

Christianity and Buddhism: answers

1 Beliefs and teachings: The nature of God and beliefs about creation

Practice

Exam-style questions

01 Which **one** of the following describes the meaning of the word 'benevolent'? [1 mark]

Answer: A Loving

02 Which **one** of these is the key term that means that God is fair and treats humans fairly? [1 mark]

Answer: A Just

03 Name **two** of the Trinity. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Father; God; Son; Jesus; Holy Spirit

04 Give **two** examples of suffering in the world. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Floods/natural disasters; disease and illness; war; poverty; death

05 Explain **two** ways that belief in the Trinity may influence Christians today. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- Influenced by the Holy Spirit:
 - Ensure they live following God's laws.
 - Get baptised.
 - Pray and perform healing ministry.
- Influenced by Jesus:
 - Live their lives according to 'What would Jesus do?'
 - Follow key teachings 'Love your neighbour'.
 - Believe in resurrection.

- Influenced by God:
 - Respect the environment as God’s creation.
 - Read the Bible to find out how he wants them to live.
 - Follow God’s laws.

06 Explain **two** Christian beliefs about the nature of God.

Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Omnipotent – God created the universe and everything in it/can control the world that we live in/can resurrect us from the dead/*In the beginning God created the heavens and the earth.* (Genesis 1:1)
- Loving – God will look after humans/he will guide us in life/he wants us to join him in Heaven; *“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”* (John 3:16)
- Just – God will judge people fairly on Judgement Day, as described in the Bible/he will decide if we go to heaven; *“For he has set a day when he will judge the world with justice by the man he has appointed. He has given proof of this to everyone by raising him from the dead.”* (Acts 17:31)

07 ‘The world was created exactly as described in the book of Genesis in the Bible.’

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+ SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Some have a literal interpretation of Genesis (literal creationism):
 - The Bible is the Word of God.
 - The universe was made in six days by God/On each day he created something different/God rested on the seventh day.

Arguments in support of other views:

- The Bible account is a story/metaphor/non-literal source.
- Science gives evidence that gives a different account:
 - Scientific evidence shows a 'Big Bang' occurred.
 - Red shift theory.
 - Fossils.
- Science and the Bible can work together (theistic evolution):
 - Science gives us evidence to work alongside Genesis.
 - Science tells us 'how' and the Bible tells us 'why'.

2 Beliefs and teachings: Different Christian beliefs about the afterlife

Practice

Exam-style questions

01 Which **one** of these refers to the Christian belief that all humans will come alive again?

[1 mark]

Answer: A Resurrection

02 Give **two** beliefs about life after death in Christianity.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

Humans will be resurrected; life after this life, for eternity; there will be judgement; heaven; hell; heaven is with God

03 Give **two** reasons why Christians believe in the existence of heaven.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

It's in the Bible; Jesus spoke about it; it gives purpose in life; Jesus went to Heaven

04 Explain **two** ways that belief in heaven might influence a Christian today.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- To follow God's laws so they will go to heaven.
- Pray for forgiveness of sins.
- Baptise to get rid of original sin/sin.
- Follow the Parable of the Sheep and Goats as 'sheep' to be on the 'right' side.

05 Explain **two** Christian beliefs about hell.

Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- It is described in the Bible – “... and throw them into the blazing furnace, where there will be weeping and gnashing of teeth.” (Matthew 13:50)
- Some think this is a literal description of hell. It will be a painful and unhappy time.
- Some believe it is where the devil resides.
- It is for people who have sinned (without repenting).
- It is for eternity.
- Some believe that a loving God would not create such a place or send anyone there, so it is a symbolic description of being ‘without God’, not a place called hell.

06 ‘The Bible tells Christians exactly what will happen in the afterlife.’

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- There are descriptions of heaven and hell in the Bible.
- Jesus spoke of the afterlife – “*In my Father’s house there are many rooms.*”
- The Bible is the ‘word of God’ so it is true/accurate.

Arguments in support of other views:

- Some say the descriptions are symbolic to teach us important things.
- We cannot know what will happen until it happens.
- The Bible was written at a time for a set of people to understand teachings – it wasn’t supposed to be a literal description of the afterlife.
- The Bible is made up of different genres so it isn’t just a literal description of what will happen.

3 Beliefs and teachings: The incarnation, crucifixion, resurrection, and ascension of Jesus

Practice

Exam-style questions

01 Which **one** of these is the event in the life of Jesus when he came back to life after dying on a cross? [1 mark]

Answer: C Resurrection

02 Which **one** of these is the belief that 'God became flesh'? [1 mark]

Answer: B Incarnation

03 Give **two** reasons why the ascension is important to Christians. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

- It tells them that Jesus is in heaven.
- It fulfils Jesus's prophecies.
- It tells them why there is no body or grave of Jesus on Earth.
- Jesus told the disciples what they should do at the ascension.
- It tells Christians that Jesus was fully God and returned to God in heaven.

04 Give **two** reasons why the resurrection is important to Christians. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

- It shows that Jesus was the Son of God.
- It fulfilled the prophecies/predictions of Jesus's resurrection.
- It shows humans that there is life after death and they will also be resurrected.
- It shows the power of God over death.

05 Explain **two** ways that the incarnation may influence the life of a Christian today. [4 marks]

You may include some of the following points, but other relevant points will be credited:

It may influence them to:

- celebrate the birth of Jesus at Christmas
- believe that he is the Son of God
- understand the Old Testament prophecies
- believe in the Trinity.

06 Explain **two** ways that the crucifixion of Jesus may influence the life of a Christian today.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

It may influence them to:

- commemorate Good Friday – the day the crucifixion of Jesus happened
- thank God for the life of Jesus and his sacrifice
- remind them of their own human death (and following afterlife)
- thank God for the forgiveness of sins through salvation.

07 Explain **two** Christian beliefs about the incarnation.

Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- It shows that God was incarnated – took human form and was on Earth.
- The Angel Gabriel told the Virgin Mary she was pregnant with a son.
- *“The Word became flesh and made his dwelling among us.”* (John 1:14)
- It supports the Trinity.
- The birth of Jesus is celebrated at Christmas.
- It is described in the Gospels (Bible) – *“This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit.”* (Matthew 1:18)

08 ‘The incarnation is more important than the crucifixion of Jesus.’

