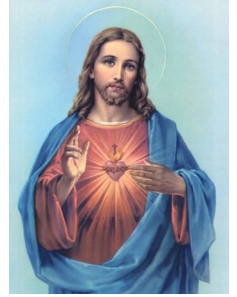




Paper 1—Christian Practices Revision Guide



TIPS FOR A SUCCESSFUL EXAM

- Read the questions carefully.
 1. 1 mark = MULTIPLE CHOICE
 2. 2 marks = 2 POINTS
 3. CONTRAST QUESTION=4 marks= POINT + EXPLAIN POINT + EXPLAIN

This question will always ask about a CONTRASTING VIEW, which means explain 2 different views.
So your answer should look like this:

POINT + EXPLAIN ('and they think/do this because.....')

POINT + EXPLAIN ('and they think/do this because.....')

4. 5 marks = POINT + EXPLAIN POINT + EXPLAIN + QUOTE
5. 12 marks = Evaluation question (A question with a statement) – see below:

You are given a statement in quotation marks.

You must explain how and why some groups would agree with the statement and how and why some would disagree.

- Always include religious beliefs and name the religion-
Islam (religion) and Muslims (followers)
Christianity (religion) and Christians (followers)
- Use terms “**some**” and “**most**”
- Try and use relevant quotes, you do not need to know them word for word

Come to a conclusion/judgement which explains which argument is strongest and why you think this.

Christian Practices

Worship

Worship is the way that Christians show their respect and love to God.

It's an outward way of giving themselves to Him and showing dedication.

It can come in many different forms...

Singing

Praying

Attending church services or mass

Going to Holy Communion



Liturgical Worship

- This is formal and traditional
- People have worshipped like this for hundreds of years
- The congregation are led in set prayers and responses. Bible passages are read and traditional hymns are sung.
- Catholics, Orthodox and Anglicans often use this type!
- Some prefer liturgical where they follow the same structure and prayers every time. They feel the rituals and set prayers help and guide them to pray for the right things.

Non-liturgical Worship

- This is informal
- Christians worship in their own way. They often do what they feel the Holy Spirit 'leads' them to do. Some may speak in 'tongues', put their arms in the air, dance, etc...
- Others prefer to be more free and informal, where they can say their own prayers. They believe this style helps the connect with God in a much more personal and individual way.

Individual Worship

Christians believe that they can worship God in their own way. Catholics for example spend a lot of time praying the rosary with rosary beads. All Christians spend a lot of time reading and studying the Bible. Both can be seen as ways of respecting God.

Prayer

Why do they pray?

- To become closer to God
- To ask forgiveness
- To feel peace and calmness
- To relieve stress and anger
- To get rid of fears and worries
- To ask for help or to simply talk
- To show gratitude
- They are following the example of Jesus

Christians pray in many different ways. They might kneel as a sign of respect and submission, or they might open their arms to receive the Holy Spirit. Some pray quietly or in their heads, and others speak out loud or even in tongues.

Prayer and worship can be done privately or with others.

They might say their own prayers, or use prayers already written for them to help them. The most famous of these is...

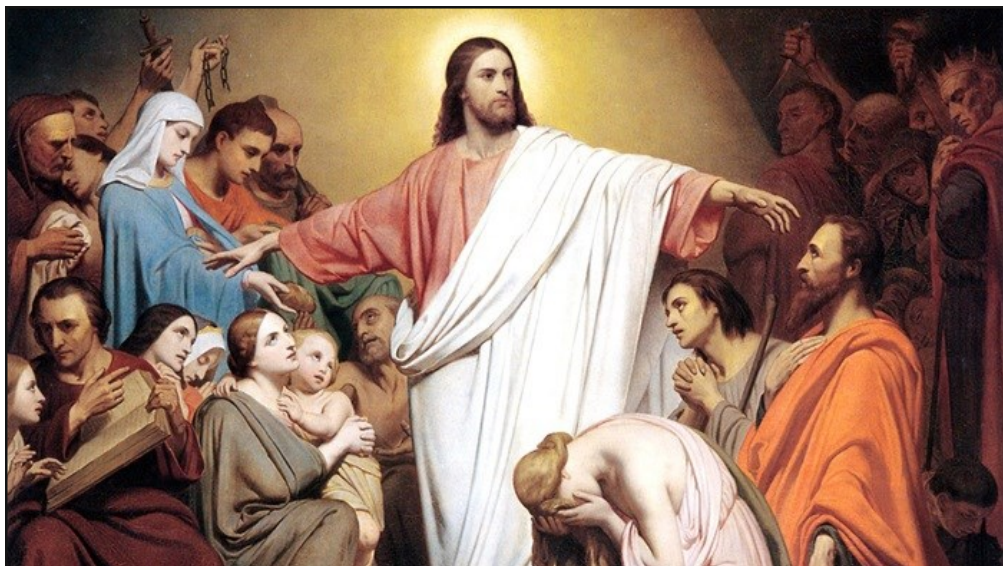
The Lord's Prayer

The Lord's Prayer

This is a prayer that is said by most Christians. They believe that Jesus gave them the words of this prayer so they are praying as he wanted them to.



