

**There  
is suffering.**

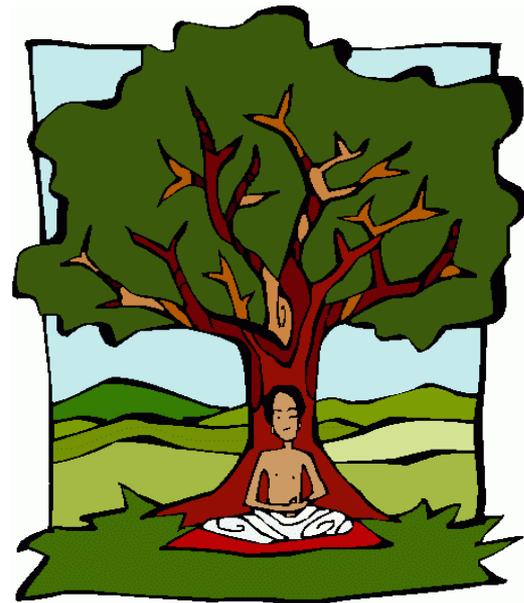
**Suffering has  
an origin.**

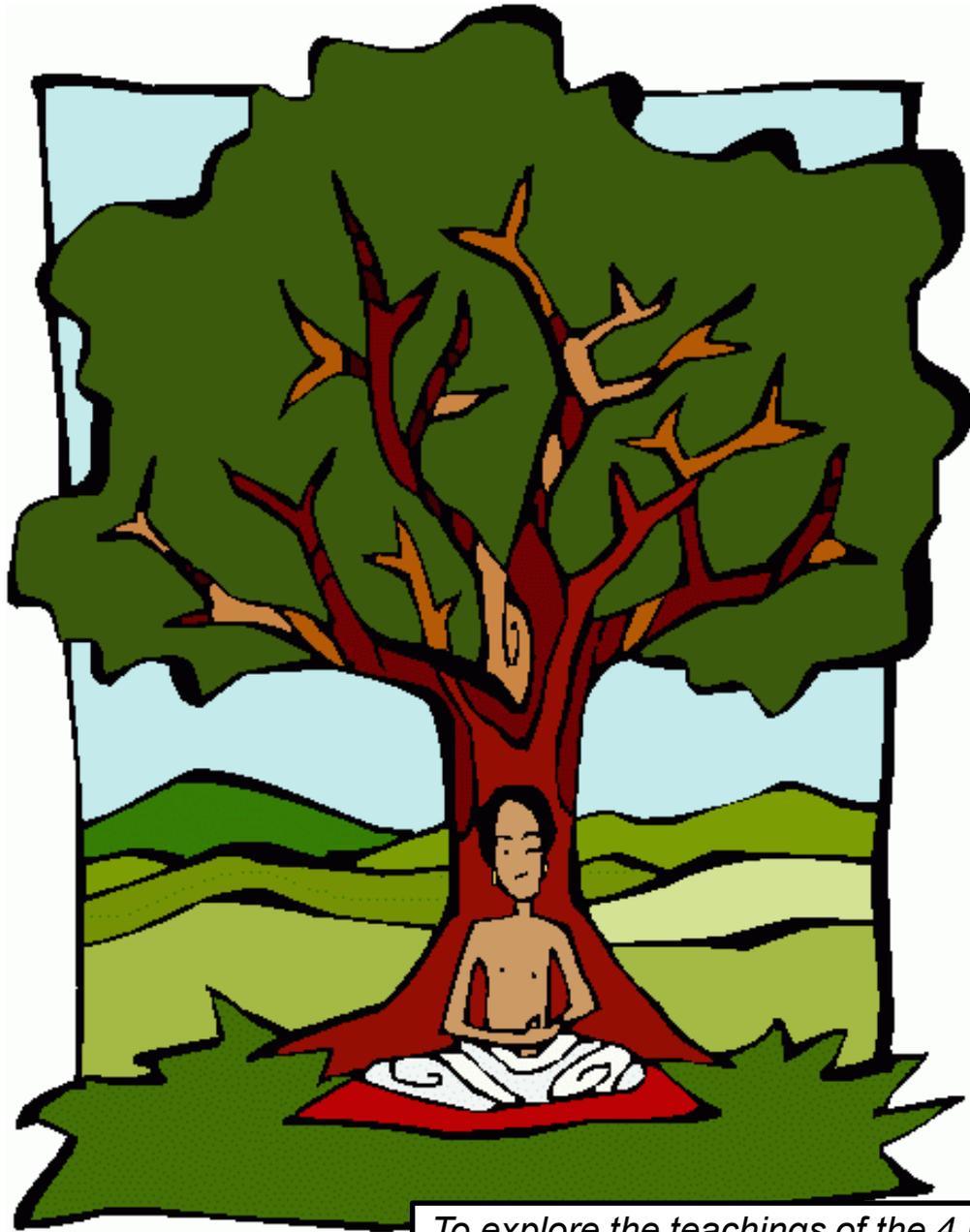
**Suffering can  
cease.**

**There is a path  
out of suffering.**

# The 4 Noble Truths

*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*





*Whilst sitting underneath the **Bodhi tree**, the Buddha realised several facts about the world.*

*These became known as the **4 Noble Truths**.*

*The 4 noble truths help Buddhists to understand **suffering** and about how it can be overcome, thereby changing their lives forever.*

*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*



**There  
is suffering.**

**Suffering has  
an origin.**

**Suffering can  
cease.**

**There is a path  
out of suffering.**

Suffering is all around us... war, death, lose, discontent, bullying, failure...



All suffering comes from human cravings. E.g. when we are jealous because someone has something better than us.

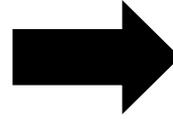
Suffering and craving can be stopped according to the Buddha.



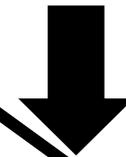
The Buddha instructed us to follow the 8 fold path to eliminate suffering.



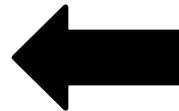
**1**  
**Life involves suffering ('Dukkha')**



