



*I consider that our present sufferings are not worth comparing with the glory that will be revealed in us... And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Romans 8:18, 28 (NIV)

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Philippians 4:6-7 (NLT)

## I. The Origin of Buddhism

- Buddhism began in what is today the country of Nepal.
- Siddhartha Gautama was born in 563BC.
- After his mother died, his father, a prince, sought to shield him from all further human suffering.
- Siddhartha married at 16 and had a son.
- At 29, Siddhartha struggled to make sense of life and find his place in the world.

## II. The Critical Story to Understand Buddhism

- At age 29, Siddhartha Gautama leaves the palace to journey into the city to seek truth.
- He sees an old man, stooped over from age. Troubled, he asks his chariot driver, "Is this the fate of all people?" His driver answers, "Yes. All of us grow old."
- On another journey into the city he sees a very ill man. He asks his driver, "Is this the fate of all people? Do we all get sick like this?" His driver answers, "Yes, all people suffer illness." For the first time he feels anxiety and despair.
- On another journey into the city he sees a funeral procession. He had never considered the reality of death. He asks his driver, "Is this the fate of all of us?" The driver responds, "Yes, it is the fate of all people to die."
- Faced with the knowledge of aging, suffering, illness and death, he is in deep despair. His father seeks to help him, but nothing works.
- Siddhartha forever abandons his wife and son in the middle of the night and leaves to seek the answer to human suffering.
- He tries to live an ascetic life, but that does not work. He tries a middle ground between asceticism and pleasure, but to no avail.
- At 35, while in a deep trance he has a revelation and understands the source of suffering and how to overcome it. Here he reaches what we called "Enlightenment."
- The Pali word for "enlightenment" is \_\_\_\_\_.
- Buddha means \_\_\_\_\_.

### III. What Do Buddhists Believe?

#### 1. Buddhists are \_\_\_\_\_.

The existence of God is irrelevant for ending human suffering.

The only major world religion that neither affirms nor denies the existence of God.

#### 2. The Four Noble Truths

##### a. Life is characterized by \_\_\_\_\_.

Sickness, pain, suffering and death are a part of life.

##### b. Suffering is caused by \_\_\_\_\_.

Suffering is not caused by us, but external sources.

##### c. We can \_\_\_\_\_ our attachments.

When we are no longer attached to people, things, thoughts and desires, suffering ceases.

##### d. The Holy \_\_\_\_\_ is the way to overcome suffering and achieve salvation.

Right views, Right intentions, Right speech,

Right action, Right livelihood, Right effort,

Right mindfulness, and Right concentration

#### 3. Buddhists believe in Karma, Samara (Reincarnation), and Nirvana.

### IV. How Does Buddhism Differ From Christianity?

#### 1. \_\_\_\_\_ is at the very center of Christianity.

Buddhism believes that the existence of God is irrelevant.

*In the beginning God created...*

Genesis 1:1 (NIV)

#### 2. Christianity differs in understanding \_\_\_\_\_.

Buddhists teach the way to end suffering is by detachment from people, things, thoughts and desires.

Christians teach that some attachments are actually gifts from God (parents, spouse, children, friends), but we are to be attached to GOD FIRST and everything else falls into its rightful place.

*“...do not worry about your life, what you will eat or drink; or about your body, what you will wear... your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Matthew 6:25–33 (NIV)

*“Don’t be troubled. Trust in God. Trust also in me. My Father’s house has room to spare...When I go to prepare a place for you, I will return and take you to be with me so that where I am you will be too.”*

John 14:1–3 (CEB)

#### 3. Christians believe in \_\_\_\_\_.

*...“I am the resurrection and the life. Whoever believes in me will live, even though they die...”* John 11:25 (CEB)