1.11 Sin and salvation

**Essential information:**

- **Sin** is any thought or action that separates humans from God.
- **Original sin** is the in-built tendency to do wrong and disobey God, which Catholics believe all people are born with.
- The ways Christians can be saved from sin to gain salvation include following God’s law, receiving God’s grace, and being guided by the Holy Spirit.

**The origins and meanings of sin**

A sin is any thought or action that separates humans from God. Sinful thoughts (such as anger) can lead to sinful actions (such as murder).

- Some sins, like murder or assault, are illegal.
- Other sins, like adultery, are not illegal but are against the laws of God.

Christians believe that all humans commit sins. Some Christians (particularly Catholics) also believe humans are born with an in-built tendency to sin, called original sin.

- The idea of original sin comes from Adam and Eve’s disobedience of God, when they ate the fruit of the tree of knowledge of good and evil which was forbidden by God. This was the first (original) sin.
- The result of their sin was separation from God, and the introduction of death into the world.

Christians believe God gave people free will, but they should use their freedom to make choices God would approve of, otherwise they will separate themselves from God. God provides people with the guidance to make good choices in his law, for example the Ten Commandments (Exodus 20:1–19), the Beatitudes (Matthew 5:1–12) and other Christian teachings.

**Salvation**

- **Salvation** means to be saved from sin and its consequences, and to be granted eternal life with God.
- **Salvation repairs the damage caused by sin,** which has separated people from God.

There are two main Christian ideas about how salvation can come about:

- Through doing good works – the Old Testament makes it clear that salvation comes through faith in God and obeying God's law.
- Through grace – salvation is given freely by God through faith in Jesus. It is not deserved or earned, but is a free gift of God's love.

In the same way, faith by itself, if it is not accompanied by action, is dead. (James 2:17 NIV)

For it is by grace you have been saved… (Ephesians 2:8 NIV)

- Christians believe it is the Holy Spirit who gives grace to Christians and continues to guide them in their daily lives, to help them achieve salvation.

**1.12 The role of Christ in salvation**

**Essential information:**

Christians believe that salvation is offered through the life and teaching of Jesus. Jesus’ resurrection shows that God accepted Jesus’ sacrifice as atonement. This means that through the sacrifice of his death, Jesus restored the relationship between God and humanity that was broken when Adam and Eve sinned.

**The role of Jesus in salvation**

Christians believe Jesus’ life, death and resurrection had a crucial role to play in God’s plan for salvation because:

- Jesus’ crucifixion made up for the original sin of Adam and Eve.
- The death of Jesus, as an innocent man, was necessary to restore the relationship between God and believers, to bring them salvation.
- Jesus’ resurrection shows that God accepted Jesus’ sacrifice on behalf of humankind.
- It was proof that God had accepted Jesus’ sacrifice on behalf of humankind.
- Jesus’ resurrection means humans can now receive forgiveness for their sins.
- Jesus’ death and resurrection made it possible for all who follow his teachings to gain eternal life.

**Atonement**

- Atonement removes the effects of sin and allows people to restore their relationship with God.
- Many Christians believe that through the sacrifice of his death, Jesus took the sins of all humanity on himself and paid the debt for them all. He atoned for the sins of humanity.
- This sacrifice makes it possible for all who follow Jesus’ teachings to receive eternal life with God.

...if anybody does sin, we have an advocate with the Father – Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. (1 John 2:1–2 NIV)

**TIP**

This guide shows the Christian belief that death came into the world as a punishment for sin, but salvation is offered through the life and teaching of Jesus.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23 NIV)

- Give two reasons why the death and resurrection of Jesus is important to Christians.

Here are some sentences that could be used to evaluate the statement, ‘Salvation is God’s greatest gift to humankind.’

Sort them into arguments in support of the statement, and arguments in support of different views. Try to put them in a logical order. What do you think is missing from these statements to make a top level answer? Explain how the answer could be improved.

