

R.E.

How do Sikhs show commitment and belonging to the faith?

Year 3

Term: 3

Commitment is very important to Sikhs. This can mean:

- Making promises, Making yourself better, Not letting someone down, Following rules, being trustworthy, being part of something e.g. being part of a club, being dedicated, agreeing to help others.
- The most important thing is that you: **spend time, energy and effort on something that is important to you.**
- Think about different job roles. **How might these people be committed?**
- **What are you committed to in school?**
- Thinking about commitment, can you say how people around the world show commitment to God?

How do you know if someone is a Sikh? Here are some examples:

- Covered hair, he has long hair (kesh), wears a turban, wears a bangle (kara), speaks a different language at home.

Sikhs might show commitment to their religion by:

- Wearing the 5 Ks, repeating Gods name, reading the holy scriptures, singing God's praises, eating food with the congregation, taking part in helping everyone by cleaning.

The 5Ks

Kesh (uncut hair) - Sikhs don't cut their hair but let it grow to show their faith. Men wear turbans to keep it tidy.

Kara (a steel bracelet) - Sikhs wear a bracelet to show they belong to the Sikh faith.

Khanga (a wooden comb). This small comb is worn in a Sikh's hair.

Kachha (special underwear) White cotton underwear is worn to show their Sikh faith.

Kirpan (ceremonial sword). Sikhs wear this over or under their clothes to show they protect each other.



The Guru Granth Sahib is the final and eternal Guru, who Sikhs are very committed to. They might show commitment to the Guru Granth Sahib by:

- Bowing down when they see the Guru Granth Sahib, wrapping it with a beautiful cloth, waving a fan over the top to show respect and listen to the teachings.
- After a day of worship, they take the Guru to a special room which serves as a resting place.
- The biggest commitment a Sikh can show to the Guru Granth Sahib is by following the teachings of the Guru Granth Sahib: **being kind, speaking nicely to others, being honest, caring for others, standing up to bullying behaviour, helping those who need it, loving everyone.**

Which commitment do you think is the hardest one for a Sikh to do? Why?

Which act demonstrates the greatest level of commitment? Why?

Useful Websites

<https://birmingham-faith-visits.theartssociety.org/sikh>

Key Vocabulary:

The Guru Granth Sahib - This is the Sikh holy book. It is treated like a person and even has its own room during the night.

Chaur - This is a fan, made from Yak's hair, which is waved over the Guru Granth Sahib as a sign of respect.

Langar - This is a free kitchen where food is served to worshippers without charge.

Rumala—A special cloth which is placed over the Guru Granth Sahib.