- Our Father who art in heaven
- Hallowed be thy name
- Thy kingdom come
- Thy will be done
- On earth as it is in heaven
- Give us this day our daily bread
- And forgive us our trespasses
- As we forgive those who trespass against us
- And lead us not into temptation
- But deliver us from evil
- For thine is the kingdom
- And the power and the glory
- For ever and ever.



Sacraments

What is a sacrament?

A Sacrament is a ritual that is an outward, physical showing of something that is happening spiritually. It outwardly expresses an inner, spiritual experience.

They make visible for believers a special gift of grace, Catholic and Orthodox Christians expect seven sacraments which they believe to have been initiated by Jesus.

What are the sacraments?

There are 9 different sacraments. The most well known are Baptism, Holy Communion (Eucharist) and Confirmation.

Which church does what???

- Catholics and Orthodox believe that Jesus gave us these sacraments and told us to practice them in our lives. They believe that all 9 are important.
- Many Protestant Churches see baptism and Holy Communion as important rituals because they believe Jesus instructed them to undertake these.
- Some Churches that practice believers' baptism consider it an important ceremony but do not refer to it as a 'sacrament'. A believers' baptism is an adult baptism
- Some Churches like the Quakers of The Salvation Army, do not use any sacraments. They think it distracts from personal prayer.



Baptism

What is it?

The ritual through which people become members of the Church.

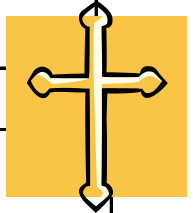
This involves water being poured over the head of the person being baptised.

This water symbolises sin being washed away and the person entering their faith 'clean.'

What DIFFERENT (contrasting) types are there?

Traditional baptism: This tends to be an infant (baby) baptism. The parents will organise this sort of baptism to welcome their baby to the Church and the community. This baptism washes away 'original sin.'

Believers' baptism: This tends to be teens or adults. The person being baptised makes the choice themselves to be baptised because they want to join the church. They want their past sins to be washed away so they can start over, or start again, as a better person.



Holy Communion/ Eucharist

What is this?

This is the sacrament that involves bread and wine to celebrate the sacrifice of Jesus on the cross and his resurrection.

The bread and wine are used because Jesus used them at his Last Supper.

Why is it important?

Christians are giving thanks to Jesus for his sacrifice on the cross. They are also remembering him and his love for them.

What DIFFERENT (contrasting) types are there?

Catholics and Orthodox: They believe that the bread and wine actually become the body and blood of Jesus. They believe this is a Divine mystery.

Only priests (who are men) can give communion because Jesus was a man.

Orthodox Churches get the bread off a spoon.

Other Christians (Church of England, Methodists): They believe that the bread and wine are a symbol of the body and blood. The Methodists don't drink alcohol so will use juice instead of wine. These Christians allow both men and women to give communion because men and women are equal in God's eyes.

Non-conformists often sit in a circle to pray and someone from the church bakes the bread.



How does Holy Communion/Eucharist affect them?

CHRISTIANS FEEL LIKE THEY'VE TAKEN PART IN THE SACRIFICE BY JOINING IN. THEY THINK THEY'VE RECEIVED GOD'S GRACE

IT STRENGTHENS THE COMMUNITY, IT MAKES US FEEL TOGETHER BECAUSE WE ALL TAKE THE BREAD AND WINE TOGETHER

HOLY COMMUNION IS SHARED AND MAKES EVERYONE EQUAL SO THE CHURCH TRIES TO MAKE EVERYONE EQUAL BECAUSE H.C. INVOLVES FOOD IT REMINDS US THAT OTHERS ARE STARVING.

WE REMEMBER THAT EVERYONE SHOULD BE EQUAL AND WE COLLECT MONEY FOR PEOPLE IN NEED.



PILGRIMAGE

What is it?

A pilgrimage is a religious journey.

Why do they go?

They might understand their faith better

Cleansed of sin

Get advice from monks/nuns

To show their enthusiasm for their religion

To visit the place where something holy happened

To get cured of illness (just some pilgrimages)

What are 2 DIFFERENT (contrasting) examples?

Lourdes:

Lourdes is in France. It is the site where St Bernadette had visions of Mary in a grotto in 1858. Mary told her to dig for a spring of water and it was discovered to have healing properties. Now thousands of pilgrims go to Lourdes every year, often to ask for cures for their illnesses.

Iona:

Iona is in Scotland and is very remote. This place is different because pilgrims go there to find peace and solitude, alone with God. There are daily services in the church there and a 7 mile hike to the island's holy and historic spots.

Some people think Iona is a 'thin' place where the spiritual world meets the physical world.



The Church in the local community

7

How

do Christians help in their local community?

