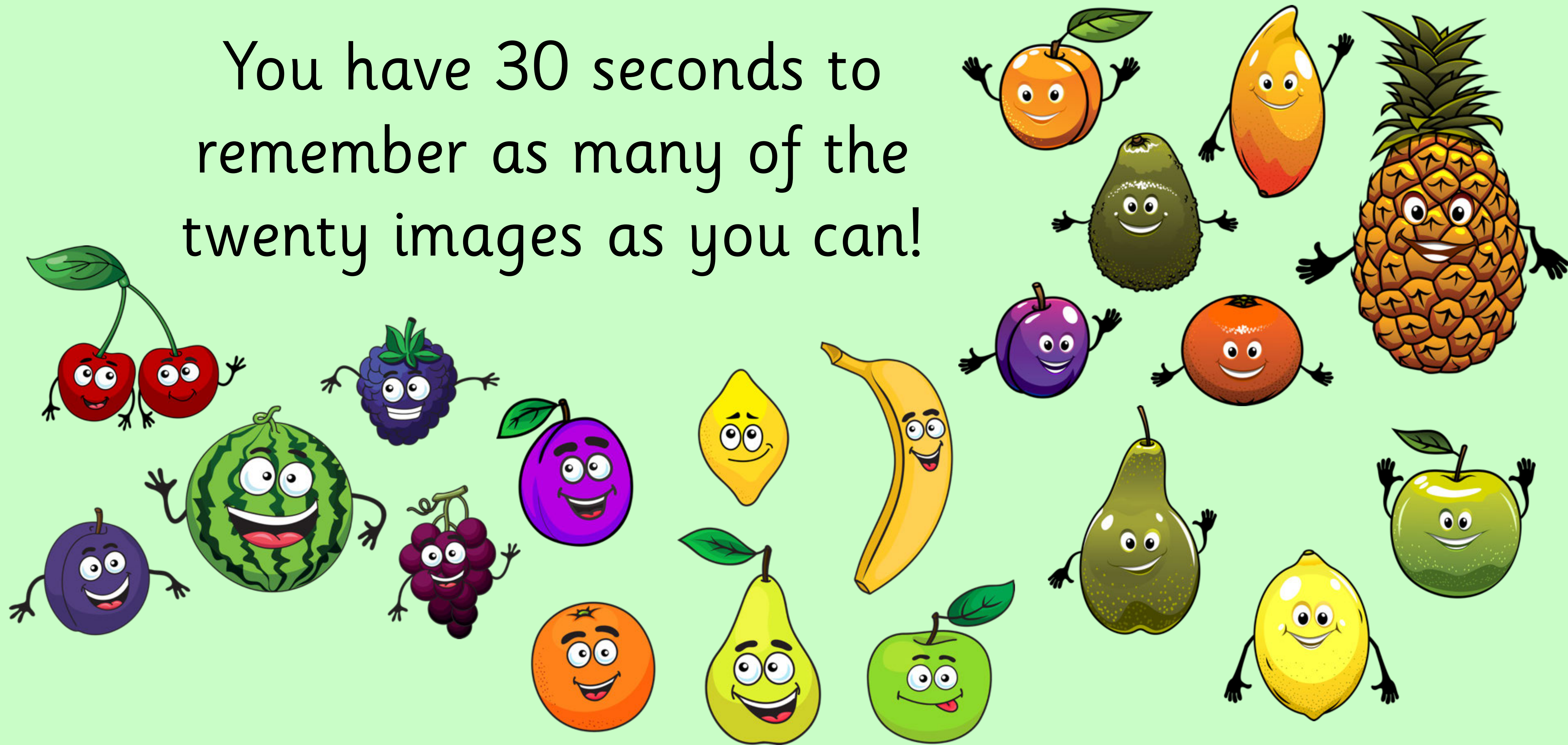
Meditation gives Sikhs time to think. It helps them focus their mind on God. It is easy to get distracted and forget to do something when you are busy.



See if you can complete this memory challenge!



You have 30 seconds to remember as many of the twenty images as you can!





