

R.S EXAM QUESTIONS AND ANSWERS

Christianity Component 1: Beliefs and Teachings

2 markers

Give two characteristics which describe the nature of God. (2)

1. Benevolent
2. Omnipotent

Give two examples of suffering in the world today. (2)

1. Illnesses
2. Poverty

Give two examples of evil in the world today. (2)

1. Murder
2. Stealing

Give two examples of moral evil. (2)

1. Murder
2. Stealing

Give to examples of natural evil. (2)

1. Earthquakes
2. Floods

Give two ways Christians may respond to the problem of evil and suffering in the world today. (2)

Give two persons of the trinity. (2)

1. The Father
2. The Holy Spirit

Give two things God created in the Genesis story. (2)

1. The heavens and the earth
2. Humans

Give two different states of life after death in Christianity. (2)

1. Heaven
2. Hell

Give two reasons why the disciples believed Jesus was alive after his resurrection. (2)

1. The tomb was empty
2. He came to people

Give two events which happened after Jesus resurrected. (2)

1. His ascension
2. He visited people

Give two examples of sin. (2)

1. Murder
2. Stealing

Give two means of salvation. (2)

1. Through doing good work
2. Through grace

4 markers

Explain two ways in which the nature of God influences Christians today. (4)

Christians believe God is benevolent which means all-loving, this encourages them to be loving also towards everybody and always treating people with love and kindness, this can include helping people and caring for them.

Christians also believe that God is just and treats everybody fairly. This means Christians also aim to be like this and try to act kindly and disagree with discrimination, prejudice or injustice.

Explain two ways in which a belief in God as omnipotent influences Christians today. (4)

Christians believe God is omnipotent which means he is all-powerful and has unlimited authority. This encourages Christians to look up to God and recognise his power, and therefore have a lot of respect for God.

This also influences Christians to trust God and be able to rely on him in times of need, this can be done through prayers or simply talking to God, and having faith that God's omnipotence can help protect them.

Explain two ways in which a belief in God as loving influences Christians today. (4)

One way the belief that God is all-loving influences Christians is by encouraging them to act the same and always treat each other and God with love and compassion at all times, even when it is not deserved.

Another way this influences Christians is to help others in times of need, even if it has nothing to do with them. This can be done by either listening to someone's problems and giving advice, or doing acts such as donating to charity, as these show the love a Christian should have.

Explain two ways in which a belief in God as just influences Christians today. (4)

This influences Christians to be just and fair like God is, so not to judge anybody despite the conditions. This means most Christians try not to discriminate against people and always try to fight for justice and what is right.

This also influences Christians to be the best they can be, and only act with good intentions at all times. This is because God is believed to be the perfect giver of justice and the perfect judge of human character, so Christians must aim to be good in order to be judged rightfully by God.

Explain two ways the problem of evil and suffering may influence Christians today. (4)

One way the problem of evil and suffering influences Christians is by encouraging them to do all they can to prevent these wrongs and sorts of evil in the world, wherever they encounter them and however they can.

It also influences Christians to always be forgiving towards those who have caused evil and suffering, no matter how bad the consequences are. Christians should always trust God through hard times, despite whether it was caused by evil and suffering or not.

Explain two ways the trinity influences Christians today. (4)

The belief that God is the Father influences Christians to believe he is all loving, all knowing and all powerful. This also provides a father figure to Christians, as someone they can go to in times of need for support and comfort.

The belief that God is the Son, Jesus Christ, influences Christians to act in the ways Jesus did, with love and compassion. This encourages Christians to always be helpful as Jesus helped many people despite what people did to him.

Explain two ways in which a belief in creation influences Christians today. (4)

One way a belief in creation influences Christians is that it encourages them to treat people and the world with respect because God is the creator who made everything from nothing and therefore they should respect the world and look after it.

Explain two ways a belief in life after death influences Christians today. (4)

Life after death influences Christians to always act with compassion and love towards others and the world as they believe that God will judge whether they are worthy to go to heaven or hell based on their actions in their life. Heaven is a place of eternal happiness in the presence of God and Hell is believed to be a place of eternal suffering and torment.

Belief in the afterlife also encourages Christians to be less attached and suffer less when they lose a loved one because if they have lived a peaceful, good life then when they die they will also go to heaven and see their loved ones again and be reunited with them.

Explain two ways a belief in resurrection influences Christians today. (4)

The resurrection assures Christians that God will forgive their sins if they continue to follow their faith which is believed to help them become closer to God and strengthen their relationships with God, which is very important especially in times of need.

It also encourages Christians to accept Jesus and his resurrection as then they too can also be resurrected which means they should no longer fear death as they will go to a place of eternal happiness

Explain two ways a belief in heaven and hell influences Christians today. (4)

The believe in heaven influences Christians to live better lives with only good intentions so they can experience eternal happiness, peace, joy and freedom from pain with God. Christians also believe they will reunited in heaven with their loved ones.

Christians believe hell is a place of eternal torment, without God. They believe it is ruled by Satan and this encourages Christians to want to go to heaven in order to avoid such pain and therefore this means it encourages Christians to be kind, loving and compassionate at all times.

Explain two ways Jesus' crucifixion influences Christians today. (4)

Jesus' crucifixion gives Christians hope when they are suffering, as they accept that it is a part of life just as it was a part of Jesus' life. This influences Christians to respond better to suffering and therefore understand it more.

It also gives Christians hope that their sins will be forgiven if they repent and show God that they are sorry and continue to act in the right way rather than the wrong way to prove their remorse.

Give two ways sin may influence a Christian today (4)

Explain two Christian teachings about the means of salvation (4)

Christians believe that salvation means to be saved from sin and the consequences of sin. This can be by either doing good works which is supported by the Bible as it says 'In the same way, faith by itself, if it not accompanied by action, is dead.' which means that you should be active and always carrying out faith rather than just simply believing.

Christians also believe that salvation can come through grace which is given by God through faith in Jesus. Christians believe the Holy Spirit gives grace to Christians and continues to guide them in their daily lives, to help achieve salvation.

5 markers

Explain two beliefs about the nature of God. Refer to scripture or sacred writing in your answer. (5)

Christians believe that there is only one God, who works throughout history and inspires people to his will. Christians recite a prayer called the Nicene Creed, in which it states that 'We believe in one God', this supports their belief that there is one God and one God only.

In addition to this, Christians believe that God is holy, and he is spirit. They believe God is neither male nor female, but has qualities of both. They also believe that Jesus is the son of God, and that he was a true representative of God on earth.

Explain two Christian teachings about God's omnipotence. Refer to scripture or sacred writing in your answer. (5)

Christians believe that God is omnipotent, which means that he is all-powerful and they believe that he is the Supreme Being. They also believe that God is the creator of everything, and this is supported by the Genesis story in the Bible which explains how God created the world and humans, and it states that 'In the beginning God created the heavens and the earth...' which shows how powerful God must be in order to do this.

Christians also believe that God has unlimited authority and that there is nothing he cannot do. This encourages Christians to believe that they can rely on God and his power, especially in times of need which will help them cope with any suffering.

Explain two Christian teachings about God's loving nature. Refer to scripture or sacred writing in your answer. (5)

Christians believe that God is benevolent, which means he is all-loving. They believe that he uses his great power to do good things and that he shows his love by creating humans and the world, and by caring for them. This means that all the decisions he makes, or things that happen, are for the right reason from God.

Along with this, Christians also believe that God's greatest act of love and compassion was sending his son, Jesus. Jesus taught Christians to 'love thy neighbour as yourself', and Jesus is believed to be the representative of God which therefore shows that both God and Jesus are loving, and they encourage Christians to be the same.

Explain two Christian teachings about God's justness. Refer to scripture or sacred writing in your answer. (5)

Christians believe that God is just and they feel that he is a judge of humankind. Christians believe that when they die, God will judge them based on their actions in their life, and this determines whether they will go to heaven or hell.

Also, Christians believe that God is the perfect giver of justice, who decides what is right and what is wrong. They believe that God will never support injustice, ill-treatment, prejudice and oppression. The Bible states that 'The Lord works vindication and justice for all who are oppressed' which highlights the belief that God is just.

Explain two beliefs about the problem of evil and suffering. Refer to scripture or sacred writing in your answer. (5)

The problem of evil is that people think that if God is all-loving, all-knowing and all-caring, then he wouldn't allow such bad things to happen. For example, if God is all-knowing then people argue that he should prevent bad things from happening such as floods or disasters.

Another example is that people believe that if God is all-loving, then he wouldn't let bad things happen to good people such as murder or rape. In Corinthians, it states that 'love is patient, love is kind' which describes God, God allows suffering to happen because it helps us become better people and makes us stronger.

Explain two Christian teachings about the trinity. Refer to scripture or sacred writing in your answer. (5)

Christians believe that God is made up of three persons. One of the trinity is God the Father, who is the creator of all life and a father towards Christians. In the Genesis story in the Bible, it explains how 'In the beginning God created the heavens and the earth' which is evidence that God created the world and everything in it.

Christians also believe in God the Son, which is Jesus Christ. Christians believe that Jesus was fully human and fully God. They believe that Jesus was 'eternally begotten of the Father', which means he is the offspring of God the father.

Explain two Christian beliefs about creation. Refer to scripture or sacred writing in your answer. (5)

Christians believe that God is the creator and so he created the world out of nothing which highlights ex-nihilo. In Genesis 1, it is explained about how God created the world and that 'In the beginning God created the heavens and the earth', this shows how God is so powerful that he made everything.

