



Year 3 Summer 1

What does it mean to be a Sikh in Britain today?

Sikhism	One of the world's main religions	Gurdwara	A Sikh place of worship
Sikh	Someone who follows Sikhism.	Guru Granth Sahib	The Sikh holy text
Guru	Spiritual teacher	Sewa	Everyone has a duty to serve others, regardless of who they are
Guru Nanak	The founder of Sikhism	Sargan	The belief that God is everywhere and in everything.
Mool Mantar	Sikh statement of belief found in the Guru Granth Sahib	Nirgun	The belief that God is above and beyond everything.

The Mool mantar

Ik Onkaar	• There is only one God
Sat Naam	• His Name is Truth
Karta Purkh	• He is the Creator
Nir Bhau	• He is without fear
Nir Vair	• He is without hate
Akaal Moorat	• He is beyond time (Immortal)
Ajoni	• He is beyond birth and death
Saibhang	• He is self-existent
Gur Parsaad	• He is realised by the Guru's grace



Powerful knowledge



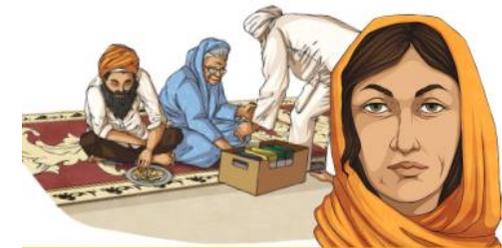
Sikhism started in a context where there was a lot of inequality, founded by **Guru Nanak**.

The **Khanda** is the main symbol of Sikhism. The **Ik Onkar** means 'there is only one God'.

The Mool Mantar is the main statement of belief and Sikhs spend a long time studying this.

There were ten gurus who spread God's message.

Sewa is the practice of selfless service, i.e. serving God and others with no thought for personal reward. **Sewa** is important in Sikhism because it helps to promote equality. **Sewa** can be done at the **langar** – the free kitchen connected to the **gurdwara**.



Why are service, dignity and human equality so important to Sikhs?

