

Birthday of Guru Har Rai



Sikhism was founded in the 16th century in the Punjab district of what is now India and Pakistan. It was founded by Guru Nanak and is based on his teachings, and those of the 9 Sikh gurus who followed him.

The most important thing in Sikhism is the internal religious state of the individual.

Sikhism is a monotheistic religion. It stresses the importance of doing good actions rather than merely carrying out rituals. Sikhs believe that the way to lead a good life is to:

Keep God in heart and mind at all times

Live honestly and work hard

Treat everyone equally

Be generous to the less fortunate

Serve others

The Sikh place of worship is called a Gurdwara. The Sikh scripture is a book called the Guru Granth Sahib. The tenth Sikh Guru decreed that after his death the spiritual guide of the Sikhs would be the teachings contained in that book, so it now has the status of a Guru, and Sikhs show it the respect they would give to a human Guru.

Sikhs celebrate the birth and death of their 10 Guru's and their principle festival is Baisakhi, usually celebrated in May.

Guru Nanak was the first Guru:

Guru Nanak	1469 - 1539
Guru Angad	1504 - 1552
Guru Amar Das	1479 - 1574
Guru Ram Das	1534 - 1581
Guru Arjun Dev	1563 - 1606

Guru Hargobind	1595 - 1644
Guru Har Rai	1630 - 1661
Guru Har Krishan	1656 - 1664
Guru Teg Bahadur	1621 - 1675
Guru Gobind Singh	1666 - 1708

Each Guru made a special contribution to the Sikh faith.



- ① Sit down with the children and show them the series of pictures overleaf. You may wish to lay the sheets out either on a table or the floor, and then read the story.
- ② Ask the children the following questions and discuss them:-
 - What was your favourite part of the story?*
 - Which part did you not like?*
 - What is your favourite animal?*
 - Do you have a pet?*
 - What is it and what is it called?*
 - How do you look after it?*
 - What makes you happy?*
 - Who is your friend?*
 - What do you like to share with your friend?*
- ③ Ask the children to draw a picture of their favourite animal.

The Birthday of Guru Hai Rai



**Guru Har Rai was born
on 31st January 1630
His father was the 6th
Guru, Guru Hargobind.**

**Guru Har Rai grew up
loving all living things.**



One day when he saw his father, he got off his horse and ran to him catching his robe in a beautiful flower bush causing some damage. He was so upset he cried that he had hurt the bush.



He enjoyed hunting but instead of killing the animals he kept them as pets.



When the Emperor was ill Guru Har Rai sent special herbs as medicine to make him better, when the emperor recovered he was very happy and said thank you to Har Rai.



Guru Har Rai also kept the daily practice of **LANGAR the communal kitchen that is part of every Gurdwara.**

At the end of Sikh worship everybody enjoys a meal together.



Langar in a Sikh Gurdwara is the community kitchen. Every Sikh is expected to take part in the running of the kitchen. He may pay for the expenses, bring provisions or personally contribute labour of love, by cleaning utensils, fetching water or fuel, or taking a hand in cooking and distributing food.

Let none be hungry where the spirit of God prevails. The Guru's people and the Guru were one home and one family.