

Key Vocabulary	
<b>faith</b>	A strong belief, usually in a religion.
<b>Muslim</b>	Someone who follows the religion Islam.
<b>Taliban</b>	A terrorist group from Afghanistan.
<b>campaigned</b>	Actions that are planned to achieve a particular result, e.g. a change in the law.
<b>inspired</b>	To feel excited, enthused or encouraged by someone or something.
<b>monastery</b>	Where monks live, spending their time praying and thinking about god.
<b>Buddhist</b>	Someone who follows the religion Buddhism.

**Faith and Beliefs**

People’s **faith** and beliefs can help them overcome challenging times in their lives. It can have an effect on how they live their lives and **inspire** their work. There are many ‘People of Faith’ whose experiences have **inspired** others.

“Let us remember:  
One child, one teacher, one book, one pen can change the world.”  
Malala Yousafzai



**Malala Yousafzai**

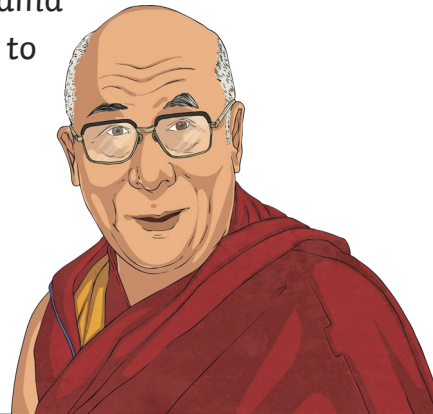
Malala Yousafzai, a young **Muslim** girl, is famous because she stood up for what she believed.

When the **Taliban** banned education for girls over the age of eight, Malala **campaigned** for education for all, but was shot by the **Taliban** because of this. She recovered and has continued to **campaign**.

**The Dalai Lama**

The Dalai Lama was born in Tibet. He lived in a **monastery** and is a **Buddhist**. When the Chinese government invaded Tibet, people who protested were killed.

The Dalai Lama had to leave Tibet and move to India for his own safety. He **campaigns** for the Tibetan people to be free to rule themselves. He also spreads the **Buddhist** message.



### Key Vocabulary

<b>Rabbi</b>	A <b>Jewish</b> scholar who is an expert in <b>Jewish</b> law.
<b>Jewish</b>	Someone who follows the religion of Judaism.
<b>Sikh</b>	Someone who follows the religion of Sikhism.
<b>Christian</b>	Someone who follows the religion of Christianity.
<b>overcome</b>	To succeed in dealing with a problem or difficulty.

### Inspiration

People can become **inspired** by:

- Someone they know;
- Someone they consider to be a hero from the past or present;
- Someone who has had an impact on the world or others;
- An important cause.

### Rabbi Lord Jonathan Sacks

**Rabbi** Lord Jonathan Sacks has been a Member of Parliament since 2009. He is **Jewish** and has encouraged people from different religions to talk to each other and respect each other's differences.

"We have to learn to speak to those we do not hope to convert, but with whom we wish to live."



**Fauja Singh** Fauja Singh is a retired British marathon runner. He began running seriously again at the age of 89 to **overcome** his sadness at losing his family. He is a **Sikh** and has said that his **faith** has helped him through difficult times.



Bear Grylls is a British adventurer. He is a **Christian** and says it is his **faith** that has helped him **overcome** lots of difficulties. He says that his Christian faith **inspired** him to take on new challenges.

### Bear Grylls

