

Adult Guidance

Holy Book

Guru Granth Sahib

The Sikh holy book includes writing by the Gurus, except the 6th, 7th and 8th Gurus. It is not known why they did not contribute their own writings, although the 8th Guru – Guru Harkrishan was very young when he became the Guru and died young too from smallpox, so would not have had the opportunity to do so.

Guru Arjan identified the need to collate the religious writings of the previous Gurus to ensure that only authentic texts were being used by Sikhs.

Main Activity Guidance

Please use the following cards only as they are corresponding pairs from the two prayers. The ones highlighted in yellow indicate sentences that some children may find trickier to understand.

Mool Mantar	Sukhmani Sahib
There is only one God. (MM)	One Universal Creator God. (SS)
God is the creator. (MM)	God created the creation, with its many ways and various species. (SS)
God is without fear. (MM)	Remembering God, one is not touched by fear. (SS)
God is without hate. (MM)	Those who remember God dwell in peace. (SS)
Beyond time and the cycle of birth and death. (MM)	True in the beginning, True throughout the ages. (SS)
God is formless and everywhere. (MM)	He has no form, no shape, no colour; God is beyond the three qualities. (SS)