



Year 8 Worship key facts

Hinduism - Puja

You are expected to know all of the information in this booklet.
You will be assessed on this knowledge.

- Most Hindu homes have a shrine in them and Hindus perform puja, or worship, at home.
- The shrines usually contain an image of the god or gods that are most important to that particular family.
- The image of a deity found at a Hindu shrine is called a murti, which means form or image.
- The murti is a sacred object but it is not a god. It is just an image of a deity.
- Hindus believe that if it is produced and installed in the right way then the murti has a special connection to the deity.
- Puja is a daily routine for Hindus. It is a simple form of worship using mantras (prayers) and making offerings. It is made at least once a day, usually in the morning.
- Offerings of water, flowers, fruit and incense are placed in front of the images. Then the image of the god is 'awakened' by the lighting of a flame, the sound of a prayer (mantra), the playing of music (raga) or the ringing of a bell. Arti is then performed.
- Arti is an act of worship and of adoration. An arti lamp has five wicks – each one represents one of the five elements: earth, air, fire, water and space.
- The sacred word 'Aum' (a sound symbol for Brahman) is chanted over and over again during worship.
- At the end of puja, the food that has been offered to the deities might be eaten. This is called prashad. Some Hindus believe that the prashad contains a blessing from their god.
- Many of the objects of worship used during Puja at the shrine appeal to the five senses of sight, hearing, smell, taste and touch. This is to involve the whole person in the worship.



Most puja trays include:

Murti – to help the person focus on their god

Incense – to purify and cleanse the air and create a holy atmosphere

Bell – to wake up the gods because it is unreasonable to expect something as great as a god to be sat around waiting for humans to worship them

Light – the light is moved around the shrine symbolising the presence of the god. Hindus pass their hands over the flame then over their head to symbolise being covered with the presence of god

Offerings – these are a show of love

Water – this is used for purification and worshippers will take three sips before saying their prayer (mantra)

Kum kum powder – worshippers make a paste from this powder and use it to mark their forehead to show their devotion and the blessings and protection of their god



Year 8 Worship key facts

Judaism - Standing Prayer

You are expected to know all of the information in this booklet.
You will be assessed on this knowledge.

- Jews are obliged to pray three times a day. This is in the Talmud.
- By reciting the Amidah (Standing Prayer), Jews can fulfil their obligation to pray.
- There are 19 blessings in the Amidah.
- On special days, such as Shabbat and High Holy Days, the blessings are slightly different.

- Jews stand with their feet together while reciting the Amidah as a sign of respect for G-d.
- Jews should face the direction of Israel when praying the Amidah. This shows respect for the Temples and reminds them that the synagogues were established to try to fill the gap in Jewish life left by the Temples' destruction.
- In many synagogues in the west, the ark is on the eastern wall to face Jerusalem. It is the holiest place in the synagogue.

- The Amidah is a Jew's opportunity to approach G-d in private prayer and it should therefore be said quietly.
- Only a grave emergency justifies interrupting the Amidah since it is considered a conversation with G-d.

- Before a Jew begins the Amidah, they take three small steps forward as if they were approaching a king. If there isn't much space, they take several tiny steps back before taking the three symbolic steps forward.
- Jews bend their knees and bow at both the beginning and the end of the first blessing.
- Jews will stand straight up when they say G-d's name ('Adonai').
- In the sixth blessing, for forgiveness, when saying 'hatanu' (we have sinned) most Jews will lightly beat their chest with their right hand. This symbolises that the heart is the source of temptation to sin.
- At the end of the eighteenth blessing, for thanksgiving, Jews will bow again.
- At the end of the Amidah, Jews will meditate before saying 'Oseh shalom bimromav' (this means 'He who makes peace in his heights'). While saying that line, they bow three times – to the left, to the right, then forwards. This is symbolic of leaving a king.



