

Your guide to RS key teachings



Christianity – Beliefs



"God so loved the world that he gave his only Son, that whoever believes in him shall not perish, but have eternal life" John

"Love is patient, love is kind" 1 Corinthians

"Our Father, who art in heaven" The Lord's Prayer

"In the beginning, God created the Heavens and the Earth" Genesis 1

"Are you Christ? I am, said Jesus" Gospel of Mark

"He left and was taken up to Heaven" Luke 24

*"He will come to judge the living and the dead"
Apostle's Creed*

"I am the way, the truth and the life. No one comes to the Father except through me" John 14

Omnipotent = All-powerful – God created the world

Holy Trinity = Father, Son and Holy Spirit



Christianity – Practices

'Humble yourselves in the sight of the Lord, and He will lift you up'. James 4:10

'For unto us a Child is born, to us a son is given'. Isaiah 9:6

'If anyone has material possessions and ignores his brother in need, how can he love God?' 1 John

The Story of Jesus' birth Only told in Matthew and Luke

The Parable of the Good Samaritan Teaching by Jesus

'This is my body, which is for you; do this in remembrance of me'

1 Corinthians

'Christi is risen from the dead' Easter Hymn

'For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink' Matthew 25:35-36

'Faith by itself, if it is not accompanied by action, is dead' James 2:17

'Therefore go and make disciples of all nations, baptising them in the name of the Father, the Son and the Holy Spirit' Matthew 28

'Blessed are those who are persecuted' Matthew 5:10

Buddhism – Beliefs



The Three marks of existence:

1. *Anatta – there is no permanent soul*
2. *Anicca – impermanence is reality*
3. *Dukkha – suffering*

Paticca samuppada – dependent arising

Human Personality

Skandhas – 5 aggregates that make up each person

Sunyata – emptiness, void

Arhat – a perfected being (Theravada)

The FOUR Noble Truths

1. *Dukkha - suffering*
2. *Tanha – caused by craving*
3. *Nirodha – we can end tanha with non-attachment*
4. *Magga – we can do this by following the Noble Eightfold Path:*
 1. *Right view/understanding*
 2. *Right thought/intention*
 3. *Right Speech*
 4. *Right Action*
 5. *Right Livelihood*
 6. *Right Effort*
 7. *Right mindfulness*
 8. *Right concentration*

Buddhism – Practices

Karma - actions

Rebirth

Karuna – mercy or compassion

Metta – loving kindness

Five precepts

1. Do not hurt living things
2. Do not steal
3. Do not do harmful sexual acts
4. Do not lie or gossip
5. Do not take intoxicants

The 6 perfections

1. Giving (dana)
2. Morality (sila)
3. Patience (ksanti)
4. Effort (virya)
5. Meditation (bhavana)
6. Wisdom (prajna)



Puja – worship before a shrine Malas – prayer beads for mantras

Meditation: Samatha, vipassana, Zazen and Visualisation

Bardo – between death and rebirth up to 49 days (Tibetan)

Matakabhatta – food given to monks on behalf deceased

Wesak – celebrating the birth, enlightenment and death of the Buddha

Parinivana day – Mahayana celebration of Buddha reaching nibbana.

Theme: Relationships and Family



'Do not have sexual relations with a man as one does with a woman, that is detestable' Leviticus 18:22

'Every sexual act must be within a marriage' Pope Pius XI

'You shall not commit adultery' Matthew 5:27

'God blessed them and said 'be fruitful and increase in number; fill the earth and subdue it' Genesis 1:28

'Husbands love your wives just as Christ loved the Church' Ephesians 5:25

'Children obey your parents in everything, for this pleases the Lord' Colossians 3:20

'There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus'. Galatians 3:28

Buddhism: Everything is interrelated and interdependent including people

The Five Moral Precepts – 1. Don't take Life 2. Don't steal 3. Don't be part of sexual misconduct 4. Don't speak badly 5. Don't take intoxicants that cloud your mind

Adultery is unskillful

Cycle of Samsara – life, death and rebirth

Some contraception breaks 1st precept (coil, morning after pill)

Metta – loving kindness

Lotus Sutra – men and women are equal and can reach enlightenment

Theme: Religion and Life

'Rule over the fish of the sea and the birds of the air'. Genesis 1:28

'The earth is the Lord's and everything in it'. Psalm 24:1

'Everything that lives and moves about will be food for you' Genesis 9:3

*'Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God'
Luke 12:6*

'So god created mankind in his image'. Genesis 1:27

'Before I formed you in the womb I knew you' Galatians 1:15

'Blessed are the merciful' Matthew 5:7

'You shall not murder' Exodus 20:13

*'For god so loved the world that he gave his only Son, that whoever believes in him
shall not perish but have eternal life" John 3:16*

Buddhism – dependent arising

Poisoned arrow – origin of universe not important

Mindfulness – appreciate everything in each moment

Dependent arising – protect environment

2nd Noble truth – taking too much of planet – bad

1st Moral precept – do not harm any living things

Eightfold path – right livelihood – don't harm animals Rebirth as animals

Mahayana tradition – many vegetarian or vegan

Abortion – life begins at conception

Euthanasia and life after death – Karma, rebirth, suffering and enlightenment

Theme: Religion, Peace and Conflict



'Live at peace with everyone' Romans 12:17-19

*'If anyone slaps you on the right cheek, turn to them the other cheek
also'*

Matthew 5:39

*'If there is serious injury, you are to take life for life, eye for eye, tooth for
tooth'.*

Exodus 21:23-24

'All who live by the sword, die by the sword' Matthew 26:52

'Blessed are the peacemakers, for they shall be called children of God'

Matthew 5:9

*Buddhism Dalai Lama – if someone has a gun, it would be reasonable
to shoot back – self defence*

Three poisons – greed can cause war

Against holy war – makes not sense

*Myanmar – 90% are Buddhist, but Muslims being killed – Dharma
doesn't support this*

Buddha – people to respond to violence with patience and love

Theme: Religion, Crime and Punishment



*'You shall not murder and anyone who murder will be subject to judgement'
Matthew 5:21-22*

'There is no authority except that which god has established' Romans 13:1

*'There is neither Jew nor Gentile, slave nor free, male nor female, for you are all
one in Christ Jesus' Galatians 3:28*

*'If your enemy is hungry, feed him, if he is thirsty give him something to drink'
'Overcome evil with good' Romans 12:19-21*

'One who loves their children is careful to discipline them' Proverbs 13:24

'Forgive us our sins, as we forgive those who sin against us' The Lord's Prayer

'Father forgive them, for they do not know what they are doing' Luke 23:34

'Life for life, eye for eye, tooth for tooth' Exodus 21:23-24

*'I take no pleasure in the death of the wicked, but rather that they turn away
from their ways and live'. Ezekiel 33:11*

Buddhism - skilful and unskilful actions

Kamma

5th Precept - do not take intoxicants

1st Precept - do not harm any living thing

Forgiveness