Although many Christians believe God is the creator, they don't believe the Genesis story literally, unlike fundamentalists. Fundamentalists believe that God created the world in six days, and rested on the seventh, they believe this happened exactly as described in Genesis 1.

Explain two Christian beliefs about the afterlife. Refer to scripture or sacred writing in your answer. (5)

Christians believe that when they die, they will be resurrected and receive eternal life. This is a gift from God and they believe it is dependent on faith in God. Christians believe that their souls enter a different, unknown dimension.

Christians also believe that when they die they will be judged by God, and will either be rewarded for their actions by being sent to heaven where they will experience eternal happiness with God or be punished and sent to hell where they will experience eternal torment. The parable of the sheep and goats further explain this as it helps Christians understand what is necessary in order to be rewarded by God, they believe they can achieve this by treating people well.

Explain two Christian beliefs about resurrection. Refer to scripture or sacred writing in your answer. (5)

Christians believe that when a person dies, their soul is resurrected. However, beliefs about the resurrection vary. Catholics believe that resurrection is both spiritual and physical whereas others believe it is simply just spiritual.

Other Christians believe that the dead will be resurrection in the future, when Jesus will return to judge everyone. In Corinthians it says 'so will it be the resurrection of the dead...there is also a spiritual body' which explains the differences between a living body and a resurrected body and proves there's a difference between life and being resurrected.

Explain two Christian beliefs about judgement. Refer to scripture or sacred writing in your answer. (5)

Christians believe that when they die, God will judge them on their behaviour and their actions during their life, along with their faith in Jesus, the son of God. Jesus told his disciples that having faith in him and following his teachings was essential if they wanted to enter heaven.

The parable of the Sheep and Goats explains how the sheep were rewarded because they were charitable unlike the goats and this shows how God will judge people on their actions, it teaches Christians that in serving others they are serving Jesus and so this is how they should live their lives in order to be rewarded eternal happiness in heaven when God judges them.

Explain two Christian beliefs about heaven. Refer to scripture or sacred writing in your answer. (5)

Christians believe that heaven is a physical or spiritual place of peace, joy, freedom from pain and a chance to be with loved ones. They believe that they will experience eternal happiness in the presence of God if they go to heaven.

In addition, Christians believe that in order to go to heaven they will be judged by God on their faith and actions in their life and if they have had good faith and always acted morally, with love and kindness, then they believe they will go to heaven as explored in the parable of the sheep and goats where the sheep were charitable and helpful and the goats were not so the sheep were rewarded and the goats were not, this inspired Christians to follow the actions of the sheep in order to enter heaven when judged by God.

Explain two Christian beliefs about hell. Refer to scripture or sacred writing in your answer. (5)

Christians believe that hell is a state of existence, without the presence of God, where they will experience eternal torment in a fiery pit ruled by Satan. They believe that people who didn't acknowledge God or follow his teachings and faith in their life would go to hell.

However, some Christians believe that God wouldn't condemn people to such a state like hell where they will experience so much pain as they believe God is all loving and a loving God wouldn't do this. In the Bible, it states that 'God is love' which shows how sending people to hell is not an act of love.

Explain two beliefs about the Incarnation. Refer to scripture or sacred writing in your answer. (5)

Explain two beliefs about Jesus as the Son of God. Refer to scripture (5)

Christians believe in the Trinity which shows that God is the Father, the Son and the Holy Spirit. God the Son is believed to be Jesus Christ who was fully God and fully human and his words and teachings that he spread were the word of God.

In John in the Bible, it explains how the God loves us and therefore he 'gave his only Son', which is Jesus, in order to save us. This shows that Jesus is not only the Son of God, but he sacrificed himself which shows he was God's greatest gift to humans.

Explain two beliefs about Jesus' crucifixion. Refer to scripture or sacred writing in your answer. (5)

Christians believe that although Jesus was fully God, he was also fully human and therefore suffered pain and horror in order to save us. They believe that before he died, his last words were 'Father, into your hands I commit my spirit' which shows that he was the Son of God.

Furthermore, Christians believe God understands human suffering because of this due to the fact Jesus experienced it and his sacrifice gives hope to Christians that their sins will be forgiven if they repent and it also helps them in times of suffering as they accept it is a part of life, just as it was a part of Jesus' life.

Explain two beliefs about Jesus' resurrection. Refer to scripture or sacred writing in your answer. (5)

Christians believe that when Jesus was put in the tomb, he was resurrected as when Mary Magdalene and other followers visited the tomb, it was empty and Christians believe that several people, which may have been angels, spread news that Jesus has risen.

In Corinthians it describes that 'if Christ has not been raised...all will be made alive' which means that Christianity wouldn't exist without the resurrection and it shows the importance of the resurrection as it displays to Christians the divine nature of Jesus.

Explain two beliefs about Jesus' ascension. Refer to scripture or sacred writing in your answer. (5)

Christians believe that after Jesus spoke with his disciples, he left them for the last time returning to heaven with God the Father. This shows that Jesus' ascension meant he was reunited with God in Heaven. This is described in Luke it says 'While he was blessing them, he left them and was taken up into heaven'

Also, Christians believe that Jesus' ascension paves the way for God to send the Holy Spirit to provide comfort and guidance to Christians that Jesus had provided too when he was present on Earth.

Explain two beliefs about original sin. Refer to scripture or sacred writing in your answer. (5)

Christians believe that when God created the world, he created the first man which was Adam and then he created the first woman, Eve, in order for procreation. The idea of original sin originates from the disobedience of Adam and Eve when they ate fruit of the tree of knowledge which was forbidden by God.

Christians believe that the result of this original sin by Adam and Eve was the separation from God and the introduction of death into the world. They believe all humans at born with a tendency to sin

however God provides people with guidance to make good choice like The Ten Commandments. An example is the commandment 'Do not kill' which encourages Christians to avoid bad and evils such as murder as this is not what God wants.

Explain two beliefs about the means on salvation. Refer to scripture or sacred writing in your answer. (5)

Christians believe that salvation is to be saved from sin, therefore it repairs the damages made by sin which separated people from God. Salvation can come about through doing good works as explained in the Bible that 'faith by itself, if it is not accompanied by action, is dead' which shows Christians believe they must do good works as well as just following faith.

Christians also believe salvation comes through grace and that they should have faith in Jesus as they believe 'it is grace [they] have been saved' which shows Jesus was a gift of God's love. Christians believe the Holy Spirit gives grace and guides them to help achieve salvation.

Explain two beliefs about Jesus' role in salvation. Refer to scripture or sacred writing in your answer. (5)

Christians believe that Jesus' crucifixion makes up for the original sin by Adam and Eve and therefore the death of Jesus was necessary to restore the relationship between God and Christians, to bring them salvation.

Along with this, Christians believe 'the gift of God is eternal life in Christ Jesus our lord' which shows the Christian believe that death came into the world as a punishment for sin but salvation is offered through life and through the teachings of Jesus.

Explain two beliefs about atonement. Refer to scripture or sacred writing in your answer. (5)

Christians believe that atonement removes the effects of sin and allows them to restore their relationship with God. They believe that through the sacrifice of his death, Jesus atoned for the sins of humanity.

Christians believe the sacrifice of Jesus makes it possible for all who follow Jesus' teachings to receive eternal life with God as describe in the Bible, 'if anybody does sin, we have an advocate with the Father...' which means that if people sin, they are going against God and atonement is not possible.

12 markers

God is omnipotent. Evaluate this statement. (12+5)

FOR	AGAINST
-He must be omnipotent as he is the creator 'In the beginning God created the heavens and the earth' – GENESIS 1	-Problem of evil and suffering, if God is omnipotent then why doesn't he stop evil and suffering e.g. murder
-It says in the bible he is omnipotent so surely he is 'For the lord...the great God, mighty and awesome' – Deuteronomy 10:17	-Atheists argue there isn't a God so therefore he is not omnipotent
-God is omnipotent but he gave people free will which is why there is suffering and evil	-ARGUE AGAINST FREE WILL , Free will doesn't answer why there are natural disasters

God is loving. Evaluate this statement. (12+5)

For	Against
Christians believe God's greatest act of love was sending Jesus, his Son, in order to save them from the original sin. John: 'he gave his one and only son'	Atheists believe there is no God therefore God cannot be loving
God gave people free will in order to do what they want therefore there are moral sufferings	Many people believe that if God was loving there wouldn't be natural evils such as earthquakes or tsunamis
Noah's ark- God allowed suffering to test faith, he sent a flood but was loving as he saved Noah's family and animals	If God was loving, there wouldn't be moral evils such as murder or rape

God is just. Evaluate this statement. (12+5)

For	Against
PARABLE OF SHEEP AND GOATS God is the perfect judge of human character, he will judge us all	If God is just, why is there still injustice in the world? Why does he not stop this?