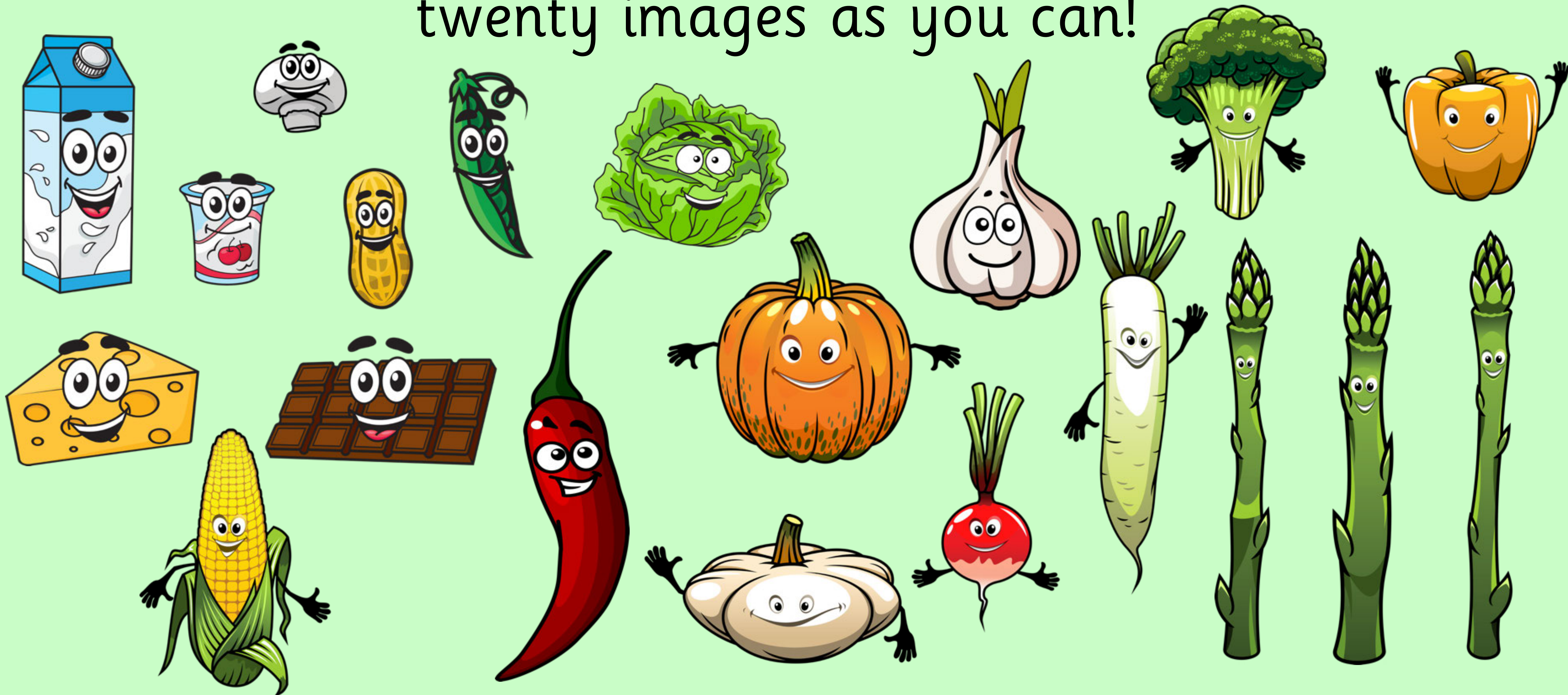
How many pineapples did you see?  
How many bananas did you see?

Did you find the noises in the  
classroom distracting?

Now try the task again. This time make sure  
the classroom is completely quiet!



You have 30 seconds to remember as many of the  
twenty images as you can!

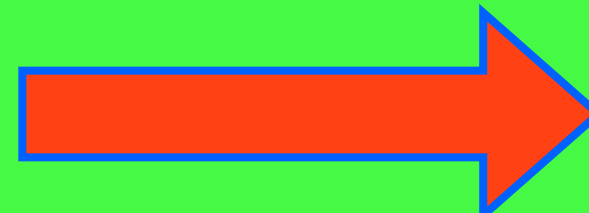




How many peppers did you see?  
How many milk cartons did you see?

Was it easier to concentrate when  
it was noisy or quiet? Why?

