

Key figures

Christians

- A saint is someone very close to God or very holy.
- There are lots of saints, including St Francis of Assisi, St Michael and St Peter.
- Saints can be ancient or modern figures.
- Mother Teresa was born in 1910 and worked in Calcutta, India as a nun.
- She founded the Missionaries of Charity, helping the “poorest of the poor” and abandoned babies.
- She also worked for peace within India.
- She died in 1997 and was canonised in 2016.



Sikhs

- Guru Nanak was the first of the ten Sikh Gurus
- He lived 1469 – 1539 and was born as a Hindu, in Pakistan.
- He believed that the way to spiritual growth was through meditation and through living in a way that showed the presence of God in every person
- He travelled throughout Asia teaching his ideas
- He taught that there is only one God and that everyone can have direct access to God, with no need for rituals or priests.
- One of his most famous teachings is that everyone is equal, regardless of their money, power or gender. He said that people should be judged by how they behave, rather than by what they have or who they are.



Saints



Guru Nanak



Key Vocabulary

nun	A Christian woman who gives away everything to devote their lives to God.
canonised	Declared as a saint by the church.
Guru	A teacher, leader
meditation	Focussing or clearing the mind to become more self-aware or aware of the Truth.