**2**  
**Suffering is caused by people wanting or craving things (they want NOT need)**



**3**  
**Suffering can end if you can stop craving**

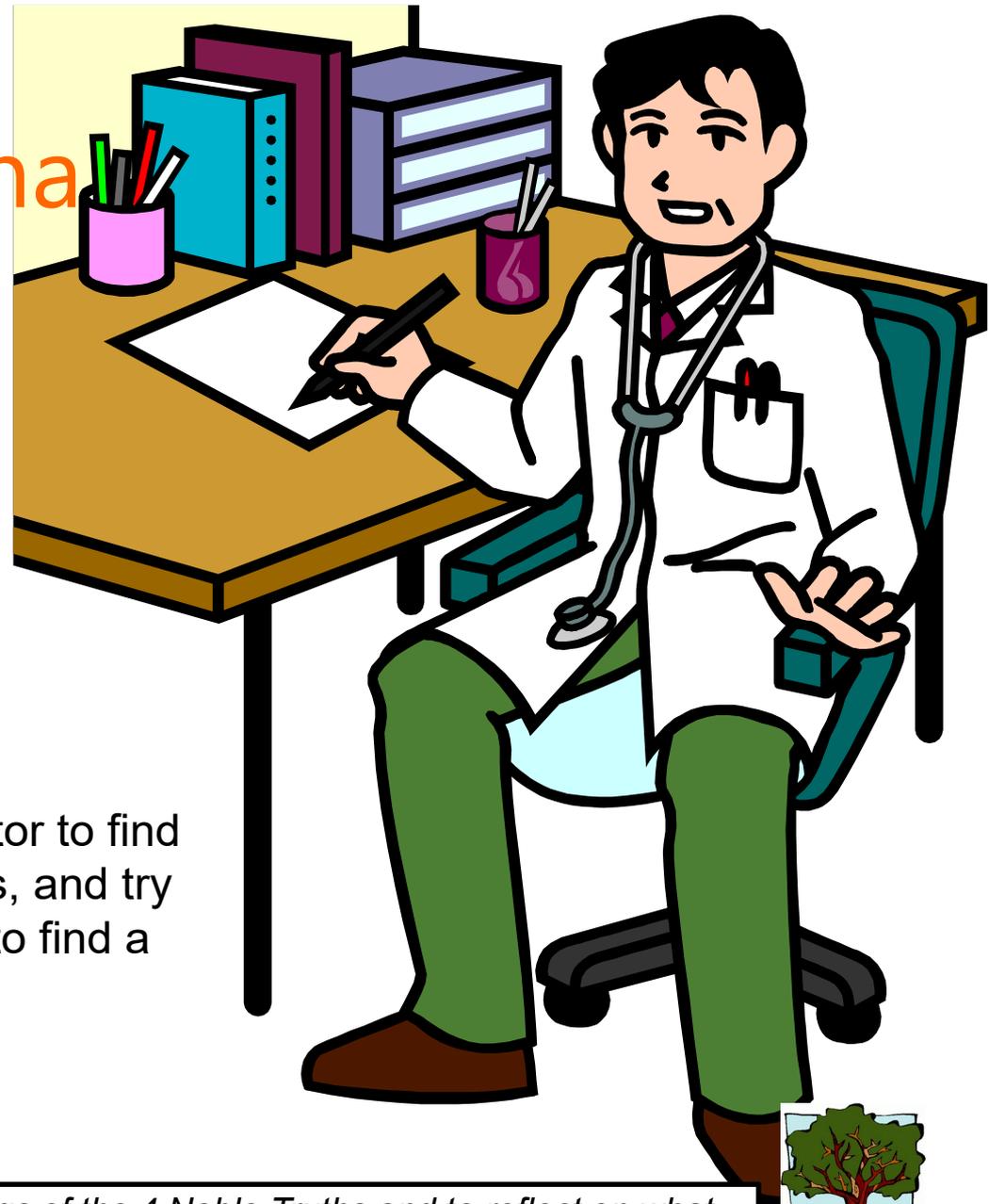


**4 This is by following the middle way**  
*(between extremes of luxury and hardship)*

*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*



# How is the Buddha like a doctor?



The Buddha is often compared to a doctor who diagnoses the suffering of the world and then offers a cure. His diagnosis is summed up in the Four Noble Truths.

When people are ill they go to a doctor to find out what is wrong. Think of an illness, and try to think of the steps you go through to find a cure.

*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*



# The Eight- Fold Path



*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*



# Exploring the 4 Noble Truths



## 1<sup>st</sup> Noble Truth



Buddha taught that suffering (Dukkha) was real and happens all the time.

Siddhartha saw the first 3 sights and this showed him suffering was everywhere. He saw different ways of suffering but he still said it was all similar.

