

Christianity

- Christianity is a **monotheistic religion** centred on the life and teachings of Jesus Christ, believed to be the Son of God and the Savior of humanity.
- **The laws come from:**
 - The Ten Commandments and the teachings of Jesus Christ found in the Bible
- Core beliefs include the Trinity (Father, Son, and Holy Spirit), the death and resurrection of Jesus, salvation through faith, and the promise of eternal life.
- **The laws guide people to...**
 - emphasise love, forgiveness, and moral living as well as to love your enemy and bless those that persecute you.
- **Major branches include Roman Catholicism, Eastern Orthodoxy, and Protestantism, each with distinct practices and theological emphasis.**



Islam



- Islam is a **monotheistic Abrahamic faith** founded in the 7th century CE in Mecca by the Prophet Muhammad. Muslims, its followers, believe in one God (Allah). The meaning of Islam is also part of the ethical teachings: "peace" or way to peace.
- **The laws come from:**
- Their holy book, the Qur'an, which is viewed as the verbatim word of God. Islam emphasises five pillars: *Shahada* (faith), *Salah* (prayer), *Zakat* (charity), *Sawm* (fasting during Ramadan), and *Hajj* (pilgrimage to Mecca).
- **The laws guide people to...**
- submit to God's will.
- live according to moral and ethical behaviours, such as being patient towards other people, forgiving one another and striving toward community cohesion
- eat certain foods (Halaal) and avoid others.
- **Islam has diverse traditions and sects, with Sunni and Shia being the largest and has a significant global influence with over a billion adherents.**



Hinduism



- Hinduism is one of the world's oldest religions, originating in the Indian subcontinent. Hinduism is **polytheistic**, with deities like Brahma, Vishnu, and Shiva playing significant roles. It encompasses a diverse range of beliefs, practices, and rituals.
- **The central laws come from:**
 - Sacred texts such as the Vedas, Upanishads, Bhagavad Gita, and Ramayana which guide its followers.
- **The laws guide people to...**
 - submit to the concepts of *dharma* (duty/ethics), *karma* (action and subsequent reaction), and *moksha* (liberation from the cycle of rebirth).
 - strive to rid oneself of self-centredness, cruelty and greed.
- **Unlike many religions, Hinduism has no single founder and is characterised by its flexibility and diversity in practice and belief.**



Judaism



- Judaism is a **monotheistic** religion that believes in one God. It involves a set of rules and practices that affect every part of their lives.
- **The laws come from:**
 - The **Torah**, which includes the first five books of the Hebrew Bible.
 - The **Talmud**-collection of interpretations of the Torah.
 - **Customs** that developed for religious reasons and have continued.
- **The laws guide Jewish people on ...**
 - how to run their businesses.
 - how to dress appropriately.
 - how to maintain cleanliness.
 - who to marry – marriage to people from other religions is discouraged.



Bahá'í



- The Bahá'í Faith is a **monotheistic religion** founded in the 19th century by Bahá'u'lláh in Persia, emphasising the spiritual unity of all humankind.
- The central laws come from the:
- Sacred Central tenets which include the oneness of humanity, the equality of men and women, the elimination of prejudice, and the harmony of science and religion.
- The laws teach people...
- that God periodically reveals His will through divine messengers, including Abraham, Moses, Buddha, Jesus, Muhammad, and Bahá'u'lláh, each bringing teachings relevant to the time.
- to eliminate prejudice and injustice and to be tolerant of other religions.
- Bahá'ís follow a calendar of 19 months, each with 19 days, and engage in community building, service, and the promotion of global peace and justice.



Buddhism

- Buddhism is a spiritual tradition founded by Siddhartha Gautama (the Buddha) in ancient India.
- **The laws teach:**
 - The Four Noble Truths, explaining that life involves suffering and how to overcome it by following the Noble Eightfold Path.
 - Key ideas include *karma* (cause and effect), rebirth, and seeking enlightenment (nirvana) to break free from the cycle of life and death.
- **The religion promotes...**
 - ethical living, meditation, and wisdom to develop compassion and understanding, ultimately aiming to end suffering and achieve spiritual freedom.
 - the belief that you make yourself happy as happiness comes from within you.



African Traditional Religions



- African Traditional Religions (ATRs) are the native spiritual practices of African communities, passed down through generations.
- These religions vary widely but often include worship of a supreme creator, respect for ancestors, and belief in spirits linked to nature.
- Key elements are rituals, music, dance, and community ceremonies.
- ATRs stress a strong bond with nature, community, and the balance of all life.
- They also focus on holistic healing, addressing physical, spiritual, and social health.

