













# Beliefs About Freedom

	People should have complete freedom to choose their beliefs. (Sikhism)
	"In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline." (Martin Luther King, Jr., Christianity)
	Freedom is being free from suffering. (Buddha, Buddhism)
	"No one's freedom should violate the freedom of others." (Islam)
	Moksha (freedom) can be achieved through good deeds. (Hinduism)
	"Let my people go, so they may serve me." (Judaism)

	"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." (Nelson Mandela, Christianity)
	Freedom of reason, thought, feeling and will. (Hinduism)
	"Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God." (1 Peter 2:16, Christianity)
	Freedom is freedom from suffering. (Buddhism)
	"And you will know the truth, and the truth will set you free." (John 8:32, Christianity)
	Freedom is achieved by doing the right thing and avoiding doing the wrong thing. (Sikhism)



# What Is Freedom?

Read the **Beliefs about Freedom** sheet and sort them into the dictionary definition of the word freedom.

<b>Definitions</b>	<b>Beliefs</b>	<b>Example</b>
	Write down the belief and the person/religion next to it.	Give an example of what this freedom might be.
The power or right to speak or think as one wants.		
The right to act in the way you think you should.		
The state of not being imprisoned or enslaved.	“Let my people go, so they may serve me” (Judaism, the story of Moses)	Freedom from being owned and to practise your religion.
Freedom from something undesirable.		