

## RE

### What do Religions Say to us When Life Gets Hard?

#### Is death the end? Does it matter?

Many religions believe in life after death; some call this heaven; others – Hinduism and Sikhism – believe in reincarnation.

#### Which religious practices or beliefs help people in tough times?

Prayer, religious communities and celebrations can all help people when life gets hard. Some beliefs are also really positive such as believing that there is life after death.

#### What is Karma?

The law of cause and effect, the idea that every action we take will have consequences either positive or negative

#### What is reincarnation?

Hindus and Sikhs believe life is a cycle of birth, death and rebirth, with our actions in this life, our “karma”, effecting our future incarnations. ‘Reincarnation’ happens after someone dies – they are re-born in another form.

#### What is Moksha?

The end of the reincarnation cycle is called Moksha, which can be reached if you live the best life you possibly can.

#### What is Dharma?

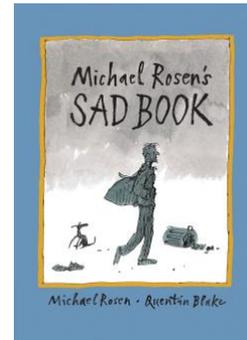
Dharma is a person’s duty, the right thing to do in any given situation.

#### What do some people believe about the soul?

Christians believe that all humans have a soul. They believe the soul to be a non-physical part of humans that lives on after the death of the physical body. Many believe that it is the soul that will live on in the afterlife. The Hindu philosophy says that the body is just the outer garment of the individual. The real self does not die but goes on and assumes another body. Death is when the soul leaves the body.

#### What is a Humanist?

Humanists do not believe in a god. They believe it is possible to live a good and fulfilling life without following a traditional religion. Humanists believe that people **have one life to live** - there is no afterlife. As a result they focus on being happy and making the most of their life.



## KNOWLEDGE ORGANISER

### A Victorian Scandal:

#### Prisons, Punishment and Poverty!



Elizabeth Fry and Thomas Barnardo were all Victorians who spoke out about either the awful state of prisons or the treatment of the poor. They were motivated by their Christian faith and their belief that God loves people and that this love must be shown in practical and meaningful ways. Their faith taught them that God loves the poor and disadvantaged. Last term, we met Dr Jasjit Singh, a Sikh, who told us about the Sikh value of seva which encourages followers to do acts of service without expecting anything in return; one beautiful expression of this is the langar kitchen which provides free meals for Sikhs and non-Sikhs.

#### ENQUIRY QUESTION:

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