

TEXTS



- Proverbs are found throughout the Bible and offer Christians guidance and advice on how to live their lives. Proverbs 22:1 states, 'A good name is more desirable than riches; to be esteemed is better than silver or gold'
- The Bible tells us of Jesus's suffering throughout his life. This includes the death of his friend Lazarus, disappointment of being betrayed by close friends and his eventual crucifixion.
- Matthew 25:31-46 is a key part of the Bible and explains what Christians believe will happen when Jesus returns to the earth. It also helps the understanding behind why there is suffering in the world.
- The parable of the arrow is a story told by Buddha to explain what suffering is.
- There are many quotes in the Bible that reference happiness. These include Psalm 2:12, 'Happy are all who take refuge in God' and 1 Thessalonians 5:16-18, 'Always be joyful. Pray continually, and give thanks whatever happens'

THE WIDER WORLD



- Suffering can be split into two categories: natural and human. Natural suffering could be as a result of flooding, earthquakes or famine whilst human suffering could be related to crime, prejudice and hate.
- Suffering can be emotional, physical or existential (e.g. anxiety or panic).
- The world's richest 1% have more than twice as much wealth as 6.9 billion people.
- Almost half of humanity is living on less than £4 a day.
- Today 258 million children– 1 in every 5– will not be allowed to go to school.
- Bhutan is a nation that has prioritised the happiness of its people alongside its economic growth: each year they measure GNH (Gross National Happiness).

BELIEFS



- Some Christians believe that suffering is a result of freewill and sin that is seen in the story of Adam and Eve in Genesis 3.
- Within Genesis 3, Adam and Eve betray God's trust and are thrown out of the Garden of Eden.
- The Book of Job (1: 8–12 and 42:1–6 in the Bible) tells another story of a wealthy man named Job that has all his possessions, healthy and family taken away from him in order to test his faith. Unlike Adam and Eve, Job stays loyal to God and trusts his word.
- In Buddhism, desire and ignorance lie at the root of suffering. By desire, Buddhists refer to craving pleasure, material goods, and immortality, all of which are wants that can never be satisfied.
- Buddhists believe that to achieve Magga (the end of suffering) they must follow the Middle Way, avoiding the extremes of self-denial and self-indulgence.
- Buddhist cosmology typically identifies six realms of rebirth and existence: gods, demi-gods, humans, animals, hungry ghosts and hells.
- The realm of the hungry ghosts relates to people being insatiable in wanting more.



QUESTIONING



- When we feel pain we want to make sense of it. We hunt for a cause. We question why this is happening to us? Why we deserve such things. Some people believe that it is just God's plan or is him testing us, however others question this suggesting that suffering is a result of our own actions.

Key vocabulary and meanings

Suffering: pain experienced during an injury or loss

Intentional: to do something on purpose

Ignorance: lacking in knowledge or education; unenlightened

***Proverb:** a short, well-known saying, stating a general truth or piece of advice.

***Crucifixion:** an ancient form of execution in which a person was nailed or bound to a cross

Realm: a kingdom. Buddhists believe there are 6 realms of existence

Subservient: prepared to obey others for a greater good