



# 6A

Name:..... Form:.....

See pages 14 and 15 of Sikh gurdwara

## A day of worship

Here is a schedule of the worship services at a gurdwara for one week. Read the schedule and answer the questions below.

### Monday to Saturday

- 4am Guru Granth Sahib is brought into the prayer hall. There is a short prayer ceremony called Prakash.
- 7am–8am Morning services – Asa di Var is sung, Anand Sahib is sung, Ardas prayer is said, Hukum (the Guru Granth Sahib is opened at random and a page is read), kardh parshad is given out.
- 7pm–8pm Evening services – Two prayers called Rehras and Chaupai are recited, hymns are sung, Ardas, a second hukum, and kardh parshad is given out.
- 10pm The Guru Granth Sahib is formally closed and put to bed.

### Sunday

- 4am Guru Granth Sahib is brought to the prayer hall. Prakash ceremony.
- 9:30am–12:30pm Asa di Var is sung, followed by hymn singing (kirtan).
- 12:30–1:30pm Anand Sahib is sung, Hukam is read and there is a sermon or talk.
- 1:30pm Ardas prayer is said and kardh parshad is given out.
- 2pm The congregation eats in the langar.
- 7pm–8pm Evening services – two prayers called Rehras and Chaupai are recited, hymns are sung, Ardas, a second hukum, and kardh parshad is given out.
- 10pm The Guru is formally closed and put to bed.

1. How is worship different on Sunday?

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2. What things happen every day?

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## Activity objectives

- ▶ To learn some details of Sikh worship services.
- ▶ To compare everyday worship with the weekly long worship service.

## Preparation and resources

You may want to prepare (or have the children prepare) a poster with some common Punjabi words used in worship, and their meanings in English, for reference. Some examples, in addition to those words found in the Word List of the student book are: *Adi* (first, original), *Akal* (eternal), *bani* (an individual verse in the Guru), *gian* (wisdom, knowledge). More words can be found at: [www.sikh.net/Glossary.htm](http://www.sikh.net/Glossary.htm).

Copies of other books in this series for reference: *Christian church*, *Muslim mosque*, *Jewish synagogue*, *Hindu mandir* and *Buddhist temple*.

## Introducing the activity

Before starting, you may want to review the elements of worship services in another religion that you have been studying. Or, you may like the children to describe a worship service that they remember.

## Teaching notes

*The amount and type of worship in the gurdwara depends entirely on the individual gurdwara. A gurdwara which serves a very small community of Sikhs may only have worship on Sundays, while a large gurdwara in India may have prayers and kirtan continuously, from the time the Guru is brought into the prayer hall to the time it is 'put to bed'. In some gurdwaras, there may be long talks or sermons, with visiting speakers and discussions involving questions from the worshippers. In others, there may be only a short talk, or none at all. Generally, a few prayers, such as Asa di Var and Ardas are said at all services and*

*in the same order, but the order and type of hymns are decided on by whomever is singing them. Because the talk is often on the subject of the hukum (daily reading), it is often not set in advance. You can see that there may be considerable variation in services from gurdwara to gurdwara.*

## Concluding the activity

The children could discuss variation in worship services of different religions.

## Activity outcomes

- ▶ The children understand the types of things that occur during Sikh worship services.
- ▶ The children can understand that there are variations in the type and length of services.
- ▶ The children can recognise a few parts of the service.

## Complementary work

The children could investigate the different parts of the worship service in more detail. The children could use secondary sources to find schedules for services at gurdwaras in other parts of the world, such as in India. Children could also look up more Punjabi words and learn how to write simple words in Punjabi script.

## Resources

See [www.sikh.net/Gurdwara/GOLDEN/Dayhrmdr.htm](http://www.sikh.net/Gurdwara/GOLDEN/Dayhrmdr.htm) for a description of a day at The Golden Temple. For lessons in learning Punjabi words and script see: [www.ukindia.com/zpun01.htm](http://www.ukindia.com/zpun01.htm) and [www.punjabionline.com](http://www.punjabionline.com).