

What do Sikhs believe?

Today we will be...

Finding out why Sikhs believe people should share.





Religions have core beliefs. These beliefs are a bit like rules that people choose to live their lives by.

Can you remember the Sikh core beliefs we have already looked at?

Think, pair, share.

We have thought about the Sikh beliefs that **everyone is equal, God should be remembered at all times and everyone should work hard and live honestly.**



Another core belief of Sikhs is that people should share and give to the needy.



Do you share?
Who are 'the needy'?

Think, pair, share.

Did you remember that Sikhs believe everyone is equal?



This means they believe everyone has the same right to life, food, shelter and help. Sikhs should share the things they have with people who are less fortunate than they are.



Can you remember one way Sikhs share food?

Think, pair, share.



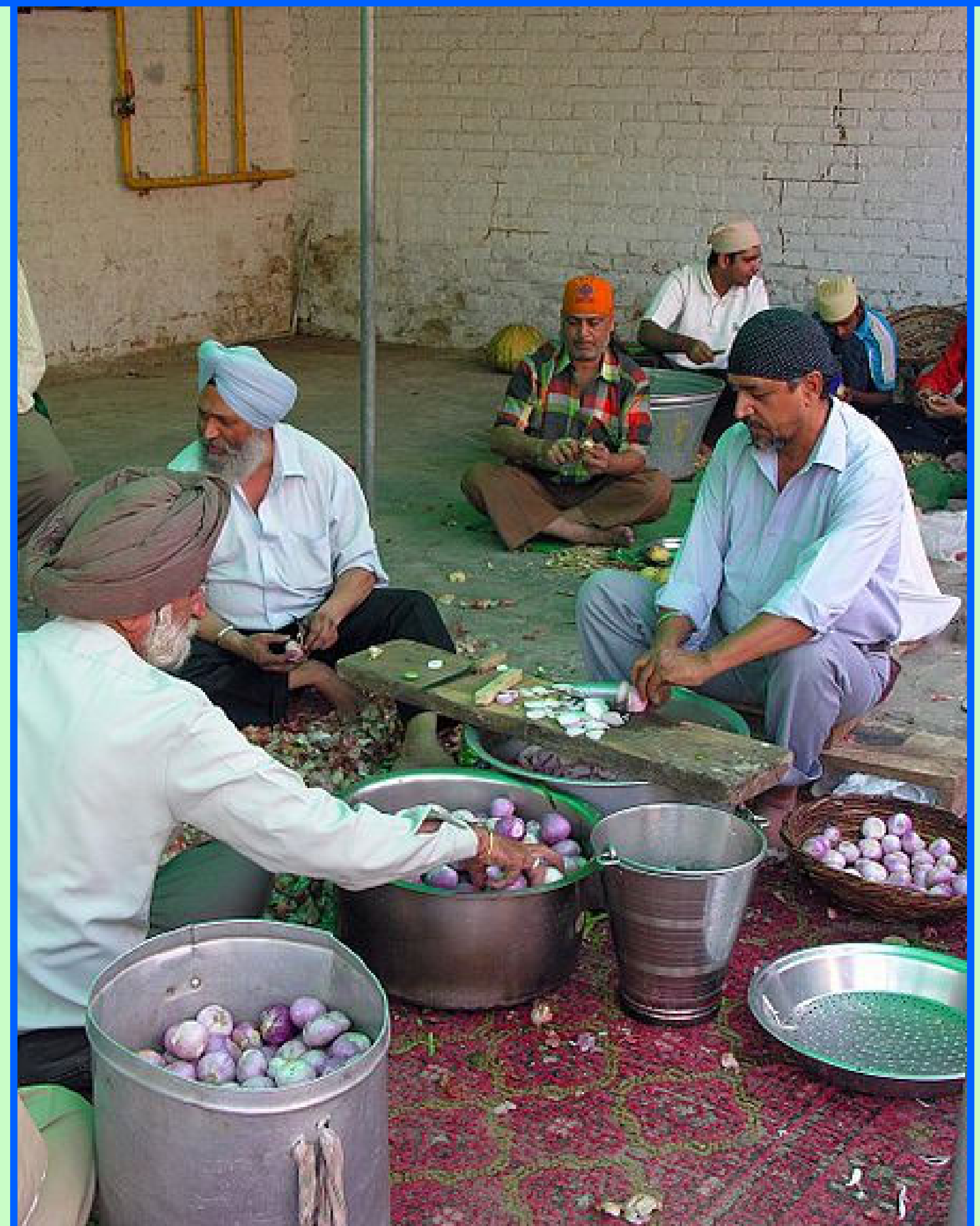
This is the Langar, or the free kitchen. No one is turned away from this Sikh community kitchen. Each week a family or several families will work together to provide and cook all of the food. This is a very generous thing to do because feeding hundreds of people is hard work and expensive. Volunteers help the families tidy up after the meal.





Is the
community
kitchen a
good idea?

Think, pair,
share.



Sikh kitchens require lots of people to make a lot of effort! The food only gets prepared because people give up their time for free. The ingredients used in the cooking are donated. This means people bring the food they have and share it with each other.

In some ways it is similar to the Christian Harvest Festival, but it happens twice a day, every day, not just once a year.



This Sikh story is called The Five-Fingered Family.

There once was a family whose house burned down. This meant they had nowhere to live and no money. The father decided they should go to the next town to find work. To get to the town they had to pass through a dark forest. When it was nearly night time the father picked a tree for them to sleep under.



He said to his family, “Son, go to the river to get water. Daughter, find some sticks for the fire and wife, you chop the vegetables while I start the fire”. Everyone worked together and did their tasks without complaining. After a little while their dinner was nearly cooked. Unfortunately a troll lived nearby. He smelt their food. He decided he was going to eat their food and them!



The troll jumped down in front of the father and said, “What are you going to eat?” The father knew what he was up to, so he looked at the troll and said, “We are going to eat you!” Together the family looked at the troll. The troll became scared. He remembered how well they had worked together and decided they were like a hand with five fingers.



The troll said, “I cannot defeat you all at the same time! Please do not eat me. If you dig just there you will find my treasure. Take what you want then leave me alone!”



So the family worked together and dug up the treasure. They returned to their village and started up a business. They worked hard and were fair so they lived in happiness.





Would the troll have been scared of a family
that didn't work together?

Think, pair, share.

