

What do Sikhs believe about God?

There is only **one God**.

There are **ten Gurus** – teachers – who were chosen to deliver God’s messages.

The three duties that a Sikh must carry out: **Pray, Work, Give**.



Guru Granth Sahib Ji

The holy book which is the 11th and final living Guru and contains the messages of all the Gurus.



Sikhs must follow these rules:

- bowing the head to the ground in the presence of the Guru
- covering the head
- removing shoes to enter the presence of the Guru
- sprinkling water ahead of the Guru Granth Sahib
- providing a room and bed for rest.

Gurdwara

Sikhs worship in public at a **Gurdwara** and in private at home.

The word Gurdwara means door or gateway to the Guru.

Gurdwaras fly this flag outside to show that it is a special place. The flag contains the Sikh symbol called the **‘Khanda’**.



Guru Nanak

The first Guru who founded Sikhism was a wise man called **Guru Nanak**. He taught people that everyone is equal.



Guru Nanak and the boulder



The Five K’s

The five K’s are important to Sikhs as when they are worn or used, they show the Sikh is dedicated to the Guru.

The **Kara** (a bracelet) is worn to remember God and reminds children to behave in a sensible manner.



The **Kachera** (a pair of shorts) are worn to remind Sikhs to wear modest clothes.

The **Kirpan** (a small sword) symbolises bravery and reminds Sikhs to stand up for themselves.



The **Kesh** is worn on their head. Sikhs are not allowed to cut their hair as it is a gift from God. They must keep it covered and clean.

The **Kanga** (a wooden comb) is used to keep hair neat and tidy.



Darbar Sahib (Main Hall)

This is where people sit and worship. They all face the Guru Granth Sahib



Golak (the donations box for food for the communal kitchen)



The **Langar** is the free kitchen where food is served all day. Sikhs eat together; everyone is equal.