


## R&W - Just how important are our beliefs?


<b>belief</b>	A feeling of being sure that something is true or exists.	<b>Khalsa</b>	A community of initiated Sikhs, founded by Guru Gobind Singh in 1699.
<b>charitable</b>	Willing to help others, often by giving money, time or support to those in need.	<b>outward expression</b>	Showing something through items, actions or symbols that others can see.
<b>commitment</b>	Willingness to be dedicated to a particular cause, activity or relationship and to follow through on promises or obligations.	<b>promise</b>	A special agreement where you say you will do something and do it.
<b>core</b>	The important or central part or something.	<b>responsibility</b>	Being in charge of your choices and actions.
<b>fast</b>	To choose not to eat all or some foods for a set time for religious or health reasons.	<b>sacrifice</b>	Giving up something important or valuable for the sake of something else.




Many people have special ceremonies to welcome babies, which often include promises or blessings. Family and members of the community are often present and parents or godparents make promises based on their beliefs on behalf of the baby.



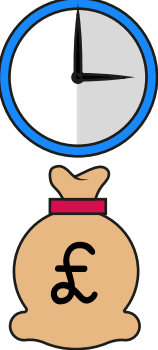
Ceremonies of commitment take part in some religious worldviews between the ages of 8 and 16. These are often seen as a way for a young person to make a conscious commitment to their beliefs as they are considered old enough to be responsible for their choices and actions. For many young people, participating is also linked with tradition and family expectations.




There are many ways people can outwardly express their beliefs such as by wearing certain clothes or jewellery, but what we see on the outside cannot tell us what a person thinks, believes or feels on the inside.



Some people make choices about what they eat based on their beliefs. Examples of this include fasting during Ramadan, giving up a particular food during Lent and Hindu vegetarianism.



Many people sacrifice their time or money to help others. In some religious worldviews, there are specific teachings about why and how this may be done. How someone spends their time or money can suggest what is important to them.



Some Sikhs choose to become Khalsa Sikhs, following the example of the first five Khalsa members who were willing to sacrifice their lives for their beliefs and the beliefs of others. For many Khalsa Sikhs, this means focusing fully on God, living by strict moral and ethical guidelines and being willing to stand up for freedom of beliefs.