

## SSE Group Level: 4 Religions

**Lesson:** Why are there so many different religions?

**Value:** Love

**Sub-Value:** Right-conduct, Non-violence

**Initiating the lesson:** 3 Aums

**Silent Sitting:** Jyoti Meditation

**Group Activity:** Form small groups and discuss why religions were formed.

### Questions/ discussion

- 1) How are religions formed?
  - a) Some religions are part of the cultural traditions of a group of people.
- 2) Religions form the basic set of spiritual traditions that explain the mysteries of life.
  - a) How is the world created?
  - b) Why was the world created?
  - c) Why is there life and death?
  - d) Why is there suffering in the world?
- 3) Religion is a way of worshiping the creator, the omnipresent, omniscient, and omnipotent being.
- 4) Religion is a way of explaining the supreme Lord.

### Life Applications:

- 1) Learn the name of the God for each major religion.
  - a) Christianity: God or Jehovah
  - b) Hinduisim: Para Brahman (Supreme reality)
  - c) Zoroastrianism: Ahura Mazda
  - d) Sikhism: Waheguru, Satnam
  - e) Buddhism: Maha Brahma, Adi Buddha
  - f) Islam: Allah
  - g) Judaism: Yahweh
- 2) Learn the basic tenets of each major religion.

### **Quotations from Bhagawan Sri Sathya Sai Baba.**

There is only one religion; the religion of Love  
There is only one language; the language of the Heart  
There is only caste; the caste of Humanity  
There is only one God, He is Omnipresent.

### **Unity of Faiths**

In a significant discourse delivered by Bhagawan in Nairobi (Kenya, East Africa) on the 4th of July in 1968, Baba said,

“I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster. I have come to tell you of this universal, unitary faith, this spiritual principle, this path of love, this duty of love, this obligation to love.

All religions teach one basic discipline - the removal of the blemish of egoism from the mind, and of running after trivial joys. Every religion teaches man to fill his being with the Glory of God and evict the pettiness of conceit. It trains him in methods of detachment and discrimination, so that he may aim high and attain liberation. Believe that all hearts are motivated by the one God; that all faiths glorify Him alone; that all names in all languages and all forms man can conceive denote the one Supreme Being; His adoration is best done by means of love.

Cultivate that Eka-bhava (attitude of Oneness), between men of all creeds, all countries and all continents. That is the message of love, I bring. That is the message I wish you to take to heart.”

**Closing prayer:** OM Shanthi x3