LITHERLAND HIGH SCHOOL

LIVO CATCH-UP 10

Year 7 – Sikhism

You have missed some lessons. Don't worry – this will give you the essential knowledge you need to join back in.

1 WHAT IS SIKHISM?

Sikhism is a major world religion that began in India in the 15th century.



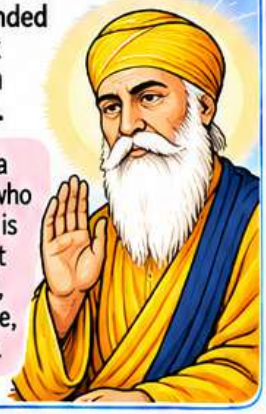
Around **25–30 million followers worldwide** (about 0.3% of the world's population).

Around **500,000 followers in the UK** (about 0.8% of the UK population).

2 GURU NANAK

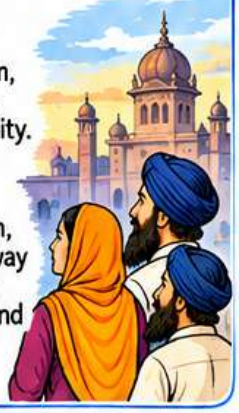
Sikhism was founded by **Guru Nanak (1469–1539) in northern India.**

Guru Nanak was a spiritual teacher who taught that there is one God, and that everyone is equal, regardless of caste, religion or wealth.



3 HOW DID IT BEGIN?

- Sikhism began in response to some aspects of Hinduism, including the caste system and inequality.
- Guru Nanak took ideas from both Hinduism and Islam, but taught a new way of living based on equality, service and belief in one God.



4 BELIEFS ABOUT GOD

- Sikhs believe in one God (**Ik Onkar**) who is the ultimate reality.
- God has no form, is everywhere, and is eternal (always exists).
- God is seen as loving, just, and equal to everyone.

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5 KEY BELIEFS

ੴ **Ik Onkar** – there is one God.

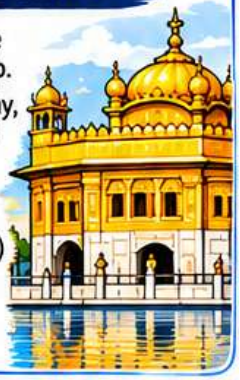
Equality – all people are equal.

Service – helping others (selfless service, or seva).

Guru Granth Sahib – the holy book and eternal Guru for Sikhs.

6 THE GURDWARA

- The gurdwara is the Sikh place of worship.
- Sikhs go there to pray, read from the Guru Granth Sahib and worship together.
- It also provides a langar (a free meal) for everyone, showing equality and community.



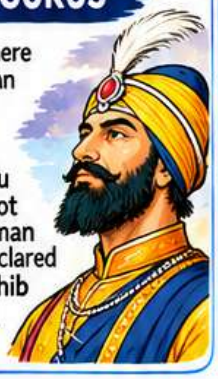
7 THE GURU GRANTH SAHIB



- The Guru Granth Sahib is the Sikh holy book.
- It contains the teachings of Guru Nanak and the other nine Gurus.
- Sikhs treat it with great respect as their eternal Guru.

8 THE TEN GURUS

- After Guru Nanak, there were nine more human Gurus who led and developed Sikhism.
- The Tenth Guru, Guru Gobind Singh, did not appoint another human Guru. Instead, he declared the Guru Granth Sahib as the eternal Guru.



9 KEY VOCABULARY

Sikhism	a world religion that began in India in the 15th century
Sikh	a follower of Sikhism
Guru	a spiritual teacher and leader
Guru Nanak	the founder of Sikhism (1469–1539)
Guru Granth Sahib	the Sikh holy book and eternal Guru
Gurdwara	the Sikh place of worship
Ik Onkar	the symbol and belief in one God
Langar	a free meal for everyone, showing equality and service (seva)

10 YOUR CATCH-UP 10

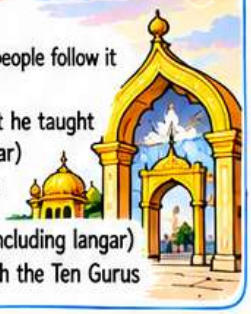
Answer these without looking back.

1. What is Sikhism?
2. How many followers are there worldwide and in the UK?
3. Where and when did Sikhism begin?
4. Who founded Sikhism?
5. What did Guru Nanak teach about equality?
6. What do Sikhs believe about God?
7. What is the Guru Granth Sahib and why is it important?
8. How many human Gurus were there and what happened after the Tenth Guru?
9. What is the gurdwara and what happens there?
10. What does langar show about Sikh beliefs?

FINAL CHECK

I now know:

- ☐ what Sikhism is and how many people follow it
- ☐ when and where it began
- ☐ who Guru Nanak was and what he taught
- ☐ key beliefs about God (Ik Onkar)
- ☐ the role and importance of the Guru Granth Sahib
- ☐ what happens at a gurdwara (including langar)
- ☐ how Sikhism developed through the Ten Gurus



NOW I'M READY TO REJOIN THE LESSON!