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- It proves the Old Testament prophecies as true.
- The 'Word' became flesh.
- God sent his Son to Earth.

Arguments in support of other views:

- The crucifixion is more important because:
 - it saves humanity through salvation
 - God sacrificed his son
 - humans' sins are forgiven.
- They're equally important because:
 - Christians don't think like this – they both play an important role in their beliefs.

4 Beliefs and teachings: Sin and salvation

Practice

Exam-style questions

01 Which **one** of these is a sin humans are born with due to the Fall?

[1 mark]

Answer: A Original sin

02 Which **one** of these is classed as a sin in Christianity?

[1 mark]

Answer: D Murder

03 Name **two** sins in Christianity.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

Murder; stealing; lying; worshipping other gods

04 Name **two** means of salvation.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

By grace; by spirit; by law

05 Explain **two** ways that Christians may be influenced by salvation by law in their lives today.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- They will follow the Bible's laws.
- They won't commit sins, for example, lying, adultery.
- They will read the Bible regularly to remind themselves of God's laws.
- They will encourage others not to sin.

06 Explain **two** ways that belief in sin may influence Christians today.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- They will avoid committing sins.
- They will read the Bible to be sure what counts as a sin.
- They will ask God for forgiveness when they sin, for example, through prayer/confession.
- They will get baptised to wash away their sins/original sin.

07 Explain **two** Christian beliefs about the role of Jesus in salvation. Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Jesus died on the cross on Good Friday as God's sacrifice.
- Jesus's death enables humans to achieve salvation.
- It allows humans to reconcile with God and achieve atonement.
- This ensures that all humans can access heaven and be with God.
- *"For God so loved the world that he gave his one and only Son."* (John 3:16)
- *"For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!"* (Romans 5:10)
- *"[...] if anybody does sin, we have an advocate with the Father – Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world."* (1 John 2:1–2)

08 'You can only achieve salvation by following God's law.' Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- God has made clear in the Bible how he expects humans to behave.
- If they follow what he wants, then they can be saved from their sins and join him in heaven.
- Christians will focus on how they behave in life because the Bible says:
"faith without deeds is dead" (James 2:26).

Arguments in support of other views:

You can achieve salvation in other ways.

- Salvation by grace:
 - Some Christians believe that because God is all-loving and all-merciful that humans can achieve salvation even if they have sinned.
 - This is possible as he sacrificed his son Jesus, dying on the cross.
 - God's grace means that if someone believes in him, it is their faith that will save them, as shown in the Bible: *"For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast."* (Ephesians 2:8–9)
- Salvation by Spirit:
 - Some Christians believe that the Holy Spirit is present around humans today, helping them to achieve salvation.
 - The spirit guides people in day-to-day life through their conscience to make the right decisions about how to behave.

It can help Christians understand God, including when they are reading the Bible, which says: *"the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."* (John 14:26)

5 Practices: Worship and prayer

Practice

Exam-style questions

01 Which of these describes a form of worship that follows a formal set of practices that remain the same? [1 mark]

Answer: B Liturgical worship

02 Which **one** of these prayers is spontaneous and has not been planned? [1 mark]

Answer: A Informal

03 Give **two** reasons why prayer is important to Christians. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Connects to God; communicates to God; Jesus told them to pray (the Lord's prayer); it allows them to worship God; they can ask for help for themselves/others

04 Give **two** purposes of Christian prayer. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Praise: worshipping God; thanksgiving: thanking God for everything he has done and does for humans; intercession: praying for others, for example, praying for their salvation, for someone's health; confession: repenting to God for sinning and asking for forgiveness; petition: praying for yourself, for guidance and support in living the Christian life

05 Explain **two** contrasting ways that Christians may use the Bible in worship. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- Private worship:
 - Read alone.
 - Be inspired by passages.
 - Understand God's plan for them.
- Liturgical worship:
 - Part of a set church service structure
 - Shares God's word.
 - Specific set passages for that day to inspire Christians

06 Explain **two** ways that Christians pray.

Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Set prayers:
 - Lord's prayer; the rosary
- Focus of prayers:
 - Praise: worshipping God; thanksgiving: thanking God for everything he has done and does for humans; intercession: praying for others, for example, praying for their salvation, for someone's health; confession: repenting to God for sinning and asking for forgiveness; petition: praying for yourself, for guidance and support in living the Christian life
- Informal/spontaneous prayer:
 - More personal
 - Relates to the situation that someone is in.

07 'The Lord's prayer is the most important prayer.'

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Jesus told them it when people asked him how to pray.
- It's a part of most liturgical Church services.
- It can also be said by an individual during private worship.
- It covers the key aspects of belief.

Arguments in support of other views:

- All prayers are accepted by God.
- Informal/spontaneous prayers are more personal.
- There are different reasons to pray and the Lord's prayer doesn't always cover these, for example, intercession.

6 Practices: The role and meaning of the sacraments

Practice

Exam-style questions

01 Which **one** of these is the event when Jesus told the disciples to 'baptise in the name of the Father, the Son and the Holy Spirit'? [1 mark]

Answer: A The Great Commission

02 Which **one** of these is the sacrament that remembers Jesus's Last Supper? [1 mark]

Answer: C Eucharist

03 Name **two** sacraments in Christianity. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Baptism; Eucharist; marriage; reconciliation (confession)

04 Give **two** different names for Holy Communion. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Eucharist; Mass; the Lord's Supper

05 Explain **two** contrasting beliefs about infant baptism. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- It should be for all babies:
 - To wash away original sin.
 - Need to be baptised to enter heaven if the baby dies unexpectedly.
- It shouldn't happen:
 - It should be a personal decision and babies cannot decide.
 - We don't have original sin to wash away.

