



Sikhism:

What is the best way for a Sikh to show commitment to God?

Topic Overview

- Sikhs are proud to visibly show commitment to their faith. This can be done in many ways, including:
 - Joining the Khalsa through the Amrit Ceremony and wearing the 5 Ks.**
Sikhs make a commitment to God by making promises at the Amrit Ceremony and wearing the 5Ks to remind them to keep these promises.
 - Worshipping in the Gurdwara**
The main purpose of worship is to praise the one, true God.
The Mool Mantar is recited daily in morning prayer.
To show respect in the Gurdwara, Sikhs wash their hands, cover their heads and remove their shoes before they enter.
Sikhs often sing kirtan because it helps them to feel connected to Waheguru and focus on Waheguru.
 - Reading and respecting the Guru Granth Sahib**
The Guru Granth Sahib is kept under a special canopy in the Gurdwara and when it is not used it is covered up. It is also kept in a separate bedroom overnight.
Sikhs take off their shoes in the presence of the holy scriptures and make sure they never turn their back on them. They also in front of the Guru Granth Sahib and touch the floor to show respect.
Sikhs sit on the floor, so the Guru Granth Sahib is higher than them, to show respect.
 - Following the three golden rules of Sikhism:**
Meditation and prayer; earn an honest wage and share with others in need and treat everyone equally.
 - Serving the community through the Langar meal and other areas of SEWA**
Showing love for others shows love for Waheguru. This is because Waheguru is present in everyone, and so respecting and helping people means helping Waheguru.
Examples of SEWA include: helping at the Gurdwara (e.g. cleaning, washing dishes or serving in the langar), teaching people how to read or understand the Guru Granth Sahib or sharing your wealth (e.g. giving money to charity).

Links with other religions

- Bar/Bat Mitzvah** (Judaism). The Bar/Bat Mitzvah ceremony shows a transition to adulthood and a commitment to Judaism.
- Places of Worship** (different religions). Lots of different religions will visit their place of worship to show their commitment to God/their beliefs, for example: the Church (Christianity), the Synagogue (Judaism), the Temple (Hinduism and Buddhism) and the Mosque (Islam).
- Rules** (different religions). Many religions have rules which believers try to follow to show their commitment, for example: The 10 Commandments (Judaism/Christianity), The 5 Pillars of Islam (Islam) and The Five Precepts (Buddhism).
- Holy Books** (different religions). Most religions have a holy book which many believers try to read and follow to show their commitment, for example: The Torah (Judaism), The Bible (Christianity), The Vedas (Hinduism) and The Qur'an (Islam).
- Symbols** (different religions). Some believers wear religious symbols or clothing to show their commitment, for example wearing a cross or crucifix (Christianity), wearing a kippah, tefillin or tallit (Judaism) or wearing a hijab (Islam).

Key Vocabulary	Definition
Commitment	A willingness to give your time and energy to a job, activity, or something that you believe in.
5Ks	Five physical symbols of faith worn by Sikhs.
Amrit Ceremony	The ceremony for joining the Khalsa.
Khalsa	Means 'pure.'
Mool Mantar	The Mool Mantar is the Sikh statement of belief. It contains the key beliefs about Waheguru (e.g. there is only one God).
Gurdwara	Sikh place of worship.
Kirtan	Singing hymns
Waheguru	God
Guru Granth Sahib	Sikh Holy book.
SEWA	Selfless service. It involves helping others without any reward or personal gain.
Langar	The shared meal served at the Gurdwaras.

