

Chapter 5: The Development and Growth of Religious Belief

Section 6: Buddhism 8-Fold Path

Name: _____ Hour: _____

Supporting Question: How do major religious beliefs compare in their answers to “big questions”?

The Eightfold Path

Directions: List each of the steps of the eightfold path below, write a short description AND tell how you could exhibit/model it in a school setting.

Eightfold Path Steps	Description	Example of Modeling it in School
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

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Supporting Question: How do major religious beliefs compare in their answers to “big questions”?

The Four Noble Truths:

1. Human life is full of suffering and sorrow
2. Suffering and sorrow are caused by people's greedy desire for power, pleasure and possessions
3. Suffering and sorrow will end when people overcome their greed = Nirvana = enlightenment
4. People can overcome their greed and uncontrolled desires by adopting the Middle Way or Eightfold Path

The essence of the Four Noble Truths is the idea that things change. To change the pattern of suffering, a Buddhist should travel the Eightfold Path. This path follows the “middle way”, the way to achieve a release from suffering.

The Eightfold Path

Eightfold Path The Fourth Noble Truth, the path to cessation of suffering, is the set of principles called the Eightfold Path. This “middle way” avoids both indulgence and extreme self denial. The eight “paths” are not to be done in order or to be considered a list, but rather support and reinforce each other.

1. Right Understanding-

followers are to develop a deep understanding of the Four Noble Truths.

2. Right Intention-

Living a life of selflessness, love and nonviolence. It is a commitment to having a right attitude.

3. Right Speech-

Speaking truthfully, avoiding things like slander, gossip and abusive speech.

4. Right Action-

Be honest, behave peacefully and refrain from stealing, killing, lying, or overindulgence.

5. Right Livelihood-

Do not work at a job that causes harm to people or other living beings.

6. Right Effort- Promote good actions and prevent evil actions

7. Right Mindfulness-

Be aware of your emotions, thoughts and feelings. Avoid attachments to these things.

8. Right Concentration-

through meditation, developing the mental focus necessary to follow the path.