06 Explain **two** ways that Christians may carry out Holy Communion.

Refer to sacred writings or another source of Christian belief and teaching in your answer. [5 marks]

You may include some of the following points, but other relevant points will be credited:

- Catholic Christians believe that during the Mass the bread and the wine undergo a special change called ‘transubstantiation’. They believe that the bread becomes the body of Jesus, and the wine becomes the blood of Jesus.
- Some Christians take the phrase “do this in remembrance of me” and believe that the sacrament is about remembering God’s sacrifice of Jesus on the cross, leading to the forgiveness of sins.
- Other Christians believe that the bread and wine are symbolic, bringing together the community in sharing them.
- There are differences in the ‘bread’ – unleavened, wafers, loaf passed around congregation.
- There are differences in the ‘wine’ – some use red wine, some use red grape juice; some share from one cup, others have individual cups.
- *“After taking the cup, he gave thanks and said, ‘Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes.’
And he took bread, gave thanks and broke it, and gave it to them, saying, ‘This is my body given for you; do this in remembrance of me.’
In the same way, after the supper he took the cup, saying, ‘This cup is the new covenant in my blood, which is poured out for you.’”* (Luke 22:17–20)

07 ‘The most important sacrament is infant baptism.’

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Washes away sin.
- Removes original sin.
- Welcomes a baby into the Church community.
- First sacrament.
- Jesus told the disciples to baptise.

Arguments in support of other views:

- It's not important.
 - Not the baby's decision.
 - There is no original sin.
 - Adult baptism shows more of a commitment.
- Eucharist most important:
 - Remembering the importance of Jesus and God's sacrifice.
 - Regular part of liturgical worship.
- None are 'most important':
 - Christians don't think in this way – all are important, in different ways.

7 Practices: The role and importance of pilgrimage and celebrations

Practice

Exam-style questions

01 Which **one** of the following is when Christians celebrate the resurrection of Jesus? [1 mark]

Answer: D Easter

02 Which **one** of the following is when Christians celebrate the birth of Jesus? [1 mark]

Answer: A Christmas

03 Give **two** Christian beliefs about pilgrimage. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

They can see where something important in Christianity has happened, for example, Bethlehem and Jerusalem; it strengthens and renews their belief; it brings together the Christian community; it involves prayer and worship in special places; it brings them closer to God; they may involve receiving special blessings

04 Give **two** ways that Christians may celebrate Christmas. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Going to church; giving presents; Nativity play; telling the Christmas story; reading the Gospel story; singing carols

05 Explain **two** contrasting places a Christian may visit on pilgrimage.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

Iona:

- St Columba, (an Irish missionary) who had brought Christianity to Scotland, set up a monastery on the island of Iona. It is now a pilgrimage site, dedicated to the Virgin Mary; It is a place where all Christians (ecumenical) can visit and stay; There is a small community on the island that runs the retreat and looks after the pilgrims; They take part in:
 - daily church services in the Abbey church
 - walks around the island – stopping for prayer and reflection
 - workshops focusing on Christian teachings
 - Bible reading reflection and prayer in the natural beauty of the island.

Lourdes:

- Lourdes is particularly important to Catholic Christians as it is where, in 1858, a girl called Bernadette had a vision of the Virgin Mary; Mary told Bernadette to dig into the ground and a spring of water appeared.
 - Today, pilgrims visit the grotto where Mary appeared.
 - They also drink some of the spring water because they believe it has healing powers.
 - Some bathe in the spring water in the hope of a healing miracle.
 - Many will take some water home with them to share with others.

06 Explain **two** reasons why Easter is an important celebration for Christians in Great Britain today. Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

Easter is important because it:

- proves that God has power over death, which means that all humans will also be resurrected
- shows God's sacrifice for humans, which enables their salvation
- enables humans to reconcile with God even if they have sinned
- enables the forgiveness of sins
- enables Christians to achieve atonement and access heaven to be with God
- *"Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve."* (1 Corinthians 15:3–5).

07 'Christmas is more important than Easter for Christians today.'

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- It celebrates the birth of the most important person/role model in Christianity.
- It is when the incarnation occurred: *"The Word became flesh and made his dwelling among us."* (John 1:14).
- It shows that God was on Earth in human form.
- The Old Testament prophecies of a messiah coming to Earth came true.

Arguments in support of other views:

Easter is more important because it:

- proves that God has power over death, which means that all humans will also be resurrected
- shows God's sacrifice for humans, which enables their salvation
- enables humans to reconcile with God even if they have sinned
- enables the forgiveness of sins
- enables Christians to achieve atonement and access heaven to be with God
- *"Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve."* (1 Corinthians 15:3–5).

Neither is more important:

- Christians don't think in this way – Christmas and Easter are equally important for different things.

8 Practices: The church in the community, and mission, evangelism, and growth

Practice

Exam-style questions

01 Which **one** of the following is the Christian belief in spreading the Christian gospel by public preaching or personal witness? **[1 mark]**

Answer: C Evangelism

02 Which **one** of these is the event that is known as the birth of the Christian Church? **[1 mark]**

Answer: A Pentecost

03 Give **two** Christian beliefs about The Great Commission. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

- Before Jesus ascended to heaven.
- Jesus said “...go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.”
- Forty days after his resurrection.
- Jesus spoke with the disciples for the final time.

04 Give **two** ways that a Christian may evangelise. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

Stand in public places and give out leaflets to passers-by; give away copies of the Bible in the language of the country it’s in and place them in public spaces such as in hotel rooms; run the Alpha course

05 Explain **two** contrasting ways that a Christian might help others in the local community. **[4 marks]**

You may include some of the following points, but other relevant points will be credited:

- Food banks:
 - Give food; organise donations; distribute to those in need.
- Street pastors:
 - Help those in need, usually in town centres on a Friday/Saturday night.

- Organise events and activities for Christians, for example, church services and prayer meetings.
- Arrange events outside the church building, for example, ‘outreach’ work in local schools.
- Arrange events and activities for everyone in the community, including non-Christians, for example, playgroups and coffee mornings.

06 Explain **two** contrasting ways that a Christian may evangelise.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- Stand in public places and give out leaflets to passers-by.
- Give away copies of the Bible in the language of the country it’s in and place them in public spaces such as in hotel rooms.
- Run the Alpha course.

07 Explain **two** reasons for Church growth.

Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- The Great Commission – *“go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you...”* (Matthew 28: 19–20)
- Evangelism – trying to convert people to Christianity by telling them about Jesus, for example, the Alpha course.
- Missionaries – a vocation or calling of a Christian organisation or individual to go out into the world and spread their faith.

08 ‘All Christians should travel to another country to evangelise.’