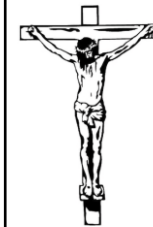
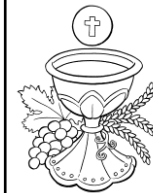
Year 8 Worship key facts

Christianity - Holy Communion

You are expected to know all of the information in this booklet.
You will be assessed on this knowledge.

- **Holy Communion** is also known as **Eucharist** or **Mass**.
- Holy Communion is a **sacrament**. This means that it is an outward sign of an inward grace. Another way of describing this is that a sacrament is an action made holy or special because of its believed ability to demonstrate a truth about God.
- Christians don't say that they 'do' or 'carry out' the Eucharist; they **celebrate** it. In some churches, the person who takes the leading role in the ceremony is called the **celebrant**.

- Christians often have Holy Communion services at church. Holy Communion is a **re-enactment of the Last Supper**, the final meal that Jesus shared with his disciples before his arrest and crucifixion.
- At the Last Supper, Jesus ate bread and drank wine and told his disciples to do the same in memory of him.
- Jesus gave his disciples **bread** and **wine** and told them that they were symbols for his **body** and his **blood** that would be sacrificed on the cross for them.
- Luke 22:19 says "And He took bread, gave thanks and broke it, and gave it to them saying, 'This is my body given for you; do this in remembrance of me.'"
- Catholics believe that when the priest repeats Jesus' words from the Last Supper, the bread and wine actually turn into the body and blood of Jesus, even though they look the same on the outside. This is called **transubstantiation**.
- Other Christian denominations think that the bread and wine symbolise Jesus' body and blood but that they are not transformed. This is called **consubstantiation**.
- Protestants believe that Jesus made his sacrifice on the cross and simply follow the tradition of the sacrament in memory of the event, recalling its **symbolic importance** in the life of Jesus.



The Religious Society of Friends (**Quakers**) do not celebrate Holy Communion because they do not recognise the sacraments. They don't regard some activities as more sacred than others, nor do they believe that any particular ritual is needed to get in touch with God.

- The Holy Communion symbolises the **new covenant** (promise) given by God to His followers. The old covenant was the one given by God to Israel when He freed His people from slavery in Egypt. The new sacrament symbolises freedom from the slavery of sin and the promise of eternal life.
- Celebrating Holy Communion helps individuals to become closer to God and strengthen their faith. They receive **God's grace** by joining in the **sacrifice of Jesus**.
- Holy Communion also has benefits for communities because it brings the community of believers together in unity by sharing the bread and the wine. This can provide support and encouragement for people who are going through a difficult time.



Year 8 Worship key facts

Sikhism - Kirtan and Langar

You are expected to know all of the information in this booklet.
You will be assessed on this knowledge.

Kirtan

- Devotional singing of the Guru Granth Sahib is called **kirtan**.
- Kirtan means 'singing the praises of God'.
- Kirtan usually takes place during the service on a Sunday. It also often happens during festivals to honour the Gurus.
- Generally in the Gurdwara the musicians either sing alone or request the **Sangat (congregation)** to repeat the lines of the hymn after them in chorus. This is known as congregational hymn singing.

Langar

- Langar means **free kitchen**. It is a shared eating area in a Gurdwara.
- The langar is open to everyone – it doesn't matter what gender, ethnicity or religion they are. Men and women sit side by side in the langar.
- All the food that is served in a langar is **vegetarian**. Everyone receives the same food.
- Sikhs are expected to volunteer at the langar by donating, cooking and serving food as well as washing up and cleaning. This is a part of the **sewa** (service to others).
- Traditionally, people sit on the floor to eat so that everyone is at the same level with nobody in a higher position. Nowadays, some people sit on benches.



In October each year, Sikhs in the UK and around the world have **International Langar Week**. During this time they try to:

1. Introduce a friend to the langar
2. Set up a langar in a public place
3. Join a local street langar team that gives food to the poor