1. Atheists do not consider salvation important because they do not think there is a God who saves people.
2. God shows his great love for people by sending his Son to save us.
3. Even some religious people may think there are greater gifts to humans, such as nature or life itself.
4. Everyone needs forgiveness from God.
5. Without salvation, humankind would have to pay the price of human sin.
6. People may doubt the truth of Jesus’ resurrection so they don’t see the need for a belief in salvation.
7. Some people may question whether God is loving if God demands the death of his Son in payment for human sin.
8. Humans should be grateful every day of their lives for Jesus’ sacrifice on their behalf.
Test the 4 mark question

5. Explain two ways in which a belief in Jesus’ crucifixion influences Christians today.

- **Explain one way.**
  One way in which a belief in Jesus’ crucifixion influences Christians today is that they believe that the crucifixion was a sacrifice Jesus chose to make for them in order to give them the opportunity to be granted forgiveness by God, so they can live in confidence that their sins have been forgiven.
  - **Develop your explanation with more detail/an example/refer to a religious teaching or quotation.**
    - Paul wrote in his letters that it is through grace, which is a gift from God, that people are saved, not simply through their good works. Worshipping and praying regularly also help Christians to earn salvation.

- **Explain a second way.**
  A second way in which a belief in Jesus’ crucifixion influences Christians today is that it helps Christians who are suffering because they know Jesus suffered as well. For example, Christians who are suffering persecution for their faith will be comforted to know that Jesus understands what they are going through because he too was innocent and suffered for his beliefs.
  - **Develop your explanation with more detail/an example/refer to a religious teaching or quotation.**
    - These good works may be following teachings such as the Ten Commandments, the Golden Rule and ‘love your neighbour’. Pray to remind yourself of Jesus’ sacrifice.

6. Explain two ways in which the belief in creation by God influences Christians today.

- **Explain one way.**
  Christians believe that God created the world and everything in it out of nothing, which they see as a sign of his omniscience, omnipotence and omnipresence.
  - **Develop your explanation with more detail/an example/refer to a religious teaching or quotation.**
    - In Genesis, God said “Let there be...” and each time he said this, something into existence... This is a reminder of God’s authority and power.

- **Explain a second way.**
  The idea that God became human in Jesus is a sign of his benevolence and his desire to relate to humanity. If you prefer, you can add this reference to your first belief instead.
  - **Develop your explanation with more detail/an example/refer to a religious teaching or quotation.**
    - Jesus is God made flesh, the Logos, the Word. The Godhead was manifest in Jesus; people could see God.

7. Explain two ways in which the belief that God is loving influences Christians today.

- **Explain one way.**
  Christians believe that God loves them unconditionally because he is omniscient, omnipotent and benevolent.
  - **Develop your explanation with more detail/an example/refer to a religious teaching or quotation.**
    - Paul writes in Romans that God predestined us to be his children through Jesus Christ in order to give them the opportunity to be granted forgiveness.

- **Explain a second way.**
  The student has explained the influence a belief in Jesus’ crucifixion has on a Christian’s attitude (their confidence in being forgiven and their comfort in dealing with their own suffering). You could also discuss the influence of this belief on a Christian’s life, e.g. it might encourage them to spread the message of Jesus or to make the sign of the cross when they pray to remind themselves of Jesus’ sacrifice.
‘The stories of the incarnation prove that Jesus was the Son of God.’

Evaluate this statement. In your answer you should:
- refer to Christian teaching
- give reasoned arguments to support this statement
- refer to Christian teaching
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

**CONCLUSION**

Give a justified conclusion.

Include your own opinion together with your own reasoning.

Include evaluation. Explain why you think one viewpoint is stronger than the other or why they are equally strong.

Do not just repeat arguments you have already used without explaining how they apply to your reasoned opinion/conclusion.

**THE CONCLUSION SHOWS LOGICAL CHAINS OF REASONING.**

It evaluates different interpretations of the title ‘Son of God’ in relation to the stories of the incarnation. The examiner will want to see that you can link ideas together when developing your argument, and not just repeat what you have said already.