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Missionaries in England – England is a Christian country/children learn about Christianity in school, so people already know about the religion.
- Not all countries have heard about Jesus/Christianity so they need to visit these places.
- At The Great Commission Jesus said, “*go and make disciples of all nations*” (Matthew 28: 19–20) meaning to travel the globe.

Arguments in support of other views:

They shouldn't go to other countries:

- People in other countries already have their own beliefs.
- Christians can evangelise in their own country.
- Christianity is declining in England so evangelism is needed/there is work to be done in local communities.

9 Practices: The importance of the worldwide Church

Practice

Exam-style questions

01 Which **one** of these means the restoring of harmony after relationships have broken down?

[1 mark]

Answer: D Reconciliation

02 Which **one** of these means hostility and ill-treatment, especially because of race, or political, or religious beliefs?

[1 mark]

Answer: A Persecution

03 Give **two** ways that Christians may be persecuted today.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

Made fun of in public, including unfair or biased media coverage; banned from meeting with others; subjected to torture or killed; removed from their job or not having the same opportunities for work

04 Give **two** ways that a Christian charity may help those who are in poverty and are facing injustice.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

Rapid response to disasters and conflicts; working with local churches and organisations, encouraging communities to help themselves; helping people to speak out against poverty and injustice; challenging unjust policies and practices at every level; dealing with disasters such as drought, climate change, and hurricanes; improving their situation, for example, by getting a fair price for goods and products

05 Explain **two** contrasting ways that Christians may respond to persecution.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- The Bible tells Christians to get ready to be persecuted.
- Christians may find strength in persecution, bringing them together and strengthening their faith.
- Pray for those being persecuted.

06 Explain **two** reasons why reconciliation is important in Christianity.

Refer to sacred writings or another source of Christian belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- The key message of Christianity is that, due to God's sacrifice, Jesus died on the cross so humans can be reconciled with God.
- One of the Catholic sacraments is reconciliation, when followers confess their sins through a priest to ensure they renew their relationship with God after they have sinned.
- Christians around the world work for reconciliation between Christians and non-Christians, and within Christianity, to improve relationships where there has been a breakdown.
- The Bible encourages reconciliation: *For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!*" (Romans 5:10).

07 'Charities can reduce poverty and injustice by themselves.'

Evaluate this statement.

In your answer you should:

- refer to Christian teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Christian charities are organised around the world to help in most countries.
- Christianity is the biggest religion in the world, so if Christians donate to these charities then they will have a huge impact.
- Christian charities have track records of making change/a difference to poverty and injustice.
- Christian teachings support this work – ‘Love your neighbour’, Parable of the Sheep and Goats.

Arguments in support of other views:

It cannot be just Christian charities working to reduce poverty and injustice:

- Other (religious) charities can help too.
- Governments have more power to reduce poverty and injustice.

10 Beliefs and teachings: The Buddha’s life and its significance

Practice

Exam-style questions

01 Which **one** of the following is **not** a stage of the Buddha’s life?

[1 mark]

Answer: C The setting in motion of the wheel of dharma

02 Give **two** features of the Buddha’s ascetic life.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

The Buddha left his life of luxury; the Buddha met many teachers who taught him important practices leading to great insights; the Buddha had little food; the Buddha practised meditation; the Buddha discovered the ‘Middle Way’

03 Explain **two** ways in which the Buddha’s life influences Buddhists today.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- Influenced by the Buddha’s birth:
 - undertake pilgrimage to Lumbini, where the Buddha is believed to have been born
 - celebrate festivals, for example, Wesak, to remember the Buddha’s birth.
- Influenced by the Buddha’s life of luxury:

- have a 'Middle Way' attitude towards wealth; that is, not become too wealthy or too poor.
- Influenced by the Four Sights:
 - actively help reduce dukkha, for example, by volunteering
 - engage in Buddhist practice, for example, meditation.
- Influenced by enlightenment:
 - undertake pilgrimage to Bodh Gaya, where the Buddha is believed to have been enlightened
 - celebrate festivals, for example, Wesak, to remember the Buddha's enlightenment
 - engage in Buddhist practice, for example, meditation.

04 Explain **two** reasons why the Buddha's life is important.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- It offers an example for contemporary Buddhists to emulate and live by. For example, Buddhists may undertake meditation as the Buddha did during his enlightenment.
- The Buddha's life forms part of the Buddha's Dhamma. For example, in the Jataka Tales Buddhists learn about the Buddha witnessing four sights, these have a profound impact on the Buddha's later teaching.
- It offers Buddhists a role model.
- It teaches Buddhists about correct action.

05 'The Buddha's witnessing of the Four Sights was the most important aspect of his life.'

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+ SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- It was the witnessing of the Four Sights that encouraged the Buddha to leave his life of luxury and begin his journey to enlightenment.
- The Four Sights had a significant impact on the development of the Buddha's Dhamma, for example, the Four Noble Truths and the Three Marks of Existence.

Arguments in support of other views:

- The Buddha's birth may be the most important aspect for some, because his miraculous entry into the world highlighted his power and role, for example, to stop suffering in the world.
- The Buddha's ascetic life may be the most important aspect for some, because that is when he discovered the importance of the 'Middle Way'.
- The Buddha's enlightenment may be the most important aspect for some, because that is when he gained wisdom and insight into the true nature of reality.
- Some may reject any one period as being the most important, instead suggesting that every aspect of the Buddha's life is crucial for the development of Dhamma.

11 Beliefs and teachings: The Three Marks of Existence, Dependent Arising, and Dhamma (Dharma)

Practice

Exam-style questions

01 Which **one** of the following best describes Dependent Arising? [1 mark]

Answer: C All life is interconnected

02 Give **two** understandings of Dhamma (Dharma). [2 marks]

You may include two of the following points, but all other relevant points will be credited:

The full collection of the Buddha's teachings; universal law, the truth about the nature of existence; the path of training recommended by the Buddha.

03 Give **two** of the three Marks of Existence. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Dukkha (suffering); anicca (impermanence); anatta (no permanent, fixed self/soul).

04 Explain **two** ways in which Dependent Arising may influence Buddhists today. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- The belief of dependent arising encourages treating the environment with respect: damage in one area will lead to damage in another.
- Dependent Arising encourages positive ethical conduct towards one another, for example, to show metta and karuna.