**Suffering** happens all the time in our lives, sometimes we don't even realise it. **Happiness** is just **temporary** for us, we are never happy for very long.

### Activity

1. Summarise the 1<sup>st</sup> noble truth into 1 sentence.
2. Give an example of a time you were happy for a while but after we were not.

- Would suffering exist if you could never be happy?
- Do you find this pessimistic? Optimistic? Truthful? Something else? Why do you think this?



The questions to answer are numbered.

**Complete the short activities for each noble truth. These can be done in any order.**

*Make sure you put a sub heading for each noble truth when answering the questions e.g. 'The 1<sup>st</sup> Noble Truth'.*

*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*



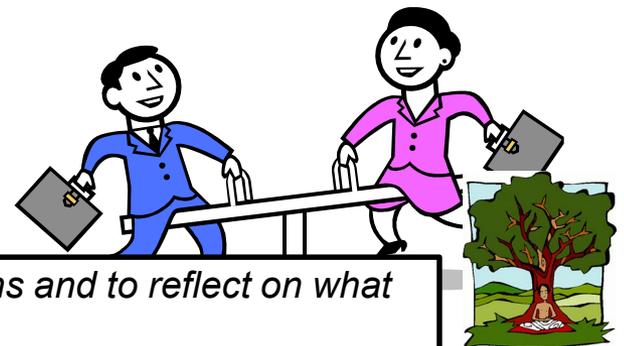
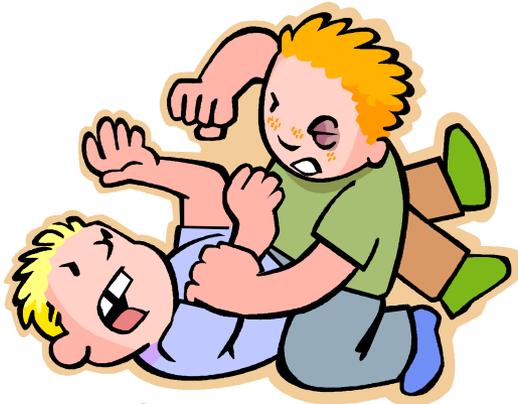
# Homework:

- Research the key terms; Dukkha, Anicca and Anatta and make a collage to represent what they mean.
- OR pick one word and a collage to represent what it means.

*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*



**Plenary:** In pairs take it in turns to talk for a whole minute about The Four Noble Truths. Try not to repeat anything that has already been said.



*To explore the teachings of the 4 Noble Truths and to reflect on what we could learn from it.*