



Key Vocabulary

Word	Meaning
Prayer	A request for help or expression of thanks addressed to God or another deity.
Puja	A Sanskrit word for worship.
Shokla	Verses or Poems
Mantras	Sacred syllables repeated in prayer,
Kirtans	Congregational singing of mantras.
Enlightenment	Knowledge or wisdom, or awakened intellect.
Nirvana	To reach the end of the cycle of death and re-birth.
Dharma	The teachings of the Buddha.

Why do people pray?

1. To give thanks.
2. To say sorry, asking for forgiveness.
3. To make a request (help/advice).
4. To praise God.



How do faiths worship God?

1. Sing songs to give praise.
2. Pray
3. Recite extracts from holy books.
4. Visit places of worship.
5. Celebrate festivals.



Prayer

All three religions pray both at home or publically in the **mandir** (Hindus), Buddhist temples, and **Gurdwara** (Sikhs).

Hinduism

Prayer is a part of the 16-steps of **Puja** (worship), including offering water to wash feet, offering a seat etc. Prayers are in **sanskrit** and a common word used in prayer is 'oum'.

Buddhism

Buddhists have a **shrine**, consisting of a **statue of Buddha**, candles and incense. Buddhists also partake in **Puja**, which includes **chanting** to show their **love and gratefulness** to Buddha for his teachings.

Sikhism

Sikhs only pray to God (no statues). Sikhs have **five set prayer times** daily, including morning, evening and just before bedtime. Prayer for Sikhs allows for time in **company with God**.



Music and worship

All three religions incorporate music as a part of their worship.

Sikhism

Raga, a type of prayer, are accompanied by music played on both the harmonium and tabla. **Shabad kirtans** (hymns) are sung based on the **Guru Granth Sahib** (holy book). Raga is not sufficient enough as prayer – must be accompanied by the emotion and wisdom of the **Guru Granth Sahib**.

Hinduism

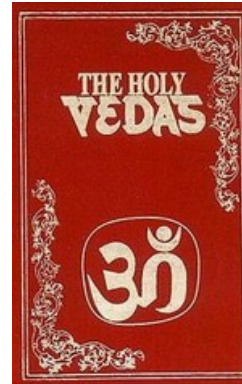
Used to evoke the feelings of love and connection that helps Hindus feel closer to the Divine. Music includes: **Shoklas**, **Mantras**, **Kirtans** and **Bhajans**.

Buddhism

Chanting of mantras is most common. In Tibet, Buddhists chant in Tibetan or Sanskrit. It consists of **sacred texts** and instruments which mimics the sound of animals. (Drums mimic the footsteps of elephants and horns mimic bird calls).



Sacred texts and scriptures for worship



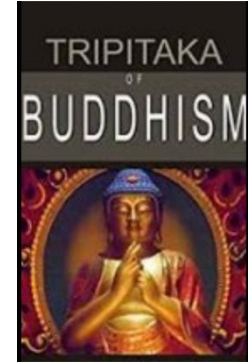
Hinduism

The Holy Vedas



Sikhism

Guru Granth Sahib



Buddhism

The Tripitaka



Extending your learning

1. Meditate to a Tibetan morning chant: [Tibetan Morning Chant – YouTube](#)
2. Visit a mandir/gurdwara/Buddhist temple and explore how worship is promoted.
3. Interview a Hindu/Sikh/Buddhist about their prayer and worship rituals.
4. Explore how Diwali is celebrated and its links to worship:
<https://www.bbc.co.uk/bitesize/topics/zh86n39/articles/zjpp92p>