The problem of evil and suffering is the biggest challenge to Christian faith today. Evaluate this statement. (12+5)

It does not make sense to believe in the trinity. Evaluate this statement. (12+5)

If the trinity exists, God is not one. Evaluate this statement. (12+5)

The Bible is all that is needed for Christians to understand creation. Evaluate this statement. (12+5)

Christians should take Genesis literally. Evaluate this statement. (12+5)

A belief in the afterlife is not important in Christianity. Evaluate this statement. (12+5)

Life after death is impossible. Evaluate this statement. (12+5)

The Incarnation was the most important event in Jesus' life. Evaluate this statement. (12+5)

It does not make sense to believe in the Incarnation. Evaluate this statement. (12+5)

Jesus is the Son of God. Evaluate this statement. (12+5)

It does not make sense to believe that Jesus is the Son of God. Evaluate this statement. (12+5)

Jesus was crucified. Evaluate this statement. (12+5)

Jesus resurrected. Evaluate this statement. (12+5)

Jesus ascended. Evaluate this statement. (12+5)

It does not make sense to believe in the idea of original sin. Evaluate this statement. (12+5)

Salvation from sin is the most important belief for Christians today. Evaluate this statement. (12+5)

Christianity Component 2: Practices

Worship

Give two examples of worship in Christianity. (2)

1. Liturgical worship
2. Private worship

Give two uses of the Bible in Christian worship. (2)

1. Reading when praying
2. Bible meetings to study the bible and different interpretations of it

Give two features of liturgical worship. (2)

1. Set order/rituals
2. Bible passages read

Give two features of non-liturgical worship. (2)

1. No set order
2. Emphasises the word of God in the Bible

Give two features of private worship. (2)

1. Use aids to worship e.g. an icon/rosary
2. May involve prayer or meditation

Explain two contrasting ways Christians may worship. (4)

One way a Christian may worship is by liturgical worship, which is where they go to Church and there are set pattern services in which the Priest leads the congregation in formal prayers which have set responses. They also read Bible passages, and in some cases the Priest may perform symbolic actions. This type of worship is very structured and has a set order to how it is done.

On the other hand, people may do private worship which is when individuals spend time with God either alone or with close friends or family. This type of worship includes prayer, meditation and even studying Bible passages. Private worship may also include aids to worship such as a rosary or icon, this type of worship is more private and allows individuals to strengthen their personal relationship with God.

Explain two contrasting ways in which the Bible is used in Christian worship. (4)

In Christian worship, the Bible is used when they are praying. Bible passages are read aloud either by the priest or everybody and they pray from these Bible passages. This emphasises the importance of the Bible and in this case it is used specifically for scriptures and teachings.

Another use of the Bible includes non-liturgical Christians showing their own personal interpretations of scripture and discussing this with each other. Non-liturgical Christians use the Bible in a more emotional way and they share their different understandings of the Bible.

Explain two ways Christians worship. Refer to Christian teaching in your answer. (5)

One way Christians worship is Liturgical worship. This includes a set service led by the Priest and forgiveness is received from God through the actions of the Priest. Bible passages are also read which teach Christians about their history and faith across the Old Testament, New Testament and Paul's letters.

Another way Christians worship is informal worship, this style of worship follows Early Christians that met to hear about Jesus in the joy of the spirit. Faith is expressed in a variety of ways in this worship such as Holy Communion. Christians can also share their own different personal interpretations of the Bible with each other and this may have an emotional impact.

Explain two ways in which worship is important for Christians. Refer to Christian teaching in your answer. (5)

Worship is important for Christians because firstly it strengthens their relationship with God and brings them closer to him. It provides comfort and strength to live a more truly Christian life and they show their love and respect for God through worship.

It is also important as they can ask for forgiveness from God for any wrong doing or sins such as the original sin in Genesis with Adam and Eve. Worship also gives Christians an opportunity to thank or praise God for anything and they can also ask him for help.

Explain two ways in which private worship is important for Christians. Refer to Christian teaching in your answer. (5)

Private worship is important for Christians because it is a more personal style of worship and it allows individuals to spend time with God alone which strengthens their relationship with God on a personal level and they feel they can rely on God in times of help to support them.

Another way private worship is important is because Christians may use this worship to confess anything to God including any wrong doing or sins. This can include seeking forgiveness for the original sin seen in the Genesis story of Adam and Eve as they both ignored the teachings of God and Christians are born with this sin inside of them and private worship can allow them to seek forgiveness more freely to God and confess any other sins they may feel too ashamed to do in Church with other people.

Christians do not need liturgical worship. Evaluate this statement. (12+5)

For	Against
Christians can worship in private- a more personal way, allows Christians to seek forgiveness without any extra embarrassment or shame, Christians can strengthen personal relationship with God GENESIS- ADAM AND EVE	It is based around sacraments such as Holy Communion- this sacrament is seen as a communion with God in which they recall Jesus' sacrifice, share bread and wine, believe they are brought closer to each other as a community and with God
Non-liturgical worship- more active role in Church, people can pray and speak aloud without any formal training, allows Christians to freely speak and pray in Church, style of worship follows Early Christians who met to hear about Jesus in the joy of the spirit	Liturgical worship is structured, encourages a routine in Christians, gives a set order of how to do things, and helps them understand things better.
Christian worship should be more free, with no set order. Christians should be allowed to pray by themselves or lead worship themselves, a set order may make the worship seem forced.	Lord's prayer read at Holy Communion, reminds Christians God is father of community, brings a sense of unity and spiritual purpose LUKE 11:1-4 – LORDS PRAYER

The only way Christians should worship is in private. Evaluate this statement. (12+5)

See table above

Christian worship should always have no structure. Evaluate this statement. (12+5)

See table above

Prayer

Give two examples of prayer. (2)

1. Private prayer
2. Informal prayer

Explain two contrasting ways in which Christians pray. (4)

Christians may pray privately which encourages a routine and helps build up a discipline which can provide strength for Christians to cope with difficult times or situations.

Another way Christians pray is informal prayer which helps Christians express their needs to God and they open their hearts to God, this provides them comfort and they can deepen their relationship with God.

Explains two reasons why prayer is important for Christians. Refer to Christian teaching in your answer. (5)

Prayer is important because Christians are reaching out to God and communicating with him. They can use prayer to seek forgiveness of God for sins or ask him for help in hard times, prayer provides Christians with strength to cope in these hard times.

Another reason prayer is important is because it is a way that Christians can show their love and respect for God, for example before eating Christians thank God with the Catholic Grace: 'Bless us, O Lord, and these your gifts...Amen.' This Grace is Christians showing their appreciation of God and how they are thankful of him and his actions.

Explain two reasons why the Lord's Prayer is important. Refer to Christian teaching in your answer. (5)

The Lord's Prayer is important because it is a teaching which Jesus told his disciples. Christians follow the teachings of God and Jesus as they give them a sense of unity and a spiritual purpose, they believe that they should listen to what Jesus taught and Jesus was a gift sent by God,

Another reason it is important is because it gives individual Christians' pattern on how to pray and it combines praising God and asking for one's needs. It reminds Christians that God is the father of the whole community and it is usually said during sacraments such as Holy communions and baptisms.

The best way for Christians to reach an understanding of God is by practising prayer. Evaluate this statement. Evaluate this statement. (12+5)

There is no point in praying. Evaluate this statement. (12+5)

Prayer is the best way to show devotion to God. Evaluate this statement. (12+5)

For	Against
Christians can pray to God on a personal level, express their love, respect and devotion to him through their prayers (e.g. Lord's Prayer)	Christians can show their devotion in other ways such as being an active role in the community, following his teachings and helping others etc. HELP OTHERS LIKE JESUS HELPED PEOPLE (E.G. healing Jairus daughter)
Prayer not only shows devotion but it helps Christians too, provides strength and comfort, helps them build up discipline	Christians don't need to pray to show devotion to God, they can do good by themselves without having to communicate with him to explain this (e.g. following faith, respecting God in general)

Sacraments

Give two examples of sacraments in Christianity. (2)

1. Holy Communion
2. Baptism

Explain two contrasting ideas about what happens to the bread and wine during the celebration of the Eucharist (Holy Communion). (4)

During Holy Communion, Orthodox Church divide the bread into four parts in which three parts are consecrated as the body and blood of Christ and the fourth part is not consecrated and broken into smaller pieces which is distributed to people as they leave. They take this piece home and a sign of being part of a Christian community.

On the other hand, the Anglican Church offer the bread and wine at different points in the service, they believe that the bread and wine are transformed into body and blood, which is similar to the Catholic belief on transubstantiation but most believe that Jesus is present in the bread and wine in a spiritual way and only whilst it is being eaten.

Explain two contrasting ways the Eucharist (Holy Communion) is celebrated in Christianity. (4)

See above

Explain two reasons why the Eucharist is important in Christianity. Refer to Christian teaching in your answer. (5)

The Eucharist is important because for Christians, it is the centre of their lives and worship. They believe that they receive God's grace by joining in Jesus' sacrifice and it brings the community together in unity, strengthening their commitment to their faith. It is also important because Christians believe in transubstantiation so therefore they believe they receive the actual body and blood as well.

It is also important as it reminds Christians that there are many out in the world suffering from starvation, it encourages them to work for equality and justice for all. They use this to reflect on Jesus' actions of helping people, including the feeding of five thousand where Jesus fed five thousand people with just five loaves of bread and two fish.

Explain two reasons why the Eucharist is celebrated in Christianity. Refer to Christian teaching in your answer. (5)

See above

All Christians should celebrate the sacraments in the same way. Evaluate this statement. (12+5)

There is no point in celebrating the sacraments. Evaluate this statement. (12+5)

God should be worshipped by helping others, not through Holy Communion. Evaluate this statement. (12+5)

Holy Communion is the most important act of Christian worship. Evaluate this statement. (12+5)

For Holy Communion	Against Holy Communion
It is centre of their lives & worship, they believe they receive God's grace, etc.	Christians don't need sacraments to worship (expand and talk about prayer and how it builds relationship with God)
It reminds Christian of those suffering from starvation, encourages a positive attitude to helping people like Jesus helped people, etc.	Baptism is more important, it eliminates original sin, etc.
It brings the community together in unity, strengthens commitment to faith, gives support and encouragement	Being ordained is the most important act of devotion & worship, e.g. actually becoming a priest

Baptism

Explain two reasons why baptism is performed in Christianity. Refer to Christian teaching in your answer. (5)

In Baptism, Christians are formally acknowledged as a child of God and this is to first step to becoming a part of their faith and their devotion to God.