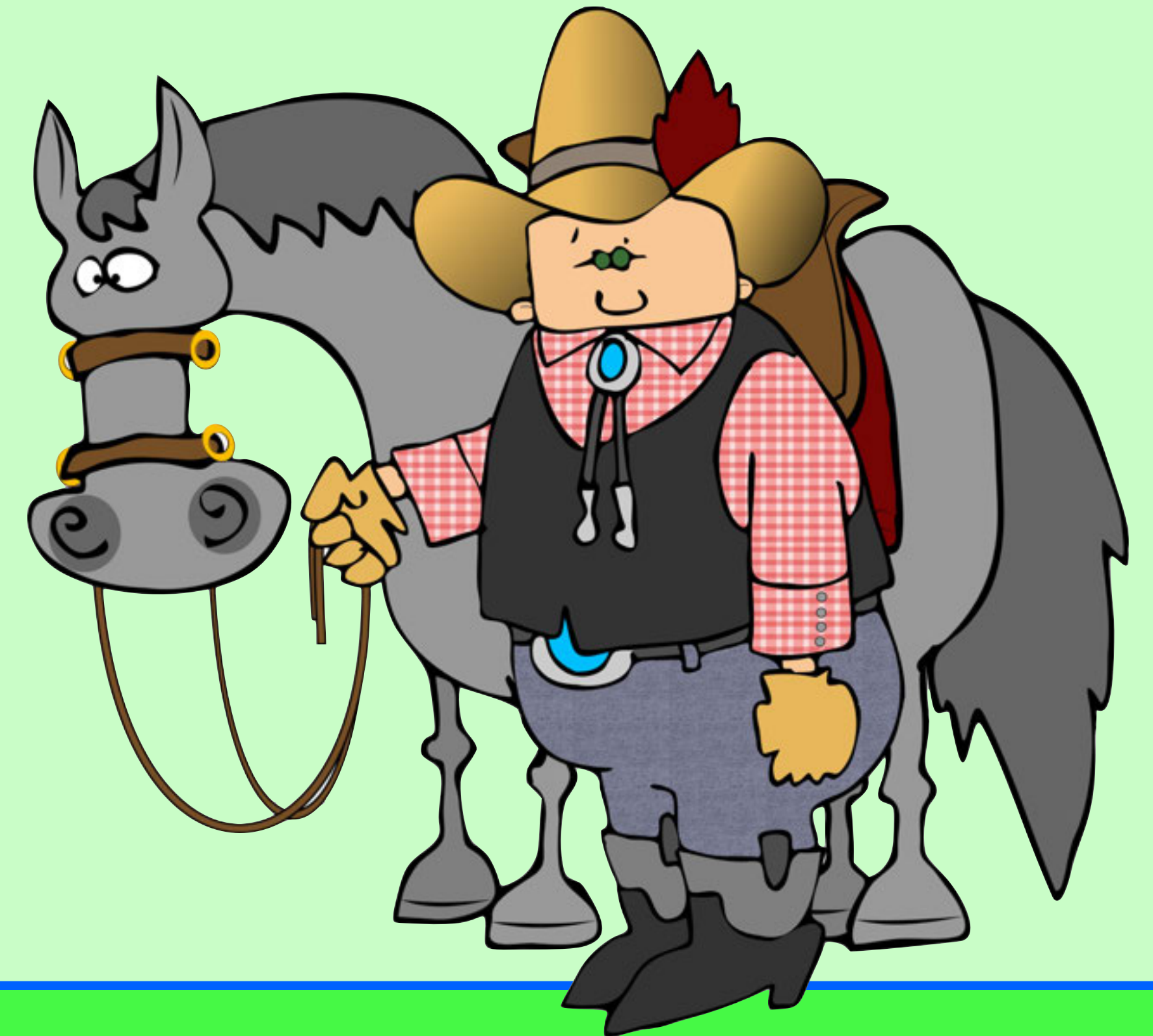
Think, pair, share.



