

WHAT DO RELIGIONS SAY TO US WHEN LIFE GETS HARD?

Curriculum Subject - RE

Summary

You will learn about hard times, focussing on death, from different religious and spiritual ways of life.

This is often a difficult subject to discuss and everyone will all be sensitive to any losses you have suffered.

You will talk about grief and the emotions that come with it, from personal experience or through resourced material.



Facts

1. We will all experience grief through the loss of someone special in our lives. Everyone deals with grief in their own way. Some people draw on their religious beliefs to help them through the emotions surrounding loss.
2. At the point of death, everyone feels that a persons body is finished with. Many people believe that the characteristics and personality of a person represent their spirit or soul. Religions try to answer the question of what happens to the soul or spirit when we die.
3. Buddhists, Hindus and Sikhs believe that human beings spend their time in a cycle of birth, life, death and rebirth with each life being an opportunity to move closer to freedom from that cycle. It is known as moksha (Hindu) or nirvana (Buddhism). This cycle is known as reincarnation.
4. Karma is the universal principle of cause and effect. Our actions, both good and bad, come back to us in the future, helping us to learn from life's lessons and become better people.
5. Judgement is a central concept of Christianity, Judaism and Islam. Repentance and forgiveness are essential element in religions that believe in judgement. Each religion believes that God judges us according to the decisions we have made within our life. Each religion believes something different about how God will judge us.
6. People who do not believe in God, such as Humanists, accept death as a permanent end. The focus at a funeral for a Humanist is on the life the person has already lived rather than, as at a Christian funeral for example, on a life to come.

Questions We Will Ask

Photo Caption

1. What questions have you got about what happens when we die?
2. What do some people think carries on after we have died? What is our soul?
3. Do some people believe that you come back to life as a different thing? What is reincarnation?
4. Do you get to heaven if you do things wrong?
5. What do Christians think happens when we die?
6. What do people who do not believe in God think happens when we die?
7. What different ideas are there about what happens when we die? What do I think?

Key Vocabulary

Soul |The spiritual or immaterial part of a human being or animal, regarded as immortal.

Reincarnation The rebirth of a soul in another body..

Karma Good or bad luck, viewed as resulting from one's actions

Moksha Release from the cycle of rebirth

Nirvana The final goal in Buddhism

Redemption The act of being saved from sin