**TIP**

It’s essential to include evaluation because this is the key skill that you are being tested on in the 12 mark question. You can evaluate each viewpoint, and/or at the end as part of your justified conclusion.

**THE BEST WAY TO GAIN SALVATION IS TO OBEY GOD’S LAW.**

Evaluate this statement. In your answer you should:
- refer to Christian teaching
- give reasoned arguments to support this statement
- refer to Christian teaching
- give reasoned arguments to support a different point of view
- reach a justified conclusion.

**CONCLUSION**

Give a justified conclusion.

Include your own opinion together with your own reasoning.

Include evaluation. Explain why you think one viewpoint is stronger than the other or why they are equally strong.

Do not just repeat arguments you have already used without explaining how they apply to your reasoned opinion/conclusion.

**REASONED ARGUMENTS IN SUPPORT OF THE STATEMENT**

- Explain why some people would agree with the statement.
- Develop your explanation with more detail and examples.
- Refer to religious teaching. Use a quote or paraphrase or refer to a religious authority.
- Evaluate the arguments. Is this a good argument or not? Explain why you think this.

**REASONED ARGUMENTS SUPPORTING A DIFFERENT VIEW**

- Explain why some people would support a different view.
- Develop your explanation with more detail and examples.
- Refer to religious teaching. Use a quote or paraphrase or refer to a religious authority.
- Evaluate the arguments. Is this a good argument or not? Explain why you think this.

**EVALUATION**

Evaluate the arguments. Is this a good argument or not? Explain why you think this.

**PLUS SPaG 3 MARKS**

Grammar is assessed on each 12 mark question, so make sure you are careful to use your best written English.

**TIP**

Spelling, punctuation and grammar is assessed on each 12 mark question, so make sure you are careful to use your best written English.

**TIP**

Your reasoned opinion/conclusion.

**TIP**

Give reasoned arguments to support a different point of view.

**TIP**

Give reasoned arguments to support this statement.

**TIP**

Evaluate the arguments. Is this a good argument or not? Explain why you think this.

**TIP**

Give reasoned arguments to support a different point of view.

**TIP**

Give reasoned arguments to support this statement.

**TIP**

Evaluate the arguments. Is this a good argument or not? Explain why you think this.

**TIP**

Include evaluation. Explain why you think one viewpoint is stronger than the other or why they are equally strong.

**TIP**

Do not just repeat arguments you have already used without explaining how they apply to your reasoned opinion/conclusion.

**TIP**

Give reasoned arguments to support this statement.

**TIP**

Give reasoned arguments to support a different point of view.

**TIP**

Give reasoned arguments to support this statement.
2.1 Worship

Essential information:
- Worship is the act of religious praise, honour or devotion. It is a way for Christians to show their deep love and honour to God.
- Worship can take different forms, including liturgical, non-liturgical and informal worship.
- Private worship is when believers praise or honour God in their own home.