It is also a way to eliminate the original sin, in the story of Adam and Eve in Genesis as their sins are forgiven and they enter a new life with Jesus. It is also important because Jesus, too,

was baptised by John the Baptist: 'Therefore go and make disciples of all nations, baptising them in the name of the Father and the Son and the Holy Spirit' – Matthew 28:19.

Explain two ways Christians can get baptised. Refer to Christian teaching in your answer. (5)

One type of baptism is infant baptism which is when Christians are often baptised as soon as they are born and the child is welcomed into the Church and the parents are able to thank God for the birth of their baby. Usually the priest and minister will pour blessed water on the baby's head whilst saying 'I baptise you in the name of the Father, and of the Son and of the Holy Spirit.'

Another way is through believer's baptism which is when the believer must be old enough to make a mature decision about whether their faith. This involves a full immersion in a pool and this symbolises cleansing from sin and rising up to a new life with Christ.

It is better to be baptised as an infant, than an adult. Evaluate this statement. (12+5)

Children should decide for themselves if they want to become Christian. Evaluate this statement. (12+5)

All Christians should be baptised. Evaluate this statement. (12+5)

You are not part of the Church unless you are baptised. Evaluate this statement. (12+5)

For Infant Baptism	For Believer's baptism
Catholic and orthodox say everyone is a descendant of Adam and Eve and has the tendency to sin and need salvation, baptism removes this original sin	Baby is too young to understand what is happening so should wait till mature enough to decide
Child is welcomed into the Church straight away, faith begins, etc.	It is a conversion into life dedicated to Jesus so should be an important decision which requires a good understanding which a baby doesn't have

Pilgrimage

Give two examples of Christian sites of pilgrimage. (2)

1. Iona
2. Lourdes

Give two reasons why Christians go on pilgrimage. (2)

1. Represents a spiritual journey towards God, strengthens faith and relationship with God

2. To reflect on their life and express sorrow for sin and be forgiven

Explain two contrasting examples/roles of pilgrimage. (4)

Some Christians go on pilgrimage to visit shrines connected to famous saints and the Holy Land where Jesus lived, died and was resurrected. This is where they can pray and strengthen their faith with God and ask for something or thank him.

Other Christians go to more remote places where they can reflect on their life and evaluate the situations they have been through, this give Christians a sense of peace and they may ask God for forgiveness for sins and express their sorrow.

Explain two reasons why pilgrimage is important for Christians. Refer to Christian teaching in your answer. (5)

Lourdes, a place of pilgrimage, is where Bernadette had visions of Mary in a cave near the river, she explained that ‘as I raised my head to look at the grotto...the beads of the rosary were white’. Many pilgrims now visit Lourdes to pray at this cave, recite the rosary and bathe in the water which is claimed to have cure 67 miracles and over 6000 illnesses, this signifies the importance of pilgrimage.

Another reason is because going on a pilgrimage allows Christians to strengthen their faith and deepen their relationship with God. They can also meet other pilgrims who share their faith and help each other, especially if ill or disabled.

Pilgrimage is the best way to show devotion to God. Evaluate this statement. (12+5)

For pilgrimage	Against pilgrimage
Opportunity to strengthen faith and relationship with God, can ask for something or thank God	It is expensive, people may not have money for it, a costly way to express faith
A place where Christians can reflect on their life, express sorrow for sins and ask for forgiveness, etc.	Better way of showing devotion is baptism etc. (Expand on baptism)
Christians can meet other pilgrims, help each other, seek help, share experiences etc.	You are separated from family or friends, it could be disappointing etc.

Pilgrimage is all about making money/it is a waste of time. Evaluate this statement. (12+5)

Festivals

Give two examples of Christian celebrations. (2)

1. Easter
2. Christmas

Give two reasons why Christians celebrate festivals. (2)

1. Reflects on major events in their religion
2. Brings people together and strengthens faith

Give two contrasting reasons why festivals are important for Christians. (4)

Expand points above

Explain two contrasting ways in which Christmas is celebrated by Christians. (4)

Christmas is celebrated as it commemorates the incarnation of Jesus, it is celebrated with carol services at church with Bible readings which show God's promise of a saviour and the events of Jesus' birth. Midnight mass also takes place on Christmas Eve.

It is also celebrated by trees and homes are decorated and lit up, this light represents Jesus and light coming into a world of darkness. Christmas cards and gifts are also exchanged which represents the gifts that the wise men sent to Jesus.

Explain two contrasting ways in which Easter is celebrated by Christians. (4)

Easter is celebrated by eating chocolate eggs which symbolise new life and Jesus coming into the world as a gift from God.

On Easter, special services are held and processions are led in the streets by a person carrying a cross. On Easter Sunday, churches are filled with flowers and special hymns are sung celebrating the resurrection.

Explain two ways in which Christians celebrate Christmas. Refer to Christian teaching in your answer. (5)

See above

Christmas is not important in GB today. Evaluate this statement. (12+5)

Christmas is more about presents than remembering the birth of Jesus in GB today. Evaluate this statement. (12+5)

For Christmas	Against Christmas
Commemorates incarnation of Jesus, God became human in Jesus, etc.	Christmas has lost its meaning, just an excuse for presents, etc.
Christians meet together, brings community together, time for family and friends	Easter is more important (expand on Easter)
Time of peace and goodwill, Christians give to charity as God gave gift of Jesus	Festivals aren't as important as sacraments, do not reflect on the faith as much, life of Jesus etc.

The Role of the Church

Give two examples of the work of the Church in the local community. (2)

1. Street pastors
2. Food banks

Give two examples of the work of Food banks in the local community. (2)

1. Trussell Trust provide food for nearly 1,000,000 people in UK
2. Bring people together and work towards ending poverty and hunger

Give two examples of the work of Street Pastors in the local community. (2)

1. Encourage a healthy, social living
2. Help and care for vulnerable people, working closely with the local council and police

Explain two contrasting ways in the Church may involve itself in the world. (4)

The Church provides a location where Christians can meet and pray together, encouraging a sense of unity in the Christian community where Christians can help each other and share their faith.

The Church also helps the local community in ways such as food banks which fit in the Christian teachings to act with compassion for those in need and more vulnerable.

Explain two ways in which Food Banks carry out their Christian duty. Refer to Christian teaching in your answer. (5)

Food banks give food to the homeless, starving and more vulnerable, this fits in the Christian teachings to act with compassion to those who need it, especially the teaching in Matthew 25:35-36 that says 'for I was hungry and you gave me something to eat...' which shows the goodness of helping others.

Food banks also bring people together and make them feel part of a community, this strengthens faith and relationships within the Christian community, especially in times where people need it most.

Explain two ways in which Christian street pastors carry out their Christian duty. Refer to Christian teaching in your answer. (5)

Street pastors provide help and reassurance in communities by patrolling the streets at night in urban areas to make sure people are safe and get home safely. They help and care for vulnerable people in practical ways by working with the local police and council.

Street pastors also encourage others to join in and help the community and neighbours, they are taught in James 2:14-17 that 'Faith by itself, if it is not accompanied by action, is dead.' This encourages Christians to put their faith into action and be active in the community and help others.

Missionaries and Evangelism

Give two examples of evangelising activities. (2)

1. Spreading faith
2. Educating people and giving hope for the future

Give two examples of mission activities. (2)

1. Spreading faith out into the world
2. Bringing people together

All Christians should practice evangelism. Evaluate this statement. (12+5)

All Christians should take part in mission. Evaluate this statement. (12+5)

Mission & Evangelism
Spreads faith etc.
People working together
Helps church members understand faith
Takes place in Church, homes, workplaces, even prisons
Spreads faith through organised activities, going to other countries
Involves humanitarian work amongst the poor and disadvantaged
Persuades people to accept Jesus as their Lord and Saviour, and to extend the Church
<i>'Therefore go and make disciples of all nations...'</i> Jesus' words to his disciples sum up missionaries.

Church Growth

Give two reasons why Christianity is growing. (2)

1. Faith is being spread
2. People are getting educated about Christianity

Give two ways Christians can help Christianity grow. (2)

1. Missionaries
2. Evangelical missions

Explain two reasons why Christianity is growing. Refer to Christian teaching in your answer. (5)

The Church is firstly growing because Christians are going on missions and spreading their faith to other people and educating them about their religion.

Another reason is because evangelists are going on evangelical missions and encouraging people by hosting meetings and discussions about faith and training newly converted people in the way of following Jesus and the teachings in the Bible.

Christian Agencies

Give two examples of Christian relief organisations. (2)

1. CAFOD
2. Christian Aid

Explain two contrasting ways in which a Christian relief organisation works to end world poverty. (4)

Christian Aid, a Christian relief organisation, aim to eradicate poverty in the world because they believe poverty is an outrage against humanity and it robs people of their dignity, hope and freedom.

Christian Aid also aims to provide emergency aid for LEDC's in times of need in order to help them out of a struggle and therefore give them hope to restore their country to its normal state.

Explain two ways in which a worldwide Christian relief organisation carries out its mission overseas. Refer to Christian teaching in your answer. (5)

See above and add scripture: 'Jesus looked at him and loved him...' (Mark 10:21) (Means that Jesus told to give to the poor and how you will benefit from it in heaven.

