



Be My Guest (Islam)

The Prophet Muhammad (Peace Be Upon Him) asked Abu Talha (one of his close friends) to take a poor and hungry man home and to feed and look after him. Abu Talha went home and told his wife what the Prophet Muhammad had asked him to do. His wife told him that they only had enough food for their children. They sent their children to bed and made a meal for the visitor using the food they had. To save the visitor from feeling sad, they turned down the lamp so that he couldn't see that their plates did not have any food on them. Abu Talha and his wife made a sacrifice. They did not eat and put the needs of the poor man ahead of their own.

The Monkey King (Buddhism)

A long time ago, a monkey king lived in a forest full of fruit (including mangoes). He ordered his monkeys to pick and hide the mangoes so nobody else could have them. However, the biggest and juiciest mango stayed hidden. That night, a strong wind shook the mango loose. It fell into a river and was swept to another land, where a human king took a bite of it. He wanted more so he took his men to the forest. All the monkeys were asleep in the mango tree, apart from one. She ran to the other monkeys to wake them, but she was followed. The king announced that the mango tree was his now and anyone in it would be killed. The monkey king said he would protect his tribe, which made the human king angry. He ordered his men to kill the monkeys. To escape, the monkeys had to cross a river by using their king's back as a bridge. The monkey king was in pain and dying. The human king saw this sacrifice and was touched. He ordered his soldiers to help the monkey king down. The human king promised to become a good and kind ruler. A consequence of this was that all creatures were allowed to share in the forest fruit.

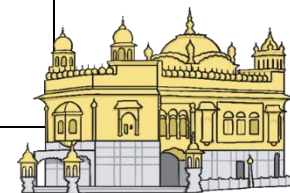
Raksha Bandhan (Hinduism)

In the Raksha Bandhan festival, sisters tie a Rakhi (bracelet) around their brother's wrist. The Rakhi means protection from evil. After this, the sisters say a prayer and put a mark (called a tilak) on their brother's forehead. The brothers then make a promise to look after their sisters.



Langar (Sikhism)

Langar (Sikhism) Each Gurdwara has a langar and a langar hall. The langar meal is vegetarian so that people from all religions are able to eat it. This is because Sikhs believe everyone is equal and should be treated the same. Everyone takes it in turns to prepare, cook and serve the meal, then clear up afterwards.



Key Vocabulary

Raksha Bandhan	A Hindu festival (usually celebrated in August) that celebrates the love between brothers and sisters.
Gurdwara	A special building for Sikhs and they go there to worship.
langar	A free kitchen found inside a Gurdwara.
langar hall	The place inside a Gurdwara where people can sit together and eat a free meal.
The prophet Muhammad	The founder of Islam. He is seen by Muslims as God's messenger.
prophet	A person who is thought to be a direct messenger from god.
Sacrifice	Giving up something important. This often benefits others.
Consequence	Things that happen as a result of something that somebody says or does. Consequences can be good or bad.



Personal Spirituality – Key Questions

What messages are in the stories?

Which people support you in your life?

What do you do to help and support your family?

What selfless acts have you seen others do?

How do you look after others?

How do your communities make you feel?

What does it mean to love and be loved?

What are the most important relationships in your life?