



# Different Beliefs

About Life After Death



# Our Learning Goals

In this lesson, we will:

- Explore what different religions believe happens after we die.
- Understand the concepts of Heaven, Hell, and Rebirth.
- Compare religious views with non-religious worldviews like Humanism.
- Reflect on why these beliefs matter to people.



# What Happens When We Die?

It's fair to say that different people think different things about what happens after we die. I imagine that even in this class, there will be lots of different ideas: some of you may not even have an idea, or have even thought about it at all, which is completely fine.

## Talk About It!

What do you believe happens when we die?



# What Happens When We Die?

Some of you may have had the same ideas and some of you different ideas. That's fine and that's how it is in life. Different religions and worldviews believe different things about what happens after we die too and often our beliefs can be influenced by these ideas.

We are going to have a look at what some of those beliefs are. Select from the buttons below to find out more and then head back to this slide to choose another one to learn about.



# What happens when we die?

# Key Vocabulary



## Life After Death

The belief that the soul or spirit continues on after the body has died.



## Heaven and Hell

Places of reward (Heaven) and punishment (Hell) believed in by some religions.



## Rebirth

The idea that after death, a soul is born again into a new body or life.

## What Do Sikhs Believe Happens After We Die?

Sikhs believe there is only one God called Waheguru. Many Sikhs believe that Waheguru lives inside everyone.

Sikhs believe in karma, which means that in their life every action has a consequence, not only in life, but also after they die. Thinking about karma helps Sikhs make good choices and keeps Waheguru in their mind.



## What Do Sikhs Believe Happens After We Die?

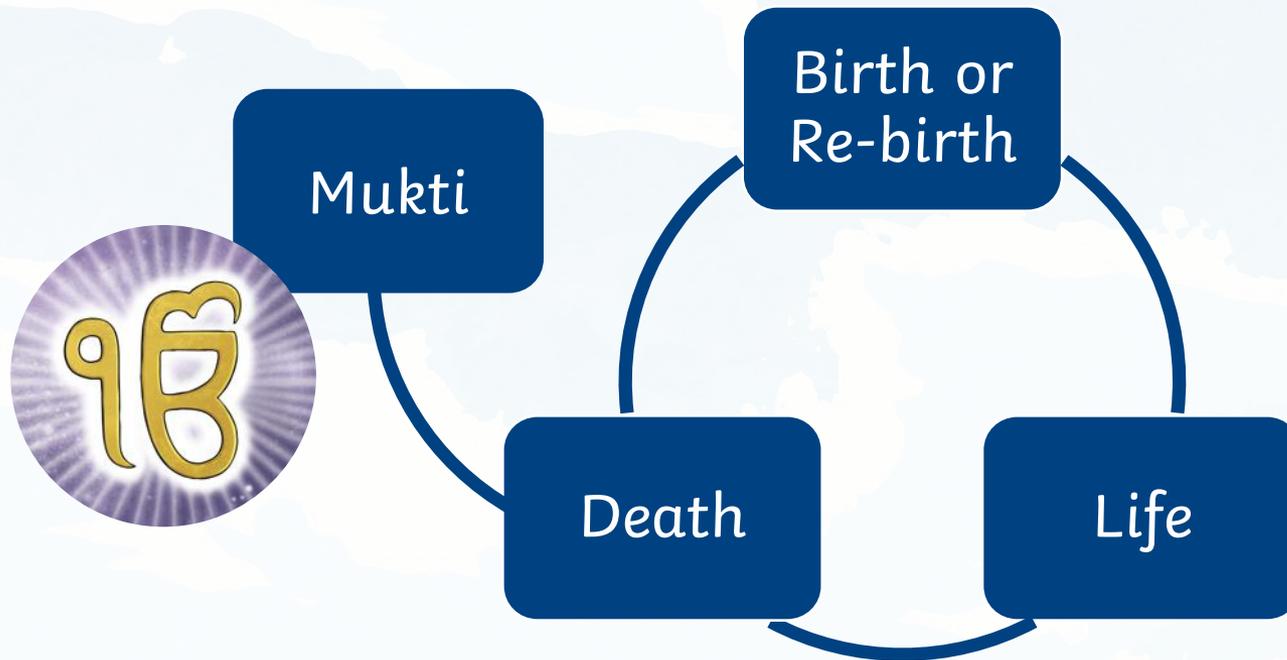
Sikhs believe that when we die, we are reborn or reincarnated, which means that after death people have another life. They believe that people have many reincarnations, possibly up to 8,400,000 different forms of life! Sikhs believe that each time they are reborn, they must gain good karma so that they will be pure and will then return to be with Waheguru and not reborn.

Sikhs believe that each reincarnation can be as a human or as an animal. Many Sikhs see their human life as the only time when the cycle of death and rebirth can be broken. The escape from the cycle of death and rebirth is known as mukti.



## What Do Sikhs Believe Happens After We Die?

No one can really describe what happens when mukti is reached, when Sikhs believe that they are reunited with their God – Waheguru. Sikhs believe that it has to be experienced and not described.



[Menu](#)

## What Do Muslims Believe Happens After We Die?

Muslims believe in an afterlife. This means that they believe that there is life after death. This encourages Muslims to think about the way that they behave through life and take responsibility for their actions because they believe that Allah (God) will judge them when they die.

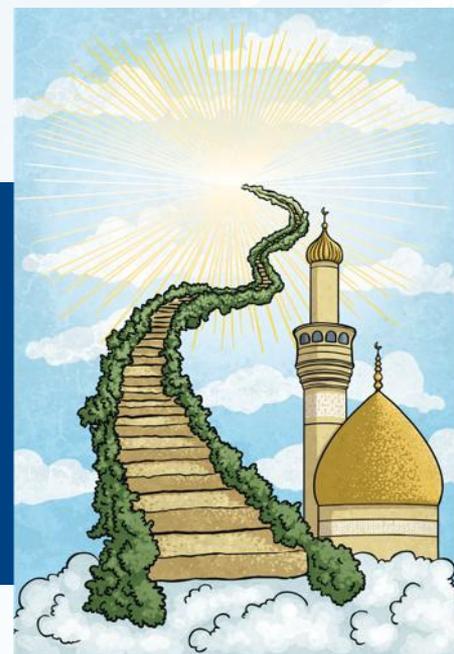


## What Do Muslims Believe Happens After We Die?

Akhirah is the word Muslims use to refer to life after death.

Muslims believe that life is a test from Allah, which will allow them to pass judgement day and enter into paradise.

There are certain things that Muslims believe happen when someone dies and enters the afterlife, which Muslims call Barzakh.



# The Journey To Barzakh.

1. A person dies



2. Azra'il, the Angel of Death, takes the person's soul on the next part of the journey.



3. Two angels are sent by Allah to ask the person's soul questions.



4. When the questions are answered correctly, the soul is said to be a good soul and will pass to sleep during Barzakh.



If the answers to the questions are not correct, the soul is not good and will be punished.



# The Day Of Judgement

Entering Barzakh is not the final stage of the afterlife for Muslims. Once their souls enter Barzakh, they will sleep peacefully until judgement day.

When judgement day arrives, all souls will be called to be judged by Allah at Mount Arafat, which is in Mecca.