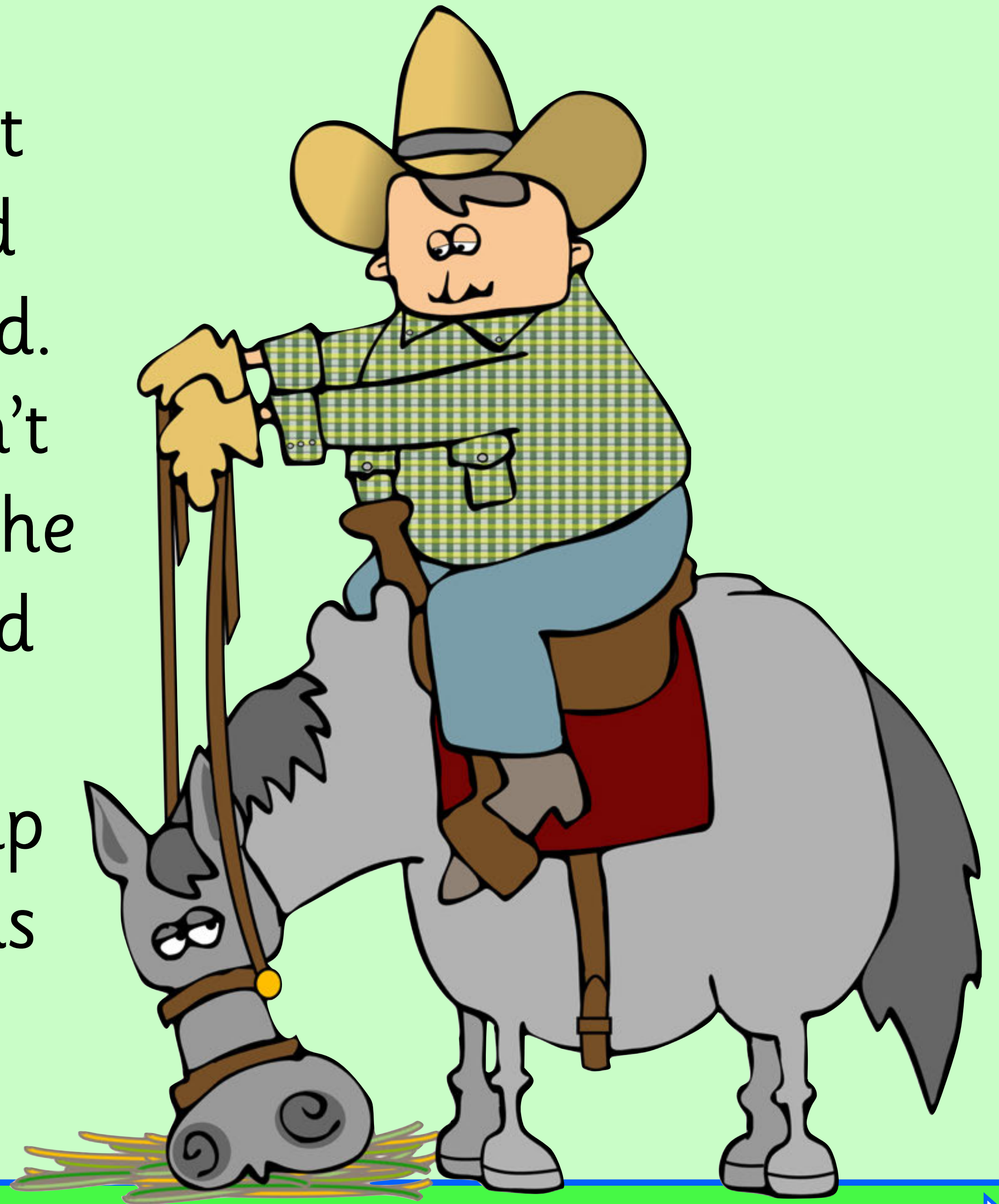
This Sikh story is called The Horse Gift.

Once there was a man who visited his friend. His friend was a great host. After a few days the man decided it was time he went home. His friend said to him, “I have an extra horse and I do not need it. Would you like it?”