05 Explain **two** ways in which the Dhamma (Dharma) is important for Buddhists.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- The Dhamma gives Buddhists the Buddha’s teaching. This can be used by Buddhists to help them understand the true nature of reality. For example, in the Dhammapada the Buddha describes anicca – “*all conditioned things are impermanent*”.
- The Dhamma gives Buddhists a means to relieve suffering. For example, Buddhists can look to the Buddha, Dhamma or Sangha for support.

06 Explain **two** causes of dukkha.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- The Buddha suggested that birth, ageing, illness, death, and separation all cause suffering.
- Illness may result in suffering because it often results in physical/mental pain. This means the body will be hurting physically and the person’s mood might be low.
- Separation may result in suffering because it often results in a feeling of craving. This is desiring something you do not have, for example, material goods, relationships, etc.

07 ‘Dukkha is the most important Mark of Existence for Buddhists.’

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Dukkha provides an understanding/motivation for the Buddhist path.
- Dukkha teaches Buddhists that suffering is a normal/inevitable part of life. That may give comfort for those going through difficult experiences, for example, death.
- Along with enlightenment, the ending of suffering (dukkha) is a central goal for Buddhists.

Arguments in support of other views:

- Anicca may be the most important Mark of Existence for some Buddhists because it gives a reason for suffering/change, it doesn't merely state a condition of reality.
- Anatta maybe the most important Mark of Existence for some Buddhists because when fully realised, it allows for a full understanding of Buddhist beliefs about life after death.

12 Beliefs and teachings: The human personality and human destiny

Practice

Exam-style questions

01 Which **one** of the following is someone who remains in the cycle of samsara out of compassion to help others achieve enlightenment? **[1 mark]**

Answer: D Bodhisattva

02 Which **one** of the following is **not** one of the Five Aggregates? **[1 mark]**

Answer: B Dukkha

03 Give **two** countries where Theravada Buddhism is dominant. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

- Thailand
- Sri Lanka
- Laos
- Cambodia.

04 Give **two** of the six perfections in the Mahayana tradition. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

- generosity
- patience
- meditation
- morality
- energy
- wisdom.

05 Explain **two** ways that following Mahayana Buddhism may influence Buddhists today. [4 marks]

You may include some of the following points, but other relevant points will be credited:

It may influence them to:

- follow one of several different schools, for example, Zen, Pure Land, etc
- hold specific beliefs about human personality, for example, sunyata, Buddha-nature, Buddhahood
- put the six perfections into practice, for example, generosity, meditation, etc.

06 Explain **two** Buddhist teachings about human destiny.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Arhat – perfected person/worthy one: those who have overcome the main causes of suffering and achieved enlightenment.
- Bodhisattva – somebody who has become enlightened, but out of compassion, remains in samsara to help others.
- The Bodhisattva vow: *“However innumerable sentient beings are; I vow to save them”*.

07 ‘It is impossible to achieve your destiny in Buddhism unless you follow Pure Land Buddhism.’

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Many Pure Land Buddhists support this view because they believe faith in Amitabha Buddha is essential for achieving destiny, for example, Sukhavati.
- Many Pure Land Buddhists support this view because many Pure Land Buddhist schools provide Buddhists with an accessible range of practices to aid achieving your destiny, for example, chanting the name of Amitabha.

Arguments in support of other views:

- Some Theravada Buddhists may suggest that it is essential to follow the path of the Arhat to achieve your destiny, not those beliefs and practices prescribed by Pure Land Buddhism.
- Other Mahayana schools will suggest it is more important to help others, for example, by taking the Bodhisattva vow, rather than focusing on individual practice, such as chanting the name of Amitabha.
- Other Mahayana schools, for example, Zen, will suggest practices such as zazen meditation are essential for achieving your destiny.

13 Beliefs and teachings: The Four Noble Truths

Practice

Exam-style questions

01 Which **one** of the following is **not** one of the Four Noble Truths? [1 mark]

Answer: B Suffering is meditation

02 What is meant by the term dukkha? [1 mark]

Answer: C Suffering

03 Give **two** interpretations of nibbana (nirvana). [2 marks]

You may include two of the following points, but all other relevant points will be credited:

With remainder; without remainder (Parinibbana)

04 Give **two** of the Four Noble Truths. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

- There is suffering (dukkha).
- There is a cause of suffering (samudaya).
- There is a way to end suffering (nirodha).
- The way to end suffering is to follow the Eightfold Path (magga).

05 Explain **two** ways in which the Eightfold Path may influence Buddhists today. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- Right Livelihood – Buddhists may choose a job that does not inflict harm on others.
- Right Speech – Buddhists will speak positively and truthfully.
- Right Understanding – Buddhists strive to develop an understanding of the Buddha's Dhamma.

- Right Concentration – Buddhists will develop focus, for example, engage in meditation.

06 Explain **two** of the Four Noble Truths.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- There is suffering (dukkha). In the Pali Canon the Buddha teaches, “*Now this bhikkhus [monks]... is suffering... birth... ageing... illness... death... and separation is suffering.*”
- There is a cause of suffering (samudaya). There are many causes, for example, the Three Poisons. In the Pali Canon, the Buddha teaches, “*Greed is a root of what is unskillful, aversion is a root of what is unskillful, delusion is a root of what is unskillful.*”
- There is a way to end suffering (nirodha). The Buddha taught that suffering can be ended; many Buddhists believe they can do this through their own actions and efforts, for example, meditation. When suffering has ended, nibbana will be realised.
- The way to end suffering is to follow the Eightfold Path (magga). The Buddha gave eight actions to aid Buddhists in their ending of suffering: Right Concentration, Right Mindfulness, Right Effort, Right Livelihood, Right Understanding, Right Intention, Right Speech, and Right Action.

07 ‘The Second Noble Truth is the most important.’

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- The Second Noble Truth gives Buddhists an understanding of what suffering is, allowing them to know what is causing their unhappiness. In the Pali Canon, the Buddha says, “*Greed is a root of what is unskillful, aversion is a root of what is unskillful, delusion is a root of what is unskillful.*”
- By outlining the causes of dukkha, for example, craving, the Second Noble Truth may allow Buddhists to consider different aspects of their life where craving can be reduced.