Christian relief organisations are the best way to end world poverty. Evaluate this statement. (12+5)

For	Against
Tear fund, travels to places where people have big needs, help vulnerable communities get out of poverty etc. 'Jesus looked at him and loved him...' MARK 10:21	Issues such as starvation are more important, more people suffering, dying, etc.
CAFOD, brings hope and compassion, believe action needs to be taken, etc.	Poverty is too big, can never fully end, etc.
Christian Aid, eradicates poverty, provides emergency relief, believes poverty is an outrage against humanity-robs people of dignity, hope and freedom 'For the love of money is the root of all kinds of evil' TIMOTHY 6:10	

Persecution

Give two examples of ways Christians are persecuted. (2)

1. Massacre of Christians in Rome by Emperor Nero
2. Pastor Baber George was given a death sentence for converting to Christianity

Give two places Christians are persecuted. (2)

1. Rome
2. Pakistan

Give two examples of how Christians respond to persecution. (2)

1. Organise missionaries and social projects
2. Send financial support to projects that help Christians who suffer from persecution

Explain two ways Christians respond to persecution. Refer to Christian teaching in your answer. (5)

See above and add scripture: 'Blessed are those who have been persecuted for the sake of righteousness...for your reward in heaven is great...' – Matthew 5:10-12

Buddhism Component 1: Beliefs and teachings

2 markers

Give two significant points of the Buddha's life. (2)

1. When he left the castle
2. When he meditated for 46 days under the tree

Give two of the Four Noble Truths. (2)

1. Dukkha
2. Samudaya

Give two types of suffering. (2)

1. Dukkata-Dukkha
2. Samkhara-Dukkha

Give two causes of suffering. (2)

1. The three poisons
2. Tanha (craving)

Give two of the Three Poisons. (2)

1. Hatred
2. Ignorance

Give two aspects of the Eightfold Path. (2)

1. Right action
2. Right livelihood

Give two reasons why the Buddha rejected his life of wealth. (2)

1. He wanted to find the problem of suffering
2. He had to let go of all keeping him ignorant

Give two of the Three Marks of Existence. (2)

1. Dukkha
2. Anicca

Give two of the Five Aggregates. (2)

1. Form
2. Sensation

Give two examples of Buddhist traditions. (2)

1. Mahayana

2. Theravada

Give two ways in which Siddhartha lived a life of luxury (2)

1. He was entertained by female dancers
2. He had three mansions for winter, summer and rainy seasons

Give two of the four sights that Buddha saw (2)

1. Old age
2. Sickness

Give two ways in which Siddhartha practices asceticism (2)

1. Cut off his hair
2. Swapped his clothes for those of a beggar

Give two ways in which Mara tried to distract Siddhartha (2)

1. He sent his army to attack him
2. He sent his daughters to seduce him

Give two ways in which Buddhists understand the term 'Dhamma' (2)

1. The truth about the nature of existence
2. The path of training for enlightenment

Give two examples which show dependent arising (2)

1. A tree depends on soil, rain and sunshine
2. A wave depends on strength of wind

Give two ways in which beliefs about dukkha influence Buddhists today (2)

1. Inspires them to follow the eightfold path
2. Encourages them to not take refuge in temporary pleasures

Give two ways in which beliefs about craving influence Buddhists today (2)

1. It motivates them to practice non-attachment
2. It encourages them to understand the Buddha's teachings more fully in order to overcome tanha

Give two of the six perfections (2)

1. Generosity
2. Wisdom

Give two reasons why Siddhartha decided to turn away from asceticism (2)

1. He became too weak to meditate
2. He didn't find the answer to suffering

4 markers

Explain two of the four sights (4)

The Buddha saw a very ill man and he had never seen or experienced such illness before so this made him think about how such suffering and illnesses exist and in some cases are incurable.

He also saw a holy man who looked content with life even though he had nothing but a begging bowl, this encouraged Siddhartha to think about life more and it changed his views on life as he had never seen this before.

Explain two of the three jewels (4)

One of the three jewels is the Dhamma. This is the truth about the nature of existence and the path of training for enlightenment. This is important as it gives meaning to life and leads Buddhists to become more aware, wiser and more compassionate.

Another jewel is the Buddha, who is the enlightened one. The Buddha is important as he is the physical person to follow and without him there would be no Dhamma and others would not know how to find a way out of suffering. He is also the most traditional out of the three jewels.

Explain two beliefs about the concept of the dependent arising (4)

The dependent arising means that everything arises and is dependent upon conditions. This means that every consequence depends on your actions. An example of this is kamma as the life you have depends on your previous life.

It also means that everything is unchanging and dependent. This means that nothing is permanent and lasts forever so it encourages Buddhists to not get attached and break the habit of craving (known as Tanha).

Explain two types of suffering (4)

One type of suffering is dukkha-dukkhata which is ordinary suffering such as mental or physical pain. This suffering could be an injury, like breaking a leg, or a feeling of upset due to sad situations like failing an exam for example.

Another type of suffering is viparinama-dukkha which is suffering due to change. This can be caused by losing something good and having to adapt to new conditions like for example when you move home and the change is difficult.

Explain two ways in which the Buddha's life influences Buddhists today. (4)

The Buddha's life influences Buddhists to find a middle way, this means to not live a life of luxury or an ascetic life as Siddhartha found that neither of these two lifestyles led to finding the answers to suffering and how to solve it.

The Buddha's life also encourages Buddhists to not give in to craving (tanha) and temptation as they should follow the footsteps of the Buddha as Siddhartha meditated under the tree and Mara attempted to distract him but Siddhartha did not give into temptation and therefore became enlightened.

Explain two ways in which the birth of the Buddha influences Buddhists today. (4)

Explain two ways in which the Four Sights influences Buddhists today. (4)

The Four sights are old age, sickness, death and a holy man. They influence Buddhists to want to help those suffering and try to eradicate all evil and suffering in the world which leads to things such as death and sickness. This can be either by following Buddhist teachings about suffering or simply donating to charities that help people like this.

The Buddha saw a holy man, who had nothing but a begging bowl, but still was very happy and content. This influences Buddhists to emphasise on the greatness of the world and their lives rather than any upset or suffering, just as the holy man was, as this led to happiness in his life.

Explain two ways in which the Buddha's ascetic life influences Buddhists today. (4)

The Buddha's ascetic life influences Buddhists to let go of all things keeping them ignorant, as ignorance is one of the three poisons of Buddhism and overcoming ignorance and greed leads to the path of enlightenment.

Another way it influences Buddhists is that it shows them that asceticism isn't the way to cure suffering and that the middle way must be developed, which is in between luxurious and ascetic lifestyle in order to find a solution.

Explain two ways in which the Buddha's Enlightenment influences Buddhists today. (4)

One way in which the Buddha's enlightenment influences Buddhists is by making them more aware and appreciative of their luxuries and good things they have today as Siddhartha had to change from a luxurious life to an ascetic one in order to find answers for why there is suffering.

Another way the Buddha's enlightenment influences Buddhists is through not giving in to temptation as Siddhartha ignored temptation from Mara and this influences Buddhists to ignore temptation and to maintain focus of their aims and goals like the Buddha did.

Explain two of the five aggregates (2)

Form is one of the five aggregates and it basically refers to our physical bodies or physical body parts which makes up us. For example, our knees or elbows, our arms, our legs, etc.

Another aggregate is perception which is basically our ways of interpreting and understanding things. This could be about anything, for example if you hurt yourself and you understand how it happened and why.

Explain two of the four noble truths (4)

Dukkha is the first noble truth and it highlights the idea that suffering is inevitable and everybody experiences it. There are two types of suffering which is mental suffering and physical suffering which are the 4 sights the Buddha saw when he left the palace. Buddhists say teaching suffering is more realistic than pessimistic and that accepting suffering makes it easier to overcome.

Nirodha is the third noble truth and it is the idea that there is an end to suffering. Buddhism teaches a person can end suffering through overcoming craving and ignorance and this can stop suffering and eventually lead to enlightenment. Nirodha teaches that you can still enjoy things and you do not have to avoid them, just as long as no attachments are formed.

Explain two of the eightfold path (4)

Right speech is from the Eightfold Path, in the section Sila which emphasises the importance of having good behaviour and morals, and living in an ethical way. Right speech is speaking truthfully and avoiding lying or gossiping, an example is to not swear or use any foul language.

Right action, also from Sila, is behaving peacefully and refraining from killing someone or overindulgence in sexual pleasure. An example of this is to not steal or physically abuse other, doing this will then help lead to getting rid of types of suffering involved with right action e.g. kidnapping or burglary.

Explain two ways in which the Four Noble Truths influences Buddhists today. (4)

Dukkha is the first noble truth which draws attention to the fact that suffering is a partner of life and something that everyone experiences. This influences Buddhists to recognise suffering but also acknowledge there are many types of happiness that are impermanent.

Another noble truth is Nirodha, which is that there is an end to suffering. This influences Buddhists that it is possible to end suffering through their own actions and efforts such as overcoming craving and ignorance, which is one of the three poisons of Buddhism.

Explain two ways in which suffering influences Buddhists today. (4)

Explain two ways in which the Three Poisons influences Buddhists today. (4)

The three poisons are hatred, greed and ignorance, and Buddhists believe that these three poisons are the root causes of all evil and suffering so they must avoid them. One of the three poisons is greed, which Buddhists believe leads to craving and temptations which is important to avoid in order to reach the goal of enlightenment.

Another poison of Buddhism is hatred, which Buddhists believes keeps them angry and leads to unskillful actions such as murder which causes suffering. This contradicts the teachings of Buddhism as the main aspiration is to be free of suffering and break free of the samsara cycle therefore Buddhists should avoid any feelings of hatred.