Different forms of worship

<table>
<thead>
<tr>
<th>Type of worship</th>
<th>What form does it take?</th>
<th>Examples</th>
<th>Why is it important for Christians?</th>
</tr>
</thead>
<tbody>
<tr>
<td>liturgical worship</td>
<td>- takes place in a church</td>
<td>the Eucharist for Catholic, Orthodox and Anglican Churches</td>
<td>- worldwide set order for service that is familiar to everyone</td>
</tr>
<tr>
<td></td>
<td>- priest leads the congregation and may perform symbolic actions</td>
<td></td>
<td>- ritual passed down through generations gives a sense of tradition</td>
</tr>
<tr>
<td></td>
<td>- formal prayers with set responses</td>
<td></td>
<td>- Bible readings follow the Christian calendar and teach Christian history and faith</td>
</tr>
<tr>
<td></td>
<td>- Bible passages are read out, there may be a sermon</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- music and hymns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>non-liturgical worship</td>
<td>- takes place in a church</td>
<td>services in non-Conformist churches, e.g. Methodist, Baptist, United Reformed</td>
<td>- services can be planned and ordered to suit a certain theme</td>
</tr>
<tr>
<td></td>
<td>- often focused on Bible readings followed by a sermon</td>
<td></td>
<td>- non-Conformist churches place an emphasis on the word of God in the Bible</td>
</tr>
<tr>
<td></td>
<td>- may also have prayers and hymns but there is no set order, the number and type can change from week to week</td>
<td></td>
<td></td>
</tr>
<tr>
<td>informal worship</td>
<td>- a type of non-liturgical worship that is ‘spontaneous’ or ‘charismatic’ in nature</td>
<td>community or house churches meet in private homes and share food</td>
<td>- the style of worship in house churches is similar to the worship of early Christians</td>
</tr>
<tr>
<td></td>
<td>- community or house churches</td>
<td>Quaker worship is mainly silent, people speak when moved by God to offer their thoughts or read from the Bible</td>
<td>- people can share readings and prayers and can take an active part in church by calling out or speaking without formal training</td>
</tr>
<tr>
<td></td>
<td>- ‘charismatic’ worship may involve dancing, clapping, calling out and speaking in tongues</td>
<td></td>
<td>- service may have an emotional impact with a feeling of personal revelation from God</td>
</tr>
</tbody>
</table>

Why do Christians worship?
- To praise and thank God
- To ask for forgiveness
- To seek God’s help for themselves or others
- To deepen their relationship with God and strengthen their faith

The Lord’s Prayer

"Our Father in heaven, hallowed be your name, your Kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen."

The importance of prayer
- helps Christians to accept God’s will even if it means suffering
- gives strength in times of trouble
- encourages reflection in the middle of a busy life
- gives a sense of peace

2.2 Prayer

Essential information:
- Prayer is communicating with God, either silently or through words of praise, Thanksgiving or confession, or requests for God’s help or guidance.
- Christians may use set prayers that have been written down and said more than once by more than one person. An example is the Lord’s Prayer, which is the prayer Jesus taught to His disciples.
- Christians may also use informal prayers made up by an individual using his or her own words to communicate with God. Some Christians find they can express their needs to God more easily by using their own words.

The Lord’s Prayer

- When Jesus’ disciples asked him to teach them how to pray, he answered with the Lord’s Prayer.
- Christians see it as a model of good prayer, as it combines praise to God with asking for one’s needs.
- It reminds Christians to forgive others in order to be forgiven, since prayer is only effective if people’s relationships with others are right.
- It reminds Christians that God is the Father of the whole Christian community, and it can create a sense of unity when everyone in the congregation says it together.
- The Lord’s Prayer is often used in worship and is nearly always said at Holy Communion, baptisms, marriages and funerals. It is also used in schools and in commemoration services in Britain.

TIP
- Always analyse the statement carefully. For example, here ‘has more meaning’ might depend on an individual’s reasons for prayer.

APPLY

A. Going on pilgrimage, celebrating festivals and religious art are also forms of worship. Give two more ways that Christians worship.

B. ‘Worship is most powerful when believers follow a set ritual.’ List arguments to support this statement and arguments to support a different point of view.

TIP
- The arguments should apply to Christianity. Try to use religious language (see key terms in red).

APPLY

A. Give two reasons why the Lord’s Prayer is important to Christians.

B. ‘Private worship has more meaning for a Christian than public worship.’ (AQA Specimen question paper, 2017)

Develop this argument to support the statement by explaining in more detail, adding an example, or referring to a relevant religious teaching or quotation.

"An individual Christian can choose how they want to worship in private, whereas in public worship they have to follow what everyone else is saying and doing. Therefore private worship has more meaning because they can put their heart and soul into it.”
### 2.3 The sacraments: Baptism

**Essential information:**
- **Sacraments** are holy rituals through which believers receive a special gift of grace (free gift of God’s love). Some Christian denominations recognise seven sacraments while others acknowledge fewer.
- **Baptism** is the ritual through which a person becomes a member of the Church. It involves the use of water to symbolise the washing away of sin.
- **Infant baptism** is for babies and young children. **Believers’ baptism** is for people who are old enough to understand the significance of the ritual.

