



# Hinduism:

## What is the best way for a Hindu to show commitment to God?

### Topic Overview

- For many Hindus, religion is more a matter of practice than of beliefs,
- What you do may be considered more important than what you believe.
- Hindus are committed to God and show their commitment in different ways.
  - **Puja**  
Worship can take many forms and is a very personal aspect of daily life. Most Hindus will worship every day, mostly at home, using a private shrine where offerings are made and prayers (mantras) are said. A shrine can be part of a room, a small altar or simply pictures or statues of the deity. Worship can be performed alone at home or in a temple with others. Family members often worship together. Hindu worship is primarily an individual act rather than a shared one as it involves making personal offerings to the deity. Worshippers repeat the names of their favourite deities and repeat mantras. Water, fruit, flowers and incense are offered to God.
  - **Pilgrimage**  
A pilgrimage can help Hindus by connecting them with Brahman. Through pilgrimage, they can show their belief in God. The River Ganges is one of the most sacred rivers in the world and is important as it is where Hindus bathe in the hope they can wash their sins away. Hindus believe that bathing in the river helps to cleanse the soul - people are baptised in the river and the ashes of people who have died are poured into the river.
  - **Vedas**  
Hindus are given guidance as to how to live their lives through the Vedas which are the oldest religious texts in Hinduism and are the law. Dharma is the code for leading one's life. Hindus believe they have a duty to act in the right way that God teaches. How Hindus live their lives is as important as worship.

### Links with other religions

- **Shrine** (Buddhism). The most important part of a Buddhist temple is the 'shrine room.' Many Buddhists have shrines at home. They bring offerings of candles, flowers, incense, food and gifts.
- **Worship** (different religions). For most religions, worship can take place privately (at home) or publicly (in a place of worship).
- **Judaism**: For Jews, worship can take place either in the synagogue or at home. It is often more important to practise faith at home. Worship in the synagogue is important to Jews because it brings the community together.
- **Christianity**: For Christians, worship can take place either in the church. Most Christians believe it is important to come together to share acts of devotion and honour God.
- **Buddhism**: Buddhist worship is called puja. It can take place at home or in a temple, either alone or with others. It is not considered essential to go to a temple to worship with others.
- **Islam**: Both the mosque and the home are important places of worship for Muslims. The Qur'an teaches that the whole world is a mosque, so people can pray anywhere.
- **Pilgrimage** (different religions). Going on pilgrimage is a sacred duty for many faiths. For example: Jerusalem (Judaism), Bethlehem and Lourdes (Christianity), The Golden Temple (Sikhism), Bodhi Gaya (Buddhism) and Makkah/Hajj (Islam). \*Pilgrimage is not compulsory for Christians or Sikhs.\*
- **Holy Texts** (different religions). Religious people often turn to their holy books for guidance on how to live out their faith in a practical way. For example: The Torah (Judaism), The Bible (Christianity), The Guru Granth Sahib (Sikhism), The Tripitaka (Buddhism) and The Qur'an (Islam).

Key Vocabulary	Definition
Commitment	A willingness to give your time and energy to a job, activity, or something that you believe in.
Vedas	Knowledge
Puja	Worship
Dharma	Teachings
Pilgrimage	A special religious journey that is made for a specific purpose.