Explain two ways in which Nibbana influences Buddhists today. (4)

Nibbana, also known as Nirvana, is a state of complete liberation, peace and happiness that is reached when a person becomes enlightened. This influences Buddhists to follow the eightfold path and the teachings of Buddhism in order to become enlightened, break free of the samsara cycle and reach this peaceful place.

Nibbana also means extinction, so extinction of the three poisons of Buddhism which are hatred, greed and ignorance. This encourages Buddhists to avoid these three poisons because they in fact cause suffering to themselves and others around them, and the ultimate goal in Buddhism to overcome evil and suffering.

Explain two ways in which Enlightenment influences Buddhists today. (4)

Enlightenment influences Buddhists to acknowledge the idea of impermanence and to understand that nothing lasts forever. This helps them to adapt better to change and therefore reduces the suffering in their life, which makes it easier to achieve enlightenment.

Once a Buddhist becomes enlightened, they enter the paradise state of Nibbana. This influences Buddhist to follow the Dhamma and the eightfold path and to avoid the three poisons because all of these help to reduce suffering and therefore reach enlightenment, where they are free of the samsara cycle and reach this peaceful place, Nibbana.

Explain two ways in which the Eightfold Path influences Buddhists today. (4)

The Eightfold Path consists of eight aspects which influence Buddhists to practice and live by in order for them to achieve enlightenment and break free of the samsara cycle of birth, death and rebirth. In order to do this Buddhists must practice the eight aspects which include right speech, so speaking truthfully, and right action, which is practicing the five moral precepts.

The Eightfold Path is also split into the three fold way which is three sections of the eightfold path which are ethics, meditation and wisdom. These influence Buddhists to act more morally, to overcome ignorance and to practice meditation in order to achieve enlightenment.

Explain two ways in which Dhamma influences Buddhists today. (4)

The Dhamma influences Buddhists to become more aware, wiser and compassionate by following the teachings of the Buddha and helps them to reduce suffering for themselves and for others, which brings them closer to achieving enlightenment.

The Dhamma also influences Buddhists to improve their relationships with other people and the world in order to reduce the possible sufferings and become better people, morally and ethically. It also gives a meaning to life and creates satisfaction and happiness for Buddhists.

Explain two ways in which the concept of dependent arising influences Buddhists today. (4)

The concept of the dependent arising influences Buddhists to act carefully and morally at all times because everything is dependent upon conditions and that every consequence depends on their actions. For example, this influences them to create good kamma so they receive a better life.

It also influences Buddhists to understand the idea of impermanence and that nothing lasts forever so it encourages them to not get attached to things or people and to break the habit of craving, also known as Tanha.

Explain two ways in which the Three Marks of Existence influences Buddhists today. (4)

The three marks of existence are anicca, anatta and dukkha. Anicca is the idea of impermanence and that nothing lasts forever, everything is always changing. This influences Buddhists to become less attached to things and less dependent on people because conditions are always changing.

Anatta is the idea that there is no self or soul, this means that not one thing makes up a person but numerous things do. Buddhists divide these parts into the five aggregates, which are the five parts of the self that are constantly changing. This influences Buddhists to acknowledge that these are permanently changing all the time.

Explain two ways in which learning about the four sights influences Buddhists today (4 marks)

One way the four sights influence Buddhists today is because they were the first sufferings Siddhartha had witnessed and they inspired him to leave the palace and find the answer to suffering, in which he began his journey to enlightenment. This encourages Buddhists to understand and accept that suffering is an inevitable part of life.

Another way they influence Buddhists is because the fourth sight was a holy man praying which gives Buddhists faith that a spiritual life is possible for all and this encourages them to follow the Buddha's teachings and end suffering like the Buddha did.

Explain two ways in which anicca influences Buddhists today. (4)

Anicca refers to the idea that everything changes and nothing lasts forever. This leads to suffering and anicca helps Buddhist realise that the root of their suffering may be because they are attached to something which they should let go of because of impermanence.

Anicca also encourages Buddhists to lessen their attachments and cravings as because of these they are causing suffering to themselves. The awareness of anicca leads to Buddhists becoming less attached to things and therefore their suffering is reduced.

Explain two ways sunyata influence Buddhists today. (4)

Sunyata means emptiness, this is an important concept in Mahayana Buddhism as it is essential for achieving enlightenment. This influences Buddhists to realise everything depends on everything else and this realisation can lead to trust, compassion and selfishness.

This also influences Buddhists to realise that everything is impermanent, which is important in order to reduce the suffering they have and others suffering, in order to become less attached to things and this breaks their habit of tanha which is craving.

Explain two ways Buddhahood influence Buddhists today. (4)

Mahayana Buddhists aim to achieve Buddhahood which is the aim to become enlightened, this encourages Buddhists to follow the Dhamma and the teachings in order to break free of the samsara cycle, become enlightened and reach the peaceful state of happiness, known as Nibbana.

This also influences Buddhists to understand the Buddha's teachings in order to experience inner Buddha-nature, which is hidden by desires, attachment, ignorance and negative thoughts. This influences Buddhists to avoid these thoughts and feelings in order to attain Buddhahood.

Explain two ways the Arhat ideal influences Buddhists today. (4)

The Arhat ideal influences Buddhists to have the incentive to overcome the three poisons and break free of suffering and the samsara cycle of birth, death and rebirth. It also motivates Buddhists to follow and complete the eightfold path in order to become an Arhat.

It also encourages Buddhists to act rightfully and morally at all times, in order to generate good karma. These skilful actions may aid Buddhists to generate good karma and therefore be rewarded.

Explain two ways the Bodhisattva ideal influences Buddhists today. (4)

The Bodhisattva ideal influences Buddhists to reach enlightenment and to have the six perfections which are six qualities that Mahayana Buddhists try to develop in order to become a Bodhisattva. These include developing generosity, morality, patience, energy and mediation in order to develop great wisdom.

It also influences Buddhists to be more selfless and compassionate as Bodhisattvas remain in the samsara cycle in order to help other people to reach enlightenment rather than achieving personal liberation and nibbana themselves.

5 markers

Explain two beliefs/teachings about the Buddha's life. Refer to scripture or sacred writing in your answer. (5)

Buddhists believe that throughout his life, Siddhartha aimed to find the cure to suffering and eventually did reach enlightenment. The Buddha proved to find a middle way which influences Buddhists to also, this means to not live a life of luxury or an ascetic life as Siddhartha found that neither of these two lifestyles led to finding the answers to suffering and how to solve it.

The Buddha also showed that Buddhists shouldn't give in to temptation and tanha, which is craving that leads to greed, which is one of three poisons of Buddhism that cause all suffering. Buddhists believe they follow the footsteps of the Buddha as when Siddhartha meditated under the tree he did not give into temptation from Mara and therefore became enlightened.

Explain two beliefs about the birth of the Buddha. Refer to scripture or sacred writing in your answer. (5)

Buddhists believe that the Queen Maya dreamed that a white elephant came from heaven and told her she would give birth to a holy child, which immediately shows that the birth of the Buddha was quite extraordinary and holy. Siddhartha was born in the Lumbini gardens where his mother had to stop to rest on her way home.

Buddhists also believe that Siddhartha could immediately walk and talk, in which he walked seven steps and lotus flowers appeared under his feet. Siddhartha was born into a life of luxury and the Anuttara Nikaya describes how Siddhartha was 'delicately nurtured' by his father who wanted to protect Siddhartha from any hardship.

Explain two beliefs about the Four Sights. Refer to scripture or sacred writing in your answer. (5)

The Buddha saw a very ill man and he had never seen or experienced such illness before so this made him think about how such suffering and illnesses exist and in some cases are incurable. This helped him acknowledge dukkha, the existence of suffering.

He also saw a holy man who looked content with life even though he had nothing but a begging bowl, this encouraged Siddhartha to think about life more and it changed his views on life as he had never seen this before. This motivated him to find the cure to suffering (nirodha) and carry it out by meditating and following the eightfold path (magga).

Explain two beliefs about the Buddha's ascetic life. Refer to scripture or sacred writing in your answer. (5)

Buddhists believe that the four sights influenced the Buddha to begin the renunciation of all his luxuries in his life. Buddhists believe Siddhartha cut off his hair, swapped his clothes for the clothes of a beggar and gave his rings to Channa because Siddhartha thought this would help him find the answer to suffering and evil.

However, Siddhartha became very weak as he practiced asceticism and fasted but eventually he accepted a bowl of rice from a cowgirl and realised he was no closer to the answer than he was when he was living his luxurious life. This influenced him to find a way between the two in order to find the cure to suffering. In the Jataka, it refers to the Buddha as the Great Being and states that 'when the Great Being was practising severe austerities for six years it was...a time of intertwining the sky with knots' that shows how the Buddha's ascetic life was not helping him find the answer to suffering.

Explain two beliefs about the Buddha's Enlightenment. Refer to scripture or sacred writing in your answer. (5)

Buddhists believe that when Siddhartha didn't give in to temptation and tanha from Mara whilst he meditated, he found the answer to suffering and became enlightened under the tree. The Buddha said that not until he attained the 'supreme Enlightenment' will he 'give up this seat of meditation' which shows how he was motivated to achieve enlightenment and therefore did not give in to Mara and his temptations.

After he became enlightened, the Buddha taught his spiritual wisdom to the five ascetics who were his first disciples and the Buddha asked them to choose a middle way between luxury and asceticism and therefore Buddhists believe they too should do the same in order to reach enlightenment like the Buddha did.