Arguments in support of other views:

- The Third Noble Truth may be the most important for some Buddhists, because it may give them hope that there is an end to the pain caused by suffering. For example, Parinibbana is described by many Buddhist sources of authority as an existence free from suffering.
- The Fourth Noble Truth might be the most important for some Buddhists, because they may suggest it is the most practical; unlike the Second Noble Truth, the Fourth Noble Truth gives Buddhists concrete actions and practices they can undertake to reduce suffering, for example, Right Speech.

14 Practices: Places of worship

Practice

Exam-style questions

01 Which **one** of the following would you **not** find in a Buddhist shrine? [1 mark]

Answer: D Zazen

02 Which **one** of the following would you **not** find in a Buddhist temple? [1 mark]

Answer: D Karuna

03 Give **two** features of a vihara. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

A community of Buddhist monks and/or nuns; meditation rooms/halls; temple; stupa

04 Give **two** places of worship in Buddhism. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Temple; shrine; meditation hall

05 Explain **two** contrasting ways in which Buddhists can worship. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- Visiting a temple – a Buddhist may visit a temple. This may be to join other Buddhists to worship and/or to meet members of the Sangha, the ordained Buddhist community.
- Using a shrine – a Buddhist could have a shrine in their home, where they undertake private and personal meditation alone or with their family.

06 Explain **two** reasons why places of worship are important for Buddhists.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Places of worship allow Buddhists to come together as a community.
- Attending a place of worship allows a Buddhist to seek guidance from a member of the monastic community. That may help a Buddhist overcome a difficulty in their life, reducing dukkha. This is because the Sangha provides refuge for Buddhists, *“to the Sangha for refuge I go”* (Tisarana chant, Dhammapada).

07 ‘A Buddhist does not need to attend a place of worship to engage in Buddhist practice.’

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- There is no requirement set by the Buddha to attend a place of worship. Many of the practices encouraged by the Buddha can be undertaken at home, for example, meditation.
- Money used for the upkeep of often very ornate places of worship could be used to support charitable causes that reduce dukkha.

Arguments in support of other views:

- Temples bring Buddhists together; that is particularly important in places such as the UK, where Buddhism is a minority religion.
- For some Buddhists, attending a place of worship may make worship easier, because attending a temple may help focus the mind on worship, especially if making use of aids to worship in the temple, for example, thangkhas.
- Attached to many places of worship are monasteries, where the Sangha live. Monks and nuns often offer advice to the laity and/or teach the Buddha’s Dhamma.

15 Practices: Worship and meditation

Practice

Exam-style questions

01 Which **one** of the following would a Buddhist not use during meditation? [1 mark]

Answer: D A mourning ritual

02 What Buddhist practice is defined as the singing or repeating of a word, prayer, or sound? [1 mark]

Answer: A Mantra recitation

03 Give **two** purposes of meditation. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Calm the mind; focus the mind; gain insight into reality; visualisation

04 Give **two** examples of visualisation aids. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Thangka; mandalas

05 Explain **two** contrasting ways in which Buddhists may meditate. [4 marks]

You may include some of the following points, but other relevant points will be credited:

- Samatha meditation:
 - to calm the mind
 - might focus on one object to become aware of breathing.
- Vipassana meditation:
 - to try to gain an insight into the true nature of reality
 - might focus on many objects and consider the Three Marks of Existence.

06 Explain **two** reasons why Buddhists undertake puja.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Puja enables Buddhists to express gratitude to the Buddha for his teachings.
- Puja is a way to show respect to the Buddha for his teachings. For example, meditating upon a flower may remind Buddhists of the Buddha's teaching of anicca.
- Puja allows an opportunity for a focus on religious tradition.
- Puja is considered a skilful action. For example, Lama Rinpoche suggests that focusing one's mind on spiritual practice is a skilful activity.
- Puja serves as a reminder of the Buddha's nature and key Buddhist teaching, for example, by chanting the name of Amitabha Buddha.

07 'Meditation is the best expression of a Buddhist's beliefs.'

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- For some Buddhists, following the Buddha's Dhamma is a key belief; meditation is something that the Buddha taught about and practised.
- Some types of meditation focus on a change in mindset/attitude towards others. Therefore, for some Buddhists, practices such as metta meditation are essential for expressing the belief in metta and karuna, because that changes a person's mental state.
- Some types of meditation, for example vipassana, allow a Buddhist to develop greater insight into reality. This insight will allow them to develop their practice/expression of Buddhism, for example, anicca.

Arguments in support of other views:

Some may suggest other aspects of Buddhism better express Buddhist beliefs:

- Meditation is only one aspect of the Eightfold Path and there are seven other beliefs that may offer a better expression of Buddhism, for example, Right Speech, Right Livelihood, etc.
- Some Buddhists might argue that beliefs associated with socially engaged Buddhism are a more practical expression of Buddhism. That is because socially engaged Buddhism actively calls for Buddhists to help reduce dukkha in society.
- Some Buddhists might argue that the beliefs expressed by meditation can only be attained once other knowledge has been acquired. Therefore, teachings such as the Five Moral Precepts may be a better expression of Buddhism.

- Some Buddhists might reject the view that any one belief provides a ‘best’ expression and suggest that all beliefs must be acknowledged to form a coherent expression of Buddhism.

16 Practices: Buddhism and death

Practice

Exam-style questions

01 Which **one** of the following is **not** a reason why Buddhists undertake ceremonies for those who have died? **[1 mark]**

Answer: D To remember ethical conduct

02 Give **two** Theravada rituals performed at a funeral. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

Setting up portrait of the deceased; establishing a shrine; a member of the Sangha giving a sermon; donation made by the deceased’s family; cremation

03 Give **two** Mahayana rituals performed at a funeral. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

Body placed in a coffin, pointing west; chants whilst walking around the coffin; offerings made every seven days after death; removing bones from ash

04 Give **two** Tibetan rituals performed at a funeral. **[2 marks]**

You may include two of the following points, but all other relevant points will be credited:

Body placed at high altitude (sky burial); prayers made for the deceased; offerings of yak-butter lamps; bodies cremated and remains placed in chortens

05 Explain **two** contrasting Buddhist ceremonies associated with death and mourning. **[4 marks]**

You may include some of the following points, but other relevant points will be credited:

Sky burial:

- The deceased’s body is left uncovered and exposed at high altitude as a gift to vultures, who eat the remains. This reminds mourners of the impermanence of the human body.

