



Key Scripture

Guru Granth Sahib is seen as a permanent living Guru for Sikhs. It was to be given honour and respect. In it all answers regarding religion and morality can be discovered. In all gurdwaras and many Sikh homes, the Guru Granth is read every day. No Sikh ceremony is complete unless performed in its presence. On a daily basis, Sikhs receive a hukam in a gurdwara or at home. The hukam is the first hymn on the left hand page when the scriptures are opened at random. These verses are a word from God which will be helpful for that day.

Practices

The three basic principles in Sikhism are: nam japo (meditate on God's name), kirt karo (work honestly) and vand chako (give to those in need)

Seva (service) is an important part of the Sikh way of life. Seva panthi are Sikhs who give their lives to the service of others

The family is key to relationships. Sikhism encourages marriage seeing it as part of God's plan.

All humans are seen as equal. Women are treated equally to men.

Work is seen as a religious duty.

Key Vocabulary

Mool Mantra	The opening words of the Sikh scripture: The Sikh statement of belief.
Ik Onkar	The first line of the Mool Mantra. It means 'There is only one God'. The associated symbol helps Sikhs to focus when praying and meditating,
gurdwara	The Sikh temple (place of worship).
seva	Service to others.
nam japo	Mediate on God's name.
kirt karo	Work honestly.
vand chako	Give to those in need.

Key Theological Concepts

Sikhs ethical principles are built on the teachings of the gurus, found in the Adi Granth and the Guru Granth Sahib. The key beliefs are:

1. Belief in one God - A belief in one God is central to Sikh beliefs. These are Ik Onkar are the opening words of the Mool Mantra, meaning One God, written Gurmukhi script. The symbol is found in the gurdwara and Sikh homes.
2. All human beings are equal
3. In doing good actions
4. Striving for a good life that keeps God in heart and mind, being honest and hard-working, treating everyone equally, sharing wealth with others and serving others: Nam japo (meditate on God's name), kirt karo (work honestly) and vand chako (give to those in need). Seva – service to others can be clearly seen in the langar and the giving of karah.



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