**The sacraments**
- **Catholic and Orthodox** Christians recognise seven sacraments: baptism, confirmation, Holy Communion, marriage, Holy Orders, reconciliation and the anointing of the sick.
- Many **Protestant** churches recognise two sacraments – baptism and Holy Communion – because they believe Jesus taught people to undertake these.
- Some churches that practise believers’ baptism consider it to be important but not a ‘sacrament’.
- Some churches, like the Quakers or Salvation Army, do not see any ritual or ceremony as being a ‘sacrament’.

**Baptism**
- Implies Jesus’ baptism by John the Baptist
- Enters a new life with Christ in the Christian community

**Infant baptism and believers’ baptism**

<table>
<thead>
<tr>
<th>Practised by</th>
<th>Reasons why</th>
<th>What happens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant baptism</td>
<td><strong>Catholic, Orthodox, Anglican, Methodist, and United Reformed Christians</strong></td>
<td>- Removes original sin (Catholic and Orthodox belief).&lt;br&gt;- Allows the child to be welcomed into the Church as soon as possible.&lt;br&gt;- The parents can thank God for their new baby and celebrate with family and friends.</td>
</tr>
<tr>
<td>Believers’ baptism</td>
<td><strong>Baptists, Pentecostalists</strong></td>
<td>- People should be old enough to consciously make a mature decision about their faith.&lt;br&gt;- The decision to live a life dedicated to Jesus is what saves a person, rather than the baptism itself.</td>
</tr>
</tbody>
</table>

### 2.4 The sacraments: Holy Communion

**Essential information:**
- **Holy Communion** (also known as the Eucharist) is the sacrament that uses bread and wine to celebrate the sacrifice of Jesus on the cross and his resurrection.
- It recalls the Last Supper of Jesus, using his words and actions.
- Christians interpret the meaning of Holy Communion in different ways, but all agree that it brings them closer to each other and to God.

**The meaning of Holy Communion**

Holy Communion is a service which celebrates and gives thanks for the sacrifice of Jesus’ death and resurrection (see pages 17–18). It has different meanings for different Christians:
- **Catholics, Orthodox Christians and some Anglicans** believe the bread and wine become the body and blood of Christ. This means Jesus is fully present in the bread and wine. This is a divine mystery that helps believers share in the saving sacrifice of Jesus’ death and resurrection.
- **Protestant Christians** celebrate Holy Communion as a reminder of the Last Supper. They do not believe the bread and wine become the body and blood of Christ. Instead, the bread and wine remain symbols of Jesus’ sacrifice, which helps believers to reflect on its meaning today.

**The impact of Holy Communion**

For many Christians, Holy Communion is at the centre of their lives and worship. It affects individuals, local communities and the wider society in a number of ways:

<table>
<thead>
<tr>
<th>Individuals</th>
<th>Communities</th>
<th>Wider society</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Christians receive God’s grace by joining in the sacrifice of Jesus.&lt;br&gt;- This helps to strengthen their faith.&lt;br&gt;- They become closer to God.</td>
<td>- Holy Communion brings the community of believers together in unity by sharing the bread and wine.&lt;br&gt;- This can provide support and encouragement for those going through a difficult time.</td>
<td>- Holy Communion acts as a call to love others in practical ways.&lt;br&gt;- It encourages Christians to work for equality and justice for all.&lt;br&gt;- Many churches collect money during the service to help support those in need, such as the poor or homeless.</td>
</tr>
</tbody>
</table>

**Apply**

**A** Explain two ways in which Holy Communion has an impact on the lives of believers.

**B** Use the table below with arguments about the statement, ‘It is more important to help the poor than to celebrate Holy Communion.’

Write a paragraph to explain whether you agree or disagree with the statement, having evaluated both sides of the argument.