Funeral (Pure Land):

- The deceased's body is placed in a coffin with the head pointing west. That is because west is believed to be the direction of Sukhavati, Amitabha's Pure Land. Those in attendance walk around the coffin reciting a Pure Land chant, 'Namo Amida Bu'. This chant asks for refuge in Amitabha.

06 Explain **two** reasons why death ceremony rituals are important for Buddhists.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- They offer living mourners an opportunity to come together to remember the deceased's life.
- They allow for kammic merit to be made for the deceased, to aid rebirth.
- They provide an opportunity for mourners to remember Buddhist teachings on death. These teachings may provide comfort for those mourning. For example, in the Dhammapada, the Buddha taught that "*all conditioned things are impermanent*"; that reminds Buddhists of anicca.

07 'Buddhist death ceremonies are more for the living than the dead.'

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Death ceremonies provide an opportunity for those living who are mourning to come together to remember and celebrate the deceased. Depending on how this takes place, the ceremony may not benefit/impact the dead.
- Many aspects of death ceremonies are for the living to remember and draw upon the Buddha's teaching to help themselves during the mourning period, not to help the dead in their cycle of rebirth.

Arguments in support of other views:

- During a Theravada funeral, donations are made, and kammic merit is hoped to be transferred from the living to the dead. The merit is hoped to help the deceased during their rebirth.
- Pure Land Buddhists place the head of the deceased pointing west, which is believed to be the direction of Sukhavati, Amitabha's Pure Land. It is hoped this makes reaching Sukhavati easier.
- Virtually all Buddhist death ceremonies involve prayers for the deceased; these prayers are offered to help the deceased during their rebirth.

17 Practices: Festivals and retreats

Practice

Exam-style questions

01 Which **one** of these practices is associated with a Buddhist retreat? [1 mark]

Answer: D Visiting a quiet and relaxed place, where there is a focus on meditation and reflection

02 Which **one** of the following is **not** associated with Parinirvana Day? [1 mark]

Answer: A Ensuring there is a full moon

03 Give **two** reasons why a Buddhist may celebrate a festival. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Remember the Buddha's life; celebrate the Buddha's life; meet other Buddhists; reflect on the Buddha's Dharma; engage in specific practices

04 Give **two** practices associated with retreats. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Leaving everyday life/surroundings; listening to talks about the Buddha's teaching; meditation; puja; spending time with other Buddhists

05 Give **two** features of Wesak celebrations. [2 marks]

You may include two of the following points, but all other relevant points will be credited:

Lighting homes with candles; wearing traditional white dress; releasing caged animals; releasing lit lanterns; remembering the Buddha's birth, enlightenment, and passing into parinirvana

06 Explain **two** contrasting ways of celebrating the Buddha.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- Festivals:
 - celebrating Wesak – remember the Buddha’s birth, enlightenment, and passing into parinirvana
 - celebrating Parinirvana Day – remember the Buddha’s death and passing into parinirvana.
- Retreats:
 - temporarily leaving everyday life and going to a special place, for example, Land of Joy.
- Pilgrimage:
 - visiting a place connected with the Buddha’s life, for example, Kushinagar.

07 Explain **two** reasons why retreats are important for Buddhists.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Retreats provide Buddhists with an opportunity to focus on the Buddha’s teachings, without distractions from their everyday lives.
- Retreats provide Buddhists with an opportunity to engage with Buddhist teachers/masters; that might help them develop their understanding of the Buddha’s Dhamma.
- Retreats provide Buddhists with an opportunity to develop their practice, for example, through meditation techniques. By doing so, that may improve their understanding of Buddhism.
- The Buddhist Lama Thubten Yeshe teaches, *“For spirituality, pure morality, wisdom and insight to grow, we need time and space.”*

08 ‘Parinirvana Day is the most important Buddhist festival.’

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Parinirvana Day allows Buddhists an opportunity to reflect on the Buddha's death and passing into parinirvana; that is a key moment in the Buddha's life.
- If Buddhists are thinking about the Buddha's death, they can also reflect on the death of those around them and perhaps their own. That is important, because death is inevitable.
- Parinirvana Day might allow Buddhists to reflect and deeper understand aspects of the Buddha's Dhamma, for example, anicca and anatta.

Arguments in support of other views:

- Some Buddhists may think that Wesak is the most important Buddhist festival:
 - Wesak remembers three key areas of the Buddha's life: his birth, enlightenment, and passing into parinirvana. This means Buddhists can reflect on more aspects of the Buddha's life, perhaps leading to learning about more aspects of the Buddha's Dhamma.
 - Some Buddhists may argue that Wesak is a more important festival because it brings more Buddhists together and therefore allows for more celebration and joy.
- Some Buddhists may think that neither Parinirvana Day nor Wesak is 'most' important, but that both festivals are important because they offer different opportunities to celebrate the Buddha's life and teaching.

18 Practices: Buddhist ethics

Practice

Exam-style questions

01 What term means loving kindness?

[1 mark]

Answer: B Metta

02 Which **one** of the following is **not** a realm found on the Wheel of Life?

[1 mark]

Answer: D The realm of the dukkha

03 Give **two** of the Five Moral Precepts.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

- do not take life
- do not misuse the senses

- do not take intoxicants that cloud the mind
- do not take what is not given
- do not speak falsehoods.

04 Give **two** ways karuna can be expressed.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

Reduce suffering in the world; being honest; being respectful; supporting charities.

05 Name **two** of the Six Perfections.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

- generosity
- morality
- patience
- energy
- meditation
- wisdom.

06 Give **two** reasons why ethical conduct is important in Buddhism.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

May help to reduce dukkha in the world; may help ensure a favourable rebirth; it demonstrates an expression of Buddhist ideals, such as karuna and metta; it is a means of following the Buddha's Dhamma

07 Give **two** examples of unskilled actions.

[2 marks]

You may include two of the following points, but all other relevant points will be credited:

Stealing; lying; murder; engaging in illicit drug use; engaging in sexual misconduct

08 Explain **two** contrasting ways a Buddhist may make an ethical decision.

[4 marks]

You may include some of the following points, but other relevant points will be credited:

- using one of the Five Moral Precepts, for example, refrain from stealing
- cultivating and engaging one of the Six Perfections, for example, generosity
- expressing karuna, for example, supporting those in poverty
- showing metta, for example, treating others with respect.