Explain two beliefs about Dhamma. Refer to scripture or sacred writing in your answer. (5)

The Dhamma are the Buddhist teachings, and one of the three refuges, which is the path of training that was recommended by the Buddha for people who wish to understand what he did. When a person becomes a Buddhist, they recite this 'for refuge I go to the Dhamma...' as they believe it is a central value in their lives.

Buddhists also believe that the Dhamma is the truth about the nature of existence and by following it they understand the truth too like the Buddha did when he became enlightened. Tich Nhat Hanh describes the

Dhamma as a 'raft' and that people shouldn't become so attached to them that they cannot leave them behind once they reached enlightenment.

Explain two beliefs about concept of dependent arising. Refer to scripture or sacred writing in your answer. (5)

Buddhists believe that the dependent arising means that everything is unchanging and dependent, this means nothing is permanent and lasts forever which highlights the second mark of existence, anicca, and it encourages Buddhist to not get attached and to break the habit of tanha.

It also means that everything arises and is dependent upon conditions, this means that every action has a consequence which depends on it. An example of this is the Tibetan Wheel of Life which illustrates dependent arising as applied to the samsara cycle.

Explain two beliefs about the Three Marks of Existence. Refer to scripture or sacred writing in your answer. (5)

Anicca is the second mark of existence and means impermanence, it highlights how nothing lasts forever and everything is always changing. This means Buddhists must try not to get so attached to things as they will change and therefore cause them more suffering.

Anatta is the third mark of existence which means there is no fixed self or soul, this is best described in the story of Nagasena and the chariot as Nagasena describes that a chariot is made up of different parts which make the chariot, which means that there is no fixed self and Buddhist are made up of many things, which are known as the five aggregates.

Explain two beliefs about sunyata. Refer to scripture or sacred writing in your answer. (5)

For Mahayana Buddhists, understanding sunyata is essential for achieving enlightenment. They believe that sunyata is a restatement of anatta and that it emphasises that nothing has a fixed, independent, unchanging nature.

Mahayana Buddhists believe that realising sunyata is important for reducing the suffering that results from attachment as it encourages them to break away from tanha, which is craving for things, which can also lead to greed, which is one of the three poisons that cause suffering.

Explain two beliefs about Buddhahood. Refer to scripture or sacred writing in your answer. (5)

Mahayana Buddhists aim to achieve Buddhahood which is to become a Buddha, they believe that everyone has the essence/nature of a Buddha inside of them and this nature is hidden by desires, attachments, ignorance, and negative thoughts.

The Uttaratantra Shastra uses a metaphor that suggests Buddha-nature is like honey that is surrounded by bees, it is sweet and tasty but because it surrounded by bees it isn't possible to eat. The only way to experience it is to get rid of the bees, which alternatively means getting rid of these desires and attachments, like the three poisons, as they cause suffering and prevent enlightenment.

Explain two beliefs about the Arhat ideal. Refer to scripture or sacred writing in your answer. (5)

Theravada Buddhists believe that when they become enlightened, they become Arhats. This means they are finally free of suffering and break free of the samsara cycle of birth, death and rebirth. Arhat means worthy of respect and Arhats generate lots of good kamma.

In order to become an Arhat, Theravada Buddhists must complete the Noble Eightfold Path and they believe that the Buddha intended his followers to become Arhats, the Buddha said he is a 'fully enlightened one' which is what Buddhists aspire to be.

Explain two beliefs about the Bodhisattva ideal. Refer to scripture or sacred writing in your answer. (5)

A Bodhisattva is someone who sees their own enlightenment as being bound up with the enlightenment of all beings, because of this when a Mahayana Buddhist becomes enlightened, they choose to stay in the samsara cycle in order to help other Buddhists to reach enlightenment.

Mahayana Buddhists believe a person becomes a Bodhisattva by practising the six perfections, for example, one of the six perfections is morality and so Buddhists must live ethically and follow the five moral precepts throughout their lives.

Explain two beliefs about Buddhahood in Pure Land. Refer to scripture or sacred writing in your answer. (5)

Pure Land Buddhism is a tradition in Mahayana Buddhism that is based on faith in the Amitabha Buddha, who created a Pure Land called Sukhavati when he became enlightened. Buddhists believe the pure Land offers the perfect conditions for enlightenment, and is a place which contains no suffering or barriers to enlightenment.

Pure Land Buddhism is one of the main forms of Buddhism in Japan, it is where people can be taught by Amitabha Buddha himself. Buddhists believe that anyone is allowed into Sukhavati as taught by a Japanese Pure Land teacher called Honen who asked his student 'even a bad man will be received in Buddha's land, how much more a good man?' which shows that as long as people believe and have faith in Amitabha, they will be accepted into the Pure Land.

Explain two Buddhist beliefs about the third noble truth (5 marks)

The third noble truth, Nirodha, is the end of suffering. It teaches that suffering can be ended by overcoming craving and ignorance. Buddhism teaches that if people reduce their attachments to things then they suffer less as a result of impermanence.

Another belief is that the end of suffering is nibanna or enlightenment. Nibanna means extinction, of the three poisons of greed, hatred and ignorance. Buddhism teaches that these three poisons are the root cause of suffering and the Buddha says that the third noble truth is the 'fading away and cessation of that same craving.'

Explain two realisations that Buddha made during the three watches of the night, when he became enlightened (5 marks)

One realisation the Buddha made was that he understood the repeating cycle of birth, death and rebirth and understood that beings are reborn according to their kamma or actions in their life.

Another realisation that Siddhartha had was that he understood all beings suffer because of a desire or attachment which links to the third mark of existence, anicca, which is the idea that nothing lasts forever and everything is changing. This means that Buddhists should lessen their attachments to things, and accept they are impermanent, in order to reduce their suffering. A well-known Buddhist teaching highlights this: 'it is this craving which leads to renewed existence.'

12 markers

Stories about the life of the Buddha are not important for Buddhists today. Evaluate this statement. (12+5)

FOR	AGAINST
The stories about the Buddha's birth have no relevance because they are unrealistic e.g. he could immediately walk and talk	The Buddha's birth stories symbolise how special he was.
There are other stories that are more relevant e.g. his enlightenment and his journey to enlightenment	They give context to the Buddha's life and teachings, they show he left the royal family he was born into etc.
	The stories give a sense of Buddha's teachings and how he discovered them.
In conclusion, the stories about the Buddha's birth may be hard to believe but they do not have to be taken literally. They can still express spiritual truth. Although many Buddhists believe there are more relevant stories such as the Buddha's enlightenment, this doesn't mean his birth has no relevance at all as it shows how special the Buddha was and it gives context to his teachings.	

The birth of the Buddha is the most significant point in the Buddha's life. Evaluate this statement. (12+5)

For	Against
It was a special birth and therefore shows how the Buddha is special and holy e.g. he could walk and talk	His enlightenment is more important, he broke free of suffering, he taught others how to do the same, etc.
	Seeing the four sights is more significant as it motivated Siddhartha to find the cure to suffering

Seeing the Four Sights was the most significant event in the Buddha's life. Evaluate this statement. (12+5)

Becoming an ascetic was the most significant event in the Buddha's life. Evaluate this statement. (12+5)

The Buddha's Enlightenment was the most significant event in the Buddha's life. Evaluate this statement. (12+5)

It is impossible to follow the Dhamma today. Evaluate this statement. (12+5)

Anicca is the most important Mark of Existence. Evaluate this statement. (12+5)

Anatta is the most important Mark of Existence. Evaluate this statement. (12+5)

Dukkha is the most important Mark of Existence. Evaluate this statement. (12+5)

It is impossible to attain Buddhahood. Evaluate this statement. (12+5)

It is impossible to understand the nature of the Buddha. Evaluate this statement. (12+5)

It is better to be a Bodhisattva than an Arhat. Evaluate this statement. (12+5)

The Bodhisattva ideal is impossible to attain for Buddhists today. Evaluate this statement. (12+5)

The Arhat ideal is impossible to attain for Buddhists today. Evaluate this statement. (12+5)

Following Pure Land Buddhism is the only way for Buddhists to attain Buddhahood. Evaluate this statement. (12+5)

The Four Noble Truths are not relevant for Buddhists today. Evaluate this statement. (12+5)

The Buddha's teaching on suffering (dukkha) is His most important. Evaluate this statement. (12+5)

The Buddha's teaching on the causes of suffering (samudaya) is His most important. Evaluate this statement. (12+5)

The Buddha's teaching on the end of craving (tanha) is His most important. Evaluate this statement. (12+5)

The Buddha's teaching on the Eightfold Path is His most important. Evaluate this statement. (12+5)

The path of ethics (sila) is the most important in the Eightfold Path. Evaluate this statement. (12+5)

The path of meditation (samadhi) is the most important in the Eightfold Path. Evaluate this statement. (12+5)

The path of wisdom (panna) is the most important in the Eightfold Path. Evaluate this statement. (12+5)

The Buddha's teaching in the Dhammapada (190-191) is all Buddhists need to live their life. Evaluate this statement. (12+5)

Buddhists cannot follow the Eightfold Path today. Evaluate this statement. (12+5)

It is impossible to understand the Nibbana. Evaluate this statement. (12+5)

It is impossible to gain Enlightenment. Evaluate this statement. (12+5)

Buddhism Component 2: Practices

Places of Worship

Give two examples of Buddhist places of worship (2)

1. A temple
2. A monastery

Give two uses of Buddhist places of worship (2)

1. A place to meditate and focus the mind
2. A place to study and have meetings/lectures

Give two features of Buddhist places of worship (2)

1. A main hall where Buddhists practice together
2. A meditation hall which is a quiet space where Buddhist can meditate

Explain two contrasting places of worship in Buddhism (4)

Buddhists can worship in a temple, which is an important centre of religious life. Inside a temple, Buddhists can study, meditate and practice together. There are many different halls where Buddhists can go to, for example, Buddhists can go to meditate in the meditation hall.

