



Phase: UKS2

How does faith help when life gets hard?

What should I already know?

- The messiah (Jesus) was seen to be throughout the Bible even before being born. He used the Ark to save Noah showing salvation or when God promised to watch the world through Abraham's family – through Jesus. Sacrifices pointed to Jesus and then Jesus became the ultimate sacrifice for our sin.
- It was believed the land was occupied by the 'enemy' and people were hopeful that God would send somebody to save them – the Messiah.
- Hindu belief shows that all animals and humans have a spark of Brahman inside of them. This spark of Brahman inside each living creature is called 'atman'.
- Atman is the eternal self.

Key learning 1

- Religions all reflect on life - they offer responses to human experience. They also recognise that life has ups and downs.
- Many religions offer followers hope and guidance for life. Some religious believers may focus on thanking God for good times too.
- the science of positive psychology recommends gratitude, a positive response to good things that happen.
- Research says that just 15 minutes a day focusing on things to be thankful for can improve happiness. It can help to give a balanced perspective.
- Religions also recognise that times can be tough too.

Key learning 2

- Many religions believe that there is some form of life after death. Many atheists such as Humanists believe that this life is the only one we have, and there is no life after our bodily death.
- Reasons why people might believe in life after death: . religious teachings in holy books; Christian beliefs about Jesus' resurrection; beliefs about a soul or spirit that lasts past the death of the body; stories about people who claim to have 'near death experiences'; a hope that this life is not the end of everything; a sense that the universe is more than the material world.

Key learning 3

- Christian teachings about life after death: Human beings are creatures. They are sinful and rebellious against God. They are finite and mortal – they die. The New Testament teaches that Jesus (who was God incarnate – in the flesh) came to repair the damage done by human sin – to save them (salvation). At some point in the future, everyone will face judgement by God. For those who trust in Jesus, his sinlessness will be transferred to them, so that gain eternal life.

Strap line:

- Theologians are curious about world religion and are respectful towards the beliefs of others whilst celebrating diversity.

Key learning 4

- Samsara: Hindus believe in reincarnation. The cycle of birth, death and rebirth is called samsara.
- Atman: is the eternal self, a spark of the divine in every living thing, which is reincarnated through the cycle of samsara. Hindus believe that this atman has always existed and that an atman born in the form of a human being has already passed through many previous incarnations.
- Karma: a cosmic justice system from which no one can escape. Good karma will lead to a better incarnation in future lives and bad karma will result in an incarnation which is not so good.
- Dharma: duty. When an atman is reborn as a human, he or she has a great opportunity to gain good karma. A person does this by doing their duty, or dharma. This helps to get a better life next time, or even to achieve moksha – liberation from this cycle of samsara.
- Moksha: one way of describing this is the 'spark' of atman returns to the 'fire' or Brahman. Or the drop of water (atman) dissolves into the ocean (Brahman). It is a state of bliss, with no more suffering or rebirth.

Vocabulary

Psalm	a sacred song or hymn, in particular any of those contained in the biblical Book of Psalms and used in Christian and Jewish worship.
Humanist	a person who follows a philosophy about the world and who doesn't believe in supernatural powers but believes in the world around them.
Scriptures	the sacred writings of Christianity contained in the Bible.
Atman	the spark of Brahman inside each living creature and can be seen as someone's true self.
Samsara	The cycle of birth, death and rebirth.
Meditation	a written or spoken release expressing considered thoughts on a subject.
Atheists	a person who disbelieves in the existence of Gods.
Agnostics	a person who believes that nothing is known or can be known about the existence of God.

Key learning 5

- A funeral is usually carried out at a church, crematorium or cemetery and will include prayers, a sermon, readings, hymns and sometimes music or poems.
- A funeral of a non-religious person, the life is celebrated for what was achieved and what was given to others. The focus is on the life lived, not on a life to come. Share some readings that could be chosen for a non-religious funeral service.

Bible Stories

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| <ul style="list-style-type: none">• Gods Creation: Adam and Eve• Noah and the Ark• The Story of Moses• Joshua and the Battle of Jericho• David and Goliath | <ul style="list-style-type: none">• Daniel in the Lion's Den• Jonah and the Whale• Birth of Christ• Crucifixion and Resurrection of Christ |
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