09 Explain **two** reasons why kamma is important in Buddhist ethical decision-making.
Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- The belief in kamma will likely lead to a Buddhist undertaking action that can be considered skilful. Skilful action typically has positive consequences for those involved in the ethical decision, for example, expressing generosity by donating to a charity.
- As a result of kamma, a Buddhist's actions have long-term consequences. This means that a Buddhist may habitually perform skilful action, rather than performing skilful actions in isolation.
- Kamma impacts rebirth; many Buddhists will want a rebirth that is favourable and moves them further towards enlightenment. Therefore, they will aim to perform good actions.
- *"If you speak or act with a corrupted heart, then suffering follows you... If you speak or act with a bright heart, then happiness follows you."* (Dhammapada, Buddha)

10 Explain **two** of the Five Moral Precepts.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Reference may be made to any of the Five Moral Precepts: do not take life, do not misuse the senses, do not take intoxicants that cloud the mind, do not take what is not given, and do not speak falsehoods.
 - The Buddha taught to abstain from taking life. This means Buddhist refrain from harming/killing others, both humans and animals. Therefore, many Buddhists are vegetarian.
 - The Buddha taught to abstain from lying. This means Buddhists consider how they use their voice in relation to others; typically, it means they refrain from lying and gossip. Instead, Buddhists aim to use their voice for the benefit rather than detriment of others.

11 Explain **two** reasons why metta is important.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Metta encourages loving-kindness and friendliness to others. By expressing loving-kindness, a Buddhist will be reducing dukkha in the world.

- It helps change the mindset of Buddhists as well as their action. This means, if metta is fully cultivated, it will help the Buddhist habitually make positive decisions towards others.
- It guides decision-making towards all in the world, for example, humans and animals. The Buddha taught that “...one should cultivate loving-kindness towards all the world.” (The Pali Canon)

12 Explain **two** ethical teachings in Buddhism.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- The Five Moral Precepts have been described by the Buddha as “*five great gifts*” (The Pali Canon). These give Buddhists five principles they should consider when making ethical decisions, for example, avoiding harm.
- The Six Perfections are six positive actions that are encouraged for those on the Bodhisattva Path. Not only do they help the decision maker, but they also have a positive impact on the world, for example, by encouraging Buddhists to show patience towards others.
- Karuna is the expression of compassion towards others. The Dalai Lama teaches that if people were more compassionate the world would be “*happier and more successful*”.

13 Explain **two** of the Six Perfections.

Refer to sacred writings or another source of Buddhist belief and teaching in your answer.

[5 marks]

You may include some of the following points, but other relevant points will be credited:

- Reference may be made to any of the Six Perfections: generosity, morality, patience, energy, meditation, and wisdom.
 - Generosity is giving to others. Giving can be considered as material goods, but also the giving of the Buddha’s Dhamma. The Tisarana chant in the Dhammapada teaches that the Dhamma can provide ‘refuge’. This means it can be a source of support for those in need.
 - Meditation is the practice of calming and focusing the mind. This is important as it allows the Buddhists to reflect and gain a deeper insight into the Buddha’s Dhamma. There may be difficulty surrounding ethical decision-making, but by meditating Buddhists may cultivate metta, and that may guide them to a skilful decision/outcome.

14 'It is impossible to show compassion to everybody.'

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Despite their religious beliefs, some Buddhists may feel it is impossible to show compassion to some people. For example, if somebody has wronged them, they may not be able to care for them.
- This state of mind may be too advanced for the ordinary Buddhist; it takes years of practice to be able to overcome emotional connection and show compassion to all.

Arguments in support of other views:

- Some may draw upon their understanding of the Buddha's Dhamma and meditative practice and show compassion to all, even those who have wronged them. They may be able to forgive them for their actions.
- The Buddha demonstrated compassion to all; many Buddhists will view the Buddha as a role model and attempt to emulate his actions.
- Compassion is an essential aspect of the Bodhisattva path, therefore, those hoping to develop spiritually will show compassion to all.

15 'The Five Moral Precepts are too idealistic for the world today.'

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- Depending on the type of society you live in, and the influence you are under, the Five Moral Precepts may seem too idealistic. For example, many societies encourage the use of intoxicants as leisure pursuits/activities.
- Many interpret the Five Moral Precepts to include having a vegetarian/vegan diet. For many, this is not a lifestyle that can be lived, for example, due to poor access to alternative foods, so it may be seen as too idealistic.

Arguments in support of other views:

- Many of the Five Moral Precepts are in accordance with societal norms and law. For example, the prohibition of stealing is a near universal norm.
- The Five Moral Precepts are guidelines, and many suggest behaviour that shows a level of respect and compassion for others. For example, many people would agree that it is best not to tell lies about others.

16 'The Five Moral Precepts are all a Buddhist needs to be moral.'

Evaluate this statement.

In your answer you should:

- refer to Buddhist teaching
- give reasoned arguments to support this statement
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

[12 marks][+SPaG 3 marks]

You may include some of the following evidence and arguments, but all relevant evidence and arguments will be credited:

Arguments in support:

- The Five Moral Precepts give relatively simple and clear guidelines of actions not to do, for example, not stealing or gossiping. Many of the precepts are reasonable expectations to ensure a harmonious society, so if adopted, many would consider a Buddhist to be living morally.

Arguments in support of other views:

- The Five Moral Precepts focus on what not to do, rather than what to do. Some may suggest moral teachings such as the Six Perfections give a Buddhist clear guidance about being moral, as they are positive affirmations, for example, generosity.

- The Five Moral Precepts are only one aspect of the Buddha's moral teaching, which focus very much on the here and now. Other teachings, such as kamma, help a Buddhist see the 'bigger picture' and encourage positive moral behaviour due to an understanding of cause and effect.
- Some of The Five Moral Precepts are difficult to follow, depending upon where you live in the world. For example, in many societies indulgence and intoxicants are encouraged and may be difficult to avoid.