- 1 Refugee support and action groups
2. Elderly day centres
3. Food banks
4. St George's Crypt Soup Kitchen in Leeds
5. Street Pastors giving the homeless support in Brighton
6. Samaritans phone line for suicide and self-harm

Food Banks

There are food banks in most cities and towns in Britain. Some examples are The Trussel Trust, Oasis, and St George's Crypt in Leeds. They give food to people in need. Over 1 million used these in 2017.



Street Pastors

Founded in London in 2003 but in many cities now. They were originally set up to challenge gang culture. Christian adult volunteers receive training to patrol the city streets at night. They provide reassurance and help to people in crisis late at night. They respond to drunkenness, fear of crime, and anti-social behaviour.



Why do Christians get involved?

QUOTES:

- 'I was hungry and you fed me, I was thirsty and you gave me a drink; I was a stranger and you took me in...' (New Testament, Bible)
- 'Faith without action is dead.' (New Testament, Bible)

Mission

Mission: A 'calling' to spread Christianity

Missionary: a person who tries to spread Christianity, often in foreign countries

Christians believe they have a duty to try to get other people to become Christians so they can also be saved by Jesus. Some of the last words of Jesus were asking his disciples to spread the word, so Christians feel they are doing what Jesus would want.

QUOTES:

Jesus told his disciples 'I will make you a fisher of men' (New Testament, Bible)

'Go and make disciples of all nations, baptising them...and teaching them to obey everything I have commanded you' (New Testament, Bible)

Evangelism & Church Growth

Evangelism

Evangelism: Spreading the faith by public preaching

Convert: someone who has decided to join the church

As part of the Christian duty to spread the word of Jesus, some Christians are evangelical. This means that they preach the word of God in a very public way. They may make persuasive speeches to convince people to join them. Spreading the faith by public preaching. They may also go door-to-door trying to convince people.

Traditional, formal churches are less likely to do this; this tends to be an informal way to convert people. Mormons and Jehovah's Witnesses are just some of the church groups who might preach in this way.

Church Growth

Christianity is now the biggest religion in the world, with approximately 2.4 billion members. This growth is largest in South America and Africa.

Why is Christianity growing so rapidly?

People share their faith through missions, and go to foreign countries as missionaries

Churches organize growth programs to encourage people to join

Evangelists hold rallies and give speeches; they also go door-to-door to try to get more members

Example:

Christ for All Nations (CfaN) started in 1974 by Reinhard Bonnke. He believes that God wants him to spread the word of God to people in Africa. He had a dream telling him this when he was 10.

He has been working in Africa with other missionaries, holding rallies and giving speeches. Membership and attendance was small at first but now his meetings range in size from 34,000 to 1 million. He has offices all over the world.



QUOTES:

- *"One thing you lack," he said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me." (New Testament, Bible)*
- *Story of the Good Samaritan*

Responses to world poverty

Why should Christians help?

Christians believe in imitating Jesus = he helped the poor, sick, outcast and SO SHOULD THEY

Examples:

CAFOD: Begun in the 1960s, CAFOD is the Catholic aid agency. It works to bring hope and compassion to poor people of all faiths. The church believes that something needs to be done to fix the problem of injustice and poverty throughout the world.

CAFOD helps to bring clean water, education and healthcare to those who need it, especially in Africa, South America, Asia and the Middle East.

Christian Aid: Official relief and aid agency of 41 churches of England and Wales. It started in 1945 and they aim for sustainable development, stop poverty and provide emergency relief in poorer countries. Their mission statement is: 'Poverty is an outrage against humanity. It robs people of dignity. Christian Aid has a vision to end poverty.'

Persecution

This means being treated badly because of your gender, race, religion, sexuality

Why is this important?

- Christians are one of the largest groups facing religious persecution throughout the world
- They believe that this gives them something in common with Jesus
- They feel it can strengthen their faith to still believe when times are hard
- The Church campaigns to support persecuted people

Examples of groups/people who help the persecuted:

The Barnabas Fund sends money to support projects that help people who are victims of discrimination.

Bishop Desmond Tutu is a priest who works in South Africa and helped set up groups and raised awareness of people being discriminated against because of their skin colour

Pastor Baber George was persecuted in Pakistan when he became an evangelical Christian. He had to escape to Sri Lanka and got help from groups like the Barnabas Fund.



QUOTES:

'Love thy neighbour' - (New Testament, Bible)

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. .your reward is in heaven." (New Testament, Bible)

Reconciliation

This means restoring peace when relations between people or groups have broken down

Why it is important:

- The main aim of the church is to reconcile people with God
- Jesus' resurrection saved humans from sin so they can be saved & forgiven—so they should forgive each other.
- The Church also works to reconcile people with each other

Example:

Corrymeela Community: This is a centre in Ireland that is set up for groups to come to if they are suffering from bad feelings with other groups. This could be due to wars, persecution etc. Those who go there are given an opportunity to talk to each other and to listen so that they can better understand each other.

Open Doors:

Open Doors works in over 50 countries, supplying Bibles, training church leaders, providing practical support and emergency relief, and supporting Christians who suffer for their faith.