



R&W - Just how important are our beliefs?

articles of faith	Objects or symbols that represent and remind people of their beliefs and practices.	fast*	To choose not to eat all or some foods for a set time for religious or health reasons.
belief	A feeling of being sure that something is true or exists.	Khalsa*	A community of initiated Sikhs, founded by Guru Gobind Singh in 1699.
charitable	Willing to help others, often by giving money, time or support to those in need.	outward expression	Showing something through items, actions or symbols that others can see.
commitment*	Willingness to be dedicated to a particular cause, activity or relationship and to follow through on promises.	responsibility	Being in charge of your choices and actions.
core	The important or central part or something.	sacrifice*	Giving up something important or valuable for the sake of something else.



Many people have special ceremonies to welcome babies. Promises based on beliefs are made on behalf of the baby.



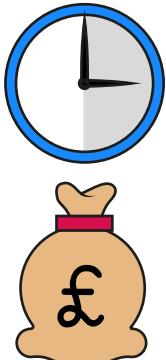
Ceremonies of commitment take part in some religious worldviews between the ages of 8 and 16. These are often seen as a way for a young person to make their own commitment to their beliefs as they are old enough to be responsible for their choices and actions.



There are many ways people can outwardly express their beliefs. What we see on the outside can give us a clue to what a person thinks, believes or feels but we can find out more by talking to people.



Some people make choices about what they eat based on their beliefs. For example: Lent*, fasting during Ramadan*, being vegetarian and choosing kosher* or halal* food.



Many people sacrifice their time or money to help others. In some religious worldviews, there are teachings about this. How someone spends their time or money can suggest what is important to them.



Some Sikhs choose to be initiated and become Khalsa Sikhs. The first five Khalsa members were willing to sacrifice their lives for their beliefs. This means they trusted and had faith in God. Many Khalsa Sikhs follow this example and try to live a life fully focussed on God and the Guru's teachings, living by strict moral and ethical guidelines, and being willing to stand up for what is right and helping others.