Another place of worship is a monastery, which is where Buddhist monks or nuns live. They live a simple, disciplined life of study, meditation, devotion and companionship. A stupa is often an important part of monasteries, it is a tower structure which sometimes contains the remains of an important Buddhist, they usually symbolise the five elements.

Explain two ways that the offerings remind Buddhists (4)

Incense is an example of an offering which symbolises purity. It reminds Buddhists of the importance of practicing pure thoughts, speech and behaviour.

Along with this, flowers are another example of offering. Because of the fact that flowers wilt and eventually decay, this reminds Buddhists that nothing lasts forever and emphasises that all things are impermanent.

Explain two ways in which places of worship are important in Buddhism (5)

Places of worship are important in Buddhism because they provide a focal point for Buddhists to meditate and express devotion. In these places, Buddhists can also study and practice together, having a sense of community.

Another reason places of worship are important is because they can express gratitude. Buddhists can make offerings at shrines to show their gratitude for the Buddha's teachings, these offerings also act as reminders of the Buddha's teachings. For example, they may offer light which drives away the darkness of ignorance, which is one of the three poisons of Buddhism which they believe causes suffering.

Explain two ways in which temples are important in Buddhism (4)

Temples are important because they are a place where Buddhist can meditate and practice together. This enables Buddhists to deepen their understandings of the Buddha and his teachings, either together or alone, in order to deepen their faith.

Another reason temples are important are because they are also a place where Buddhists can study. In the temple, there is a study hall which is for meetings and lectures. This means Buddhists can learn more about their faith and get a greater understanding of their religion.

Explain two ways in which shrines are important in Buddhism (5)

Shrines are important because they provide a focal point for Buddhists to meditate and express devotion. They are also a place where Buddhists make offerings at to show their gratitude to the Buddha for his teachings.

They are also extremely important because of the offerings that can be made, Buddhists can give light such as candles, which symbolise the Buddha, wisdom and enlightenment and they drive away the darkness of ignorance, which is one of the three poisons of Buddhism that cause suffering.

Explain two ways in which monasteries are important in Buddhism (5)

Monasteries are important because they provide a place where Buddhist monks or nuns can live a simple, disciplined life of study, meditation, devotion and companionship. This is important as it allows Buddhists to develop their faith and their understanding of the Buddha's teachings, and they can follow them.

An important part of monasteries are stupas which contain the remains of an important Buddhist. Stupas are usually designed to symbolise the five elements and it is common for Buddhists to walk around a stupa as a form of worship, often chanting a mantra. A common mantra is om mani padme hum which is used by Tibetan Buddhists and it helps Buddhists connect with the quality of compassion.

'Places of worship are not important for Buddhists' (12)

How Buddhists worship

Give two aids to Puja (2)

1. Chanting
2. Mantras

Give two positives to Puja (2)

1. Helps express gratitude to the Buddha
2. Helps deepen understanding of the Buddha's teachings

Explain two contrasting ways in which Buddhists worship (4)

One way a Buddhist may worship is through chanting, which involves reciting from the Buddhist scriptures. Chanting is a devotional practice which helps to calm and focus the mind, and therefore increase concentration.

Another way Buddhists worship is by chanting mantras, which are short sequences of sacred syllables. Buddhists chant mantras repeatedly out loud or silently in the mind in order to concentrate the mind. A mala may also be used when doing this to help count the number of recitations they have done.

Explain two ways in which Puja is important to Buddhists (5)

Puja is important to Buddhists because it helps them move closer to the Buddha and what he symbolises, this enables them to further their understanding of Buddhism and therefore deepen their faith and beliefs.

Another reason why Puja is important is because although it helps calm and focus the mind, therefore developing concentration, it also helps Buddhists to learn their teachings and

texts. For example, Buddhists may chant the three refuges or the five moral precepts which then encourages them to follow these teachings and constantly reminds them of them.

'Puja is the best way for Buddhists to show devotion to the Buddha' (12)

Meditation

Give two types of meditation (2)

1. Samatha meditation
2. Vipassana meditation

Give two contrasting aims of meditation (2)

1. To calm and focus the mind
2. To penetrate and gain insight into the nature of reality.

Explain two ways in which Buddhists practise Samatha meditation (4)

Buddhist practice Samatha meditation by focusing on the breath and the breathing process. Buddhist aim to become more aware of the details of breathing and all the tiny movements it creates in the body. This enables them to develop their concentration and focus, leading them to feel more present and aware.

Another way Buddhists practice Samatha meditation is by focusing on a kasina rather than breath, a kasina is an object which could be a bowl of water or a red circle. The object gives the meditator something to focus their attention on which help to create a calm mind.

Explain two reasons why Vipassana meditation is important for Buddhists (5)

Vipassana helps Buddhist to penetrate and gain an insight into the nature of reality, this helps Buddhists develop understanding and they reflect on the three marks of existence, which are an important teaching for Buddhism.

It is also important because the aim of all Buddhists is to achieve enlightenment, like the Buddha did, and by carrying out Vipassana meditation, the aim is to ultimately achieve enlightenment and break free of the repeating cycle of samsara and reach Nibbana.

Explain two reasons why meditation is important for Buddhists (5)

Meditation helps Buddhists calm the mind and body, which is important as taught by the Buddha in the Dhammapada when he says 'even the gods envy those awakened and mindful ones who are intent on meditation' which emphasises on the importance of meditation as it says that even the Gods, who are imagined to be very powerful, wise people, are jealous of those who meditate.

It is also important because it leads to an insight into the nature of existence where Buddhists further their understanding of how all things are characterised by the three marks of existence and they can develop greater wisdom and awareness about the world.

Explain two reasons why the visualisation of Buddhas and Bodhisattvas is important for Buddhists (5)

Deity visualisation is important because firstly, it may help Buddhist to awaken their Buddha-nature and absorb the spiritual qualities of the deity. These allow Buddhists to connect with the spiritual qualities of a Buddha or Bodhisattva.

Some meditators may visualise the Medicine Buddha, which is the Buddha of healing. Visualising this Buddha may lead to reducing suffering which will help Buddhists and even promoting healing powers. Pure Land Buddhists may visualise Amitabha Buddha in the hope of being reborn into the Pure Land where it is considered to be easier to achieve enlightenment and reach Nibbana.

‘The aim of meditation is to reach enlightenment’ (12)

For	Against
Vipassana helps Buddhists to gain an insight into the nature of reality in order to achieve enlightenment	Aim of Samatha is to develop calm and concentration
Samatha is preparation for Vipassana which is preparation for enlightenment	Loving-kindness meditation is concerned with developing quality of metta
Deity visualisation has the aim of reaching enlightenment by absorbing the qualities of a Buddha or Bodhisattva	Meditation may have a devotional purpose

‘Samatha meditation is the best form of meditation’ (12)

For	Against

Death Ceremonies/Rituals

Give two examples of rituals associated with death in Buddhism (2)

1. Sky burials
2. Cremation

Explain two contrasting Buddhist rituals associated with death and mourning (4)

One of the best known Tibetan traditions is ‘sky burial’ which is when the body of the deceased is left in a high place as a gift to the vultures because in a mountainous country

where there is a shortage of firewood, the grounds are too frozen for grave-digging. This is seen as a generous act as they are giving one's body away.

However, some Buddhists often cremate the body of the deceased and the remains are placed in a stupa. This is done in order to become a place of worship, these ceremonies may also involve prayer and offerings of yak-butter lamps every 7 days for 7 weeks after the death.

Explain two ways that Buddhist beliefs influence funeral practices (4)

Buddhist belief in the transferring of merit influences Buddhists to donate to a worthy cause or to offer cloth to make new robes for a monastery, it also encourages them to not waste money on the funeral but to spend it on something worthy which can be for the deceased.

Another belief that influences funeral practices is belief about the Buddha. These beliefs influence Buddhists to display an image of the Buddha on a shrine alongside an image of the deceased, and offerings are made to the Buddha.

Explain two ways in which death ceremonies are important to Buddhists (5)

Festivals/retreats

Give two examples of Buddhist festivals (2 marks)

1. Wesak
2. Parinirvana Day

Give two ways Buddhists remember the Buddha (2 marks)

1. Listening to sermons on Buddha's life and teachings
2. Read and study the Mahaparinirvana Sutra

Explain two ways in which Buddhists celebrate festivals (4 marks)

Theravada Buddhists celebrate Wesak by lighting up their homes using candles or lamps in order to symbolise hope, enlightenment and overcoming ignorance like the Buddha did. They also make offerings to the Buddha and give gifts to monasteries.

Mahayana Buddhists celebrate Parinirvana day by meditating or worshipping, either at home or in a temple/monastery with others. They also read and study the Mahaparinirvana Sutra which is the scripture which describes the death of the Buddha, and Buddhists may also reflect on a loved one they have lost or their own future death.

Explain two reasons why retreats are important for Buddhists (5)

Retreats are important because they help people deepen their understanding of Buddhist practice and they have the chance to focus purely on the teachings of Buddhism where they can be involved in talks and study groups or attend workshops with other Buddhists.

They are also important because it is a chance for Buddhists to meditate and calm the mind, Buddhists can develop concentration by meditating and focus. An example of a retreat is Vassa which is an annual retreat when Theravada monks dedicate more time to meditation and study.