**In support of the statement**

- The poor need urgent help, particularly if they are living in less economically developed countries, so of course it is more important to help them than to receive Holy Communion. Christians are taught to love their neighbour so that must come before their own needs. Remembering Jesus’ death and resurrection through Holy Communion is nice, but not very useful to anyone. It’s just focusing on the past when people should be thinking about the present.

**Other views**

- It doesn’t need to be such a stark choice. After all, when Christians break bread together at Holy Communion they remember that people in the world are starving and they try to help them. Many churches collect money for the poor during the service of Holy Communion, so celebrating this sacrament encourages people to care for others, not just themselves. ‘Eucharist’ means ‘thanksgiving’, so it makes Christians grateful for God’s love and this makes them want to share it.
### 2.5 Celebrating Holy Communion

**Essential information:**
- In most churches the Holy Communion service has two parts: the ministry of the Word (which focuses on the Bible), and the ministry of Holy Communion (the offering, consecrating and sharing of bread and wine).
- Christians have different practices when it comes to celebrating Holy Communion.

#### Differences between Holy Communion services

- In the **Orthodox Church**, Holy Communion is called the Divine Liturgy, and is believed to recreate heaven on earth. Much of the service is held at the altar behind the iconostasis, which is a screen that represents the divide between heaven and earth. The priest passes through the iconostasis using the Royal Doors.
- Holy Communion in the **Catholic and Anglican Churches** is very similar. The main difference is that Catholics believe the bread and wine turn into the body and blood of Christ, whereas many Anglicans believe Jesus is only present in a spiritual way when the bread and wine are being eaten.

Further examples of how Holy Communion services differ from each other include the following:

<table>
<thead>
<tr>
<th>Orthodox Divine Liturgy</th>
<th>Catholic Mass and Anglican Holy Communion</th>
<th>Holy Communion in the United Reformed Church</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Liturgy of the Word:</strong></td>
<td>• There are three Bible readings, a psalm and a homily.</td>
<td>• The service begins with a hymn and prayer of praise and thanksgiving.</td>
</tr>
<tr>
<td></td>
<td>• The Creed is said.</td>
<td>• Bible readings and a sermon are given.</td>
</tr>
<tr>
<td></td>
<td>• Prayers are said for the Church, the local community, the world, and the sick and the dead.</td>
<td>• Prayers for the world and the needs of particular people are said.</td>
</tr>
<tr>
<td><strong>Liturgy of the Eucharist:</strong></td>
<td>• In the Anglican Holy Communion, people give a sign of peace to each other.</td>
<td>• The minister repeats the words and actions of Jesus at the Last Supper.</td>
</tr>
<tr>
<td></td>
<td>• Offerings of bread and wine are brought to the altar.</td>
<td>• There is an ‘open table’ so anyone who wishes may receive Holy Communion.</td>
</tr>
<tr>
<td></td>
<td>• The priest repeats the words of Jesus at the Last Supper over the bread and the wine.</td>
<td>• Sometimes the bread is cut beforehand, other times it is broken and passed around by the congregation.</td>
</tr>
<tr>
<td></td>
<td>• People say the Lord’s Prayer.</td>
<td>• Wine is sometimes non-alcoholic and is usually distributed in small cups.</td>
</tr>
<tr>
<td></td>
<td>• In the Catholic Mass, the sign of peace is given at this point.</td>
<td>• The service ends with a prayer of thanksgiving, a blessing, and an encouragement to go out and serve God.</td>
</tr>
<tr>
<td></td>
<td>• People receive the bread and wine.</td>
<td>• The priest blesses people and sends them out to live the gospel.</td>
</tr>
<tr>
<td></td>
<td>• The priest receives wine and bread baked by church members.</td>
<td>• The priest distributes holy bread and wine on a spoon.</td>
</tr>
<tr>
<td></td>
<td>• Prayers are offered for the church, the local community and the world.</td>
<td>• Prayers of thanksgiving are said.</td>
</tr>
<tr>
<td></td>
<td>• Behind the iconostasis, the priest says the words of Jesus at the Last Supper.</td>
<td>Unconsecrated pieces of bread are given to people to take home, as a sign of belonging to the Christian community.</td>
</tr>
<tr>
<td></td>
<td>• Most of the bread is consecrated as the body and blood of Christ.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• The priest distributes holy bread and wine on a spoon.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Prayers of thanksgiving are said.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unconsecrated pieces of bread are given to people to take home, as a sign of belonging to the Christian community.</td>
<td></td>
</tr>
</tbody>
</table>

