

# What do Sikhs believe?

## Today we will be...

Finding out why Sikhs believe people should work hard and live honestly.





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 looked at the Sikh beliefs that **everyone is equal** and that **God should be remembered at all times.**

How do 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.



The kara.



Another Sikh belief  
is that people should  
work hard and  
live honestly.

Do you  
work hard?

Think, pair,  
share.





Police officers work hard.

They look after us when we need help.

They find people who get lost.

They tell people how to keep their belongings safe.

They arrest people who break the law.

They write reports about crimes that have happened.



Doctors work hard.

They look after us when  
we need help.

They tell us the medicine we need  
to take to make us better.

They tell us how to be  
healthy.

They give us injections to  
stop us getting ill.

They write reports about  
our health.





What would  
happen if police  
officers and  
doctors stopped  
working hard?

Think, pair, share.





If police officers stopped working hard we might not feel safe. If doctors stopped working hard we might not recover when we are ill.

Should police officers and doctors be honest?  
What would happen if they weren't?  
Would this be a good place to live if they  
were lazy and dishonest?

Think, pair, share.

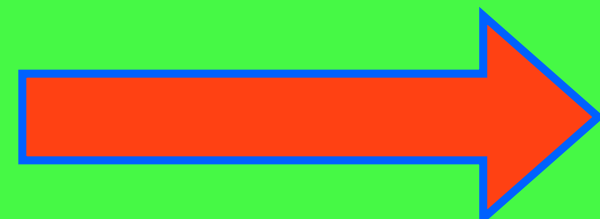




Are you always  
honest?

Is it easy to be  
honest all the  
time?

Think, pair, share.

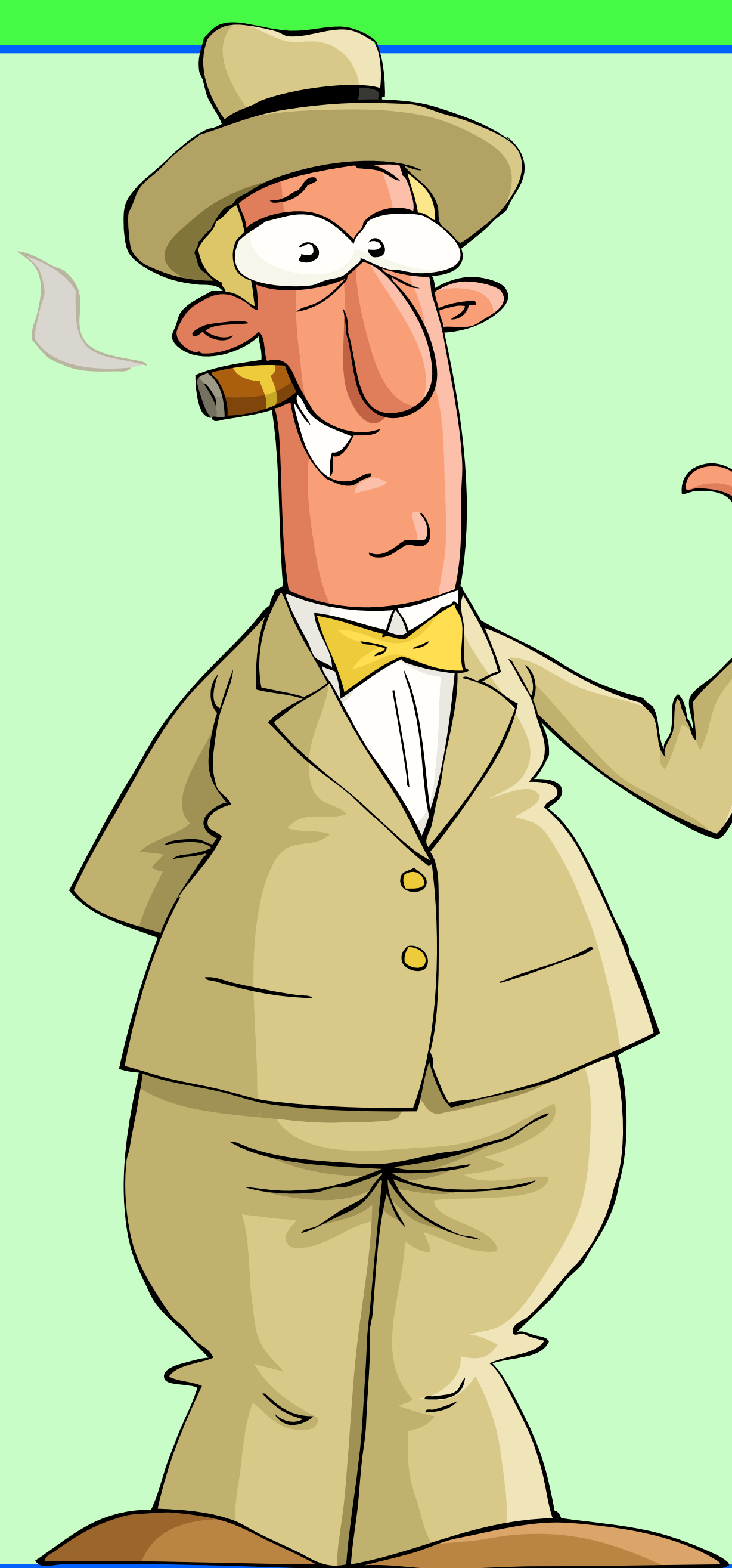


This Sikh story is called The Honest Work of Lalo.

Guru Nanak travelled all around India with some of his friends. When they approached one village the people that lived there became very excited. A carpenter called Lalo who lived there ran to meet him. Lalo fell at Nanak's feet and said, "I am honoured to meet you, please come to my house so I can serve you."







Nanak agreed and he went to the carpenter's home. Nanak and his friends ate the simple food the carpenter gave them. Even though it was simple it was made with love and they all enjoyed eating it. In the same village there was a man called Malik Bhago. He was very rich. Malik sent a messenger to Nanak to ask him to come to a feast at his home. Nanak told the messenger he would not come.

Then the messenger became scared and said,  
“Malik will beat me if you do not come.”

Nanak went to Malik's house. He didn't eat any of the feast, instead he sat and meditated. Malik was angry. He asked Nanak why he would eat simple food at Lalo's house but he would not eat expensive food at his house. Nanak said he would show him why. He sent someone to Lalo's house to bring him a chapati. Nanak held up the chapati and he squeezed it. Milk came out of it. Then he held up a chapati from Malik's house. When he squeezed it, blood came out.



Nanak explained Lalo was honest and he worked hard. His food was made with love. Malik was not honest and he didn't work hard. His servants were scared of him so his food was made with fear.



Why didn't Guru Nanak want to go to the feast?

Think, pair, share.



Guru Nanak said, “Taking away the rights of others is like taking their blood. It pollutes the mind.”



What do you think he meant by this?

Think, pair, share.

