



SIKHI WORSHIP

Connecting with Waheguru (God)

Sikhi is a way of life. Worship is about remembering Waheguru (God) and living in ways that please Him.



WHAT IS SIKHISM?

Sikhism is a religion that teaches belief in one God, equality of all people, honesty, and helping others.

- One God
- Equality
- Honesty
- Helping others

HOW SIKHS PRAY AND WHY IT IS IMPORTANT

1. DAILY PRAYERS

Many Sikhs pray every day. They recite special prayers from the Sikh holy book, the Guru Granth Sahib.

Some common prayers include:

- **Japji Sahib** – usually recited in the morning.
- **Rehras Sahib** – usually recited in the evening.
- **Kirtan Sohila** – usually recited before going to sleep.

2. PRAYING AT THE GURDWARA

A Sikh place of worship is called a **Gurdwara**. At the gurdwara, Sikhs:

- ✓ Remove their shoes.
- ✓ Cover their heads.
- ✓ Sit on the floor together to show equality.
- ✓ Listen to readings and hymns from the Guru Granth Sahib.
- ✓ Join in prayers and singing.

3. PERSONAL PRAYER

Sikhs can pray anywhere by:

- Thinking about God.
- Saying God's name (often "Waheguru").
- Asking for guidance and strength.

WHERE SIKHS WORSHIP

The main place of worship is the **Gurdwara**. Everyone is welcome – any faith or none. Sikhs also worship at home, at school, at work and wherever they are.

For Sikhs, worship is not just about going to the Gurdwara. It is about how Sikhs live their lives every day. Sikhs believe **Waheguru** is everywhere and in everyone.

WAYS SIKHS WORSHIP



4. READING & LISTENING TO GURU GRANTH SAHIB JI

Sikhs worship by reading, listening to and reflecting on the teachings (Shabad) in Guru Granth Sahib Ji.

EXAMPLE: Sikhs bow respectfully to Guru Granth Sahib Ji when entering the Gurdwara and listen to the Hukam (teaching for the day) which gives guidance for life.

5. PRAYER (ARDAAS)

Sikhs pray to thank Waheguru, ask for guidance and remember His blessings.

EXAMPLE: Sikhs may pray at the Gurdwara, at home or anywhere. The Ardaas (Sikh prayer) is said to ask for everyone's well-being.

6. LIVING A GOOD LIFE

Sikhs worship by living according to the teachings of the Gurus. This includes honesty, kindness, respect and equality.

BE HONEST
 BE KIND
 STAND UP FOR JUSTICE
 RESPECT EVERYONE
 TREAT EVERYONE EQUALLY

Sikhs believe prayer is not just about words. It is also about living a good life, helping others, and trollov S everyone equally.

REASONS FOR WORSHIPPING

- ✓ To remember Waheguru and stay connected to Him.
 - ✓ To say thank you for His blessings.
 - ✓ To ask for guidance, strength and forgiveness.
 - ✓ To grow spiritually and become a better person.
 - ✓ To live in harmony with others and with God's creation.
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KEY WORDS

Waheguru	Wonderful Lord (the name Sikhs use for God)
Gurdwara	The Sikh place of worship
Guru Granth Sahib Ji	The holy scripture of Sikhs

Kirtan	Singing hymns of praise
Simran	Remembering Waheguru's name
Sewa	Selfless service
Sangat	The Sikh community
Ardaas	Sikh prayer
Rehat	Code of conduct

1. KIRTAN

Sikhs worship through singing hymns of praise called **Shabad Kirtan**. The words come from the Guru Granth Sahib Ji.

EXAMPLE: In the Gurdwara, a Ragi Jatha (group of musicians) lead the sangat (congregation) in kirtan. Everyone joins in to praise Waheguru together.

2. SIMRAN

Sikhs remember Waheguru by meditating on His name. This is called **Simran**.

EXAMPLE: Sikhs may quietly say "Waheguru, Waheguru" on their breath, or use a mala (prayer beads) to help them focus their mind on Waheguru.

3. SEWA

Sikhs worship Waheguru by serving others selflessly. This is called **Sewa**. It shows love, humility and equality.

EXAMPLE: In every Gurdwara, volunteers prepare and serve Langar (free meal) to anyone who comes, regardless of their religion, status or background.

WHY IS PRAYER IMPORTANT TO SIKHS?

- Prayer helps Sikhs:
- ✓ Feel closer to God.
 - ✓ Remember Sikh teachings.
 - ✓ Find peace and comfort.
 - ✓ Become kinder and more honest people.
 - ✓ Thank God for what they have.
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SUMMARY

Sikhs pray through daily prayers, worship at the Gurdwara, and personal reflection. Prayer is important because it helps them connect with God, follow Sikh teachings, and live a caring and honest life.

1. Who founded Sikhism and where was it founded?
2. What is the name of the Sikh place of worship?
3. Why do Sikhs remove their shoes and cover their heads before entering a Gurdwara?
4. Why is the *Guru Granth Sahib Ji* treated with great respect by Sikhs?
5. What is Kirtan and how does it help Sikhs in their worship?
6. What does Simran mean and how is it practised?
7. What is Ardas and when might Sikhs say it?
8. What does Seva mean? Give two examples of how Sikhs can practise it.
9. What is Langar and what Sikh value does it demonstrate?
10. According to the poster, why is prayer important for Sikhs?

• **Challenge Questions**

11. How does worship help Sikhs connect with Waheguru?
12. What does the quote "Recognise all humanity as one" teach Sikhs about how they should treat others?
13. Explain three ways Sikhs show equality through their worship and daily lives.
14. How are music and prayer used together in Sikh worship?
15. Why do Sikhs believe living a good life is an important part of worship?