

Hinduism: Worship in the home



Aim:

- How do Hindus worship? How do we express our beliefs in rituals and special spaces?

Starter: (Discussion)

- Q: What is worship?
- Q: What are the aims of worship?
- Q: How do sacred spaces help us to worship?
- Q: How do sacred spaces help us love and respect God?



Worship - Puja



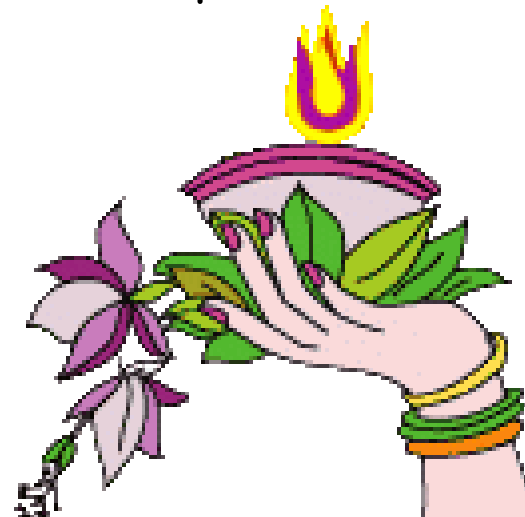
Puja, Hindu worship, may take place in a temple or at home. Puja at home tends to bring together the whole family. It takes place before the family **shrine** usually decorated with pictures and statues of the **gods**.

The family members light a lamp and pray together each day at the shrine. A family will choose gods to worship depending on their family background but their worship may take their focus onward to understand **Brahman**.

Objects in the shrine appeal to the five senses of sight, sound, smell, taste, touch, these involve the whole person in the worship.

Task: Puja in the home - Video

1. Why does Hindu worship take place at home?
2. What is a shrine?
3. What is Om?



Tasks:

1. Why might worshiping with family be important?
2. Why might dedicating a space for God in our homes be important for believers?
3. What objects would help you to worship God?
4. How and what responsibility do you think it requires to maintain a shrine?
5. Write down a special Hindu prayer and explain its meaning.

HINDU PRAYERS:

1. The Bhagavad-Gita 9: 26:

'If anyone offers me A leaf, flower, fruit or water with devotion, I accept that gift from the giver who gives himself.'

2. Rig Veda 3. 6. 10:

'We meditate on the glorious light of God. May it inspire our minds.'

3. The Upanishads 1.1. 28:

'Om! From untruth lead us to truth, from darkness lead us to light, from death lead us to immortality.'



Suggested tasks:

1. Read p16-17 Hinduism Textbook; Sue Penney.
 - Write down the key vocabulary **Puja, Shrine, Murti**.
 - Complete questions 1-4 of the textbook.
2. Complete the diagram; draw and label the puja tray and shrine worksheet.
3. Demonstrate the elements of the puja; re-enact and explain with a theatre of learning using music, incense, objects, religious quotations.

Plenary/ reflection:

- Q: How does the home show what we value most?
- Q: How do words, thoughts and actions help us to worship God?
- Q: How do sacred spaces help us love and respect God?
- Q: What are the similarities and differences in my worship to a Hindus worship?



Homework/ project task:

Make a shrine: Using a shoe box, students could make a space fit for worship; add illustrations or objects to help them with the aims of worship reflecting on Hindu ideas and practices.