### 2.6 Pilgrimage

**Essential information:**
- A pilgrimage is a journey made by a believer to a holy site for religious reasons. As well as making a physical journey to a sacred place, the pilgrim also makes a spiritual journey towards God.
- A pilgrimage gives many opportunities for prayer and worship, and is itself an act of worship and devotion.
- Two popular pilgrimage sites for Christians are Lourdes (a town in France) and Iona (a Scottish island).

#### The role and importance of pilgrimage

- **Meet others who share the same faith**
- **Experience a holy place**
- **Grow closer to God**
- **Strengthen faith in God**
- **Help other pilgrims who are disabled or ill**
- **Seek a cure for illness**
- **Thank God for a blessing**
- **Reflect on one’s life**
- **Pray for something special**

A pilgrimage can impact on a Christian’s life in a number of ways. It can:
- **Help them to feel more connected to the Christian community**
- **Help them to feel more connected to the Christian community**
- **Give them a good feeling about helping other pilgrims who are disabled or ill**
- **Help them to feel cleansed from sin**
- **Help other pilgrims who are disabled or ill**
- **Seek a cure for illness**
- **Thank God for a blessing**
- **Reflect on one’s life**
- **Pray for something special**

#### Places of Christian pilgrimage

<table>
<thead>
<tr>
<th>Place</th>
<th>Significance</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lourdes (a town in France)</td>
<td>Where Mary is said to have appeared in a number of visions to a young girl called Bernadette. Mary told Bernadette to dig in the ground, and when she did a spring of water appeared. The water is believed to have healing properties, and a number of healing miracles are claimed to have taken place here.</td>
<td>Pilgrims go to Lourdes to bathe in the waters of the spring, or to help other pilgrims who are ill or disabled to bathe in the waters. Pilgrims also pray for healing or forgiveness. They may recite the rosary together.</td>
</tr>
<tr>
<td>Iona (an island off the coast of Scotland)</td>
<td>Where St Columba established a monastic community in the 6th century AD. The community now has an ecumenical centre where pilgrims can stay.</td>
<td>Because it is quiet, peaceful and a place of natural beauty, pilgrims can spend time praying, reading the Bible, and reflecting or meditating. Pilgrims can also attend services in the abbey church, take part in workshops, and visit the island’s holy or historic sites.</td>
</tr>
</tbody>
</table>

#### TIP
- **Holy Communion services have many similarities. Be sure to choose aspects that show a real contrast.**

#### APPLY

**A** Explain two contrasting ways in which Holy Communion is celebrated in Christianity. (AQA Specimen question paper, 2017)

**B** Write a paragraph in response to the statement, ‘Holy Communion services should focus more on the Liturgy of the Word than on the Holy Communion itself’. Develop your reasons and include a reference to scripture or religious teaching in your answer.

**TIP**
- Although a pilgrimage can seem a lot like a holiday, especially if you travel abroad, there is a big difference: A pilgrimage is a spiritual journey that people undertake for religious reasons rather than just to sightsee.

**A** Explain two contrasting examples of Christian pilgrimage. (AQA Specimen question paper, 2017)

‘There is no difference between a pilgrimage and a holiday.’ Develop this argument against the statement by explaining in more detail, adding an example or referring to Christian teaching.

‘Although a pilgrimage can seem a lot like a holiday, especially if you travel abroad, there is a big difference: A pilgrimage is a spiritual journey that people undertake for religious reasons rather than just to sightsee.’

**TIP**
- You need to explain why the examples are contrasting rather than just describing the two places, to be sure to explain the different reasons why pilgrims go there.