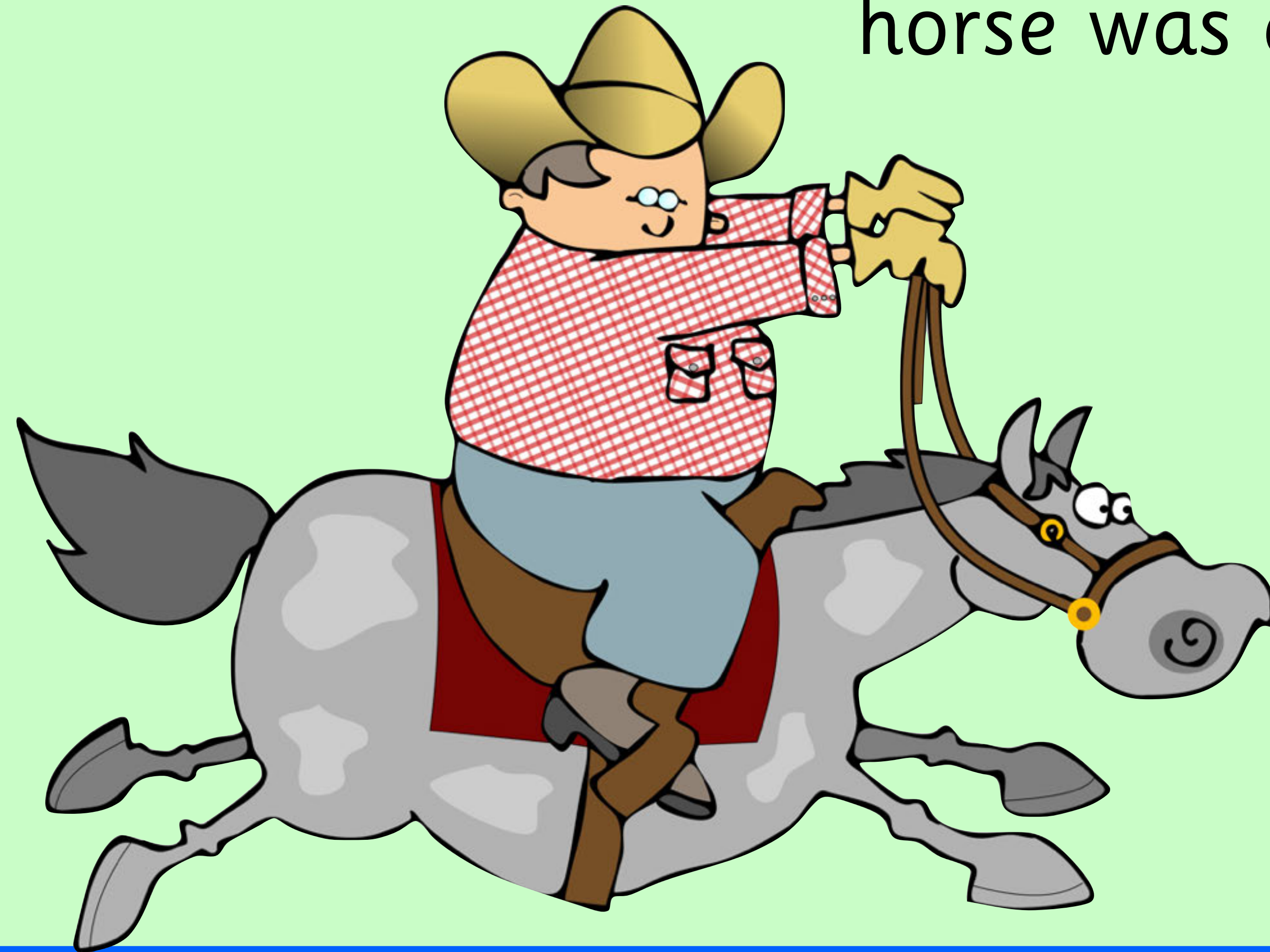
The man thanked his friend and he rode the horse towards his home.



Ten days later the man arrived back at his friend's house. His friend welcomed him into his house and offered him food. The man was confused. He said, "I don't know what happened. All of a sudden the horse stopped listening to me. It turned around and brought me back here." The friend realised the man needed help to train the horse. After a month it was time for the friend to leave again.



When the man left the host's wife asked him, "Why did we have to help train the horse. Surely giving him the gift of the horse was enough of a present!"



Should the man have helped his friend to train the horse?

Think, pair, share.

In this story the horse is like our mind. Sikhs believe it is a gift that has been given to us by God and we need help to train it so we can be happy.

