

# RE – Vows and commitments

Lesson 3: I understand and can explain why people make sacrifices.

Key vocabulary: sacrifice, religious, non-religious, benefits, infographic

# Let us review:

## My commitment for the next six weeks:

## What have you committed to? How are you doing?

My commitment is:

How well did I commit to my goal since setting it? (out of 5 stars)

Something I need to improve on in order to reach my commitment goal is:

Which trait did I demonstrate last week:

Trait	This means that you will...
<b>Attentiveness</b>	Pay close attention to what you are doing.
<b>Confidence</b>	Believe in yourself and your abilities.
<b>Dedication</b>	Be devoted to the task you've set yourself.
<b>Determination</b>	Stick to your choices no matter what.
<b>Loyalty</b>	Never give up on what you are doing.
<b>Patience</b>	Put up with any delays or setbacks.
<b>Perseverance</b>	Continue even when the task is difficult.
<b>Resilience</b>	Get back up and try again when you fail.
<b>Responsibility</b>	Hold yourself to account for your own success.

# Giving something up:

- Think about how you would answer these questions:
- Have you ever given something up?
  - What was it?
  - Why did you give it up?
  - How did you feel after you gave it up?

# Giving something up:



I gave up fizzy drinks because they are not good for my teeth.

I have given up biting my nails so that I can wear nice nail polish.

I don't drink coffee anymore because it gives me a headache.

Have you or anyone you know ever given up something for religious reasons? What was it and why did they do it?

# Giving Something Up



I gave up chocolate for Lent last year. I did it to remind me that Jesus gave up food for forty days and forty nights in the wilderness.

I gave up eating pork when I converted to Islam because it is not allowed, according to my holy book.

When I decided to try and become a better Sikh, I gave up cutting my hair. This is what Guru Gobindh Singh commanded Sikhs to do.

# Giving Something Up

## Sacrifice:

To give up something which is valuable to you. A sacrifice is made for your own good or the good of someone else.

Lots of religious people give up things as a **commitment** to their faith.

The things they give up might be for a short time or forever.

They make a **sacrifice** as a sign of their commitment to their faith.



# What are sacrifices?

- Read through each of the following scenarios. Decide if this is a religious or non religious sacrifice.
  - Be sure to explain how you know
  - State if this is something you would sacrifice.

*I'm going to give up eating crisps because I know they're not healthy for me.*

This is a non-religious sacrifice. I know this because it is talking about health and not religion. I would be willing to sacrifice crisps, but I do not think I would last long. Therefore this would be a short term commitment.

I'm giving up playing the guitar because I want to learn an instrument I can play in the school orchestra.

Giving up chocolate for Lent reminds me of Jesus' struggles in the desert.

I love burgers but I'm going to sacrifice eating beef to be a better Hindu.

I am going to sacrifice my lie-in on a Sunday to make sure I go to church more often.

I'm willing to sacrifice a bit of time on the computer so that my sister gets a fair turn.

Even though it's easier for me, I'm going to stop leaving my clothes all over the floor so that my mum or dad don't have to tidy them up.

I will give up going to tennis practice on a Friday afternoon to make more time to go to Friday prayers at the Mosque.

I have given up eating pork, even though I enjoyed it, because I have converted to Judaism.

I'm willing to sacrifice a bit of time on the computer so that my sister gets a fair turn.

# What Are the Benefits?

A **sacrifice** is something that you give up which is valuable to you. You give it up for your own good or the good of someone else.



I am going to sacrifice eating sweets  
to  
make sure that my teeth stay healthy.



Take a moment to think about:  
What are the **benefits** of making this sacrifice?

# What Are the Benefits?



I am going to sacrifice eating sweets  
to  
make sure that my teeth stay healthy.

The benefits of making this sacrifice could be:

- ✓ saving the money you would spend on sweets and spending it on something useful or giving it to charity;
- ✓ not having to have fillings or replacement teeth, which will cause you less pain;
- ✓ feeling healthier and having clearer skin;
- ✓ not having to spend as much time or money at the dentist and doing something more enjoyable instead;
- ✓ not producing as much litter, which is better for the planet.

# What are the benefits?

Over the next few slides, mind map the benefits.

You will need to think about:



time



money



health



other people



the planet

# What are the benefits?

Over the next few slides, mind map the benefits.



**I'm  
going to  
stop shopping at  
expensive clothes  
shops and buy my  
clothes from local  
charity shops  
instead.**



**I'm  
going to  
give up driving  
to school and  
walk instead.**

**I  
want to  
sacrifice playing  
on my games  
console every single  
night and just  
play on it at the  
weekend.**

**I'll  
stop sitting  
in front of the  
TV every night  
and go swimming  
for an hour  
instead.**

# Sacrifice and benefits

Think of your own sacrifice you could make, or maybe you have made for your commitment.

What is the sacrifice and what are the benefits of making this sacrifice?

Show using a mind map your own sacrifice.