

## LKS2 How does the teaching of the **gurus** move Sikhs from dark to light?

### What should we know?

A **Guru** is a teacher who gives guidance from God.

Sikhs believe:

- In one God 'Waheguru,' the most wonderful teacher.
- That no one religion is the only true way to Waheguru. We are all children of God.
- Guidance from God came to humans through ten Gurus.
- Guru Nanak was the first Guru. He wanted to teach people how they should live their lives and try to bring them into the light.
- The Guru Granth Sahib continues to lead those who choose to follow its teachings from Darkness to Light. Sikhs are encouraged to listen and meditate on its words.
- Repeating 'Waheguru' focuses the mind and helps you know God better.



Guru Nanak - *All that matters is to love God in your heart and to worship God with all your soul.*



Ik Onkar – one God.



**Guru Granth Sahib**

### What should we be able to do?

*Understand that Guru means teacher and the purpose of a Guru to share the light of God.*

*Describe what a Sikh might learn from stories of Guru Nanak.*

*Understand the significance of Ik Onkar as representing the Sikh belief in one god.*

*Describe how and why Sikhs show the Granth the respect due to a living guru and how this is like or different from how other holy books are treated.*

*Understand how a Sikh will listen to the true Guru through chanting and meditating.*

### What words should we understand and be able to use?

<b>Sikhism</b>	Based on the belief in One God, the Sikh religion recognizes the equality of all human beings. Sikhism is more properly known as SIKHI; Sikhism is a western term.	<b>Guru Nanak</b>	The founder Guru of Sikhism regarded as the embodiment of Divine Light.
<b>Sikh</b>	Sikh (pronounced 'seek' in Britain but 'sic' is more accurate) means learner, disciple or follower of the Gurus.	<b>Guru Granth Sahib</b>	The final Sikh Guru in the form of a book of hymns and prayers written by the gurus. Given the same respect as a living human Guru.
<b>Guru</b>	For Sikhs this term means a teacher who gives guidance from God. The word Guru is composed of two terms: GU means darkness and RU-means Light. A guru is Human in form, divine (of God) in spirit.	<b>Waheguru</b>	God has many names in Sikhism and Waheguru is probably the most important and most common