

# YEAR 7 - WHAT IS A RELIGION? 1

**KEY WORD - Monotheism - The belief in one God.**



**IMPORTANT:**  
For the 3 monotheist religions below, belief in God is really important. All other beliefs exist because of God. God makes the religion.



**JUDAISM** - The oldest monotheist faith.  
- Started by Abraham who made a promise with God.  
- Jews can worship God by reading His words in the Torah. They may also worship with others in a Synagogue.

**CHRISTIANITY** - Started with the birth of Jesus. Christians believe He is the Son of God.  
- They believe that Jesus sacrificed himself so all humans can go to Heaven with God.  
- Christians try to be good in this life so they can spend eternity with God.



**Islam** - started by the Prophet Muhammad.  
- Muslims worship God by praying to Him 5 times every day.  
- They also spend the month of Ramadan fasting during day light hours.



**KEY BELIEFS OF JAINISM**

**AHIMSA** - The belief in non-violence toward every living thing.  
- Too much violence will cause lots of bad karma and will keep your soul trapped.  
- Jains try hard not to hurt things by accident. They sweep insects off the road and wear masks. They also fast.



**JINAS** - 24 beings who have managed to free their souls.  
- Many Jains worship them like Gods.  
- They are NOT like the monotheist God.  
- They used to be people trapped like us.



**KARMA** - Every action you do collects good or bad karma.  
- To free your soul, you must remove all bad karma by devoting your life to non-violence.



**JIVA** - Every living thing has a Jiva or a soul.  
- This is what gets reborn.  
- The Jinas are beings who got rid of all bad karma and freed their souls.



**REINCARNATION** - The Jain belief of what happens when you die.  
- Your Jiva is reborn into another body. Rebirth is controlled by karma.



**Is Jainism a religion, even without a God?**

**YES!**  
It is one of the 3 most ancient religions.  
Lots of believers + followers.  
Key beliefs → see above.  
clear practices - ways that people should behave and live

**NO...** Monotheists may argue that a true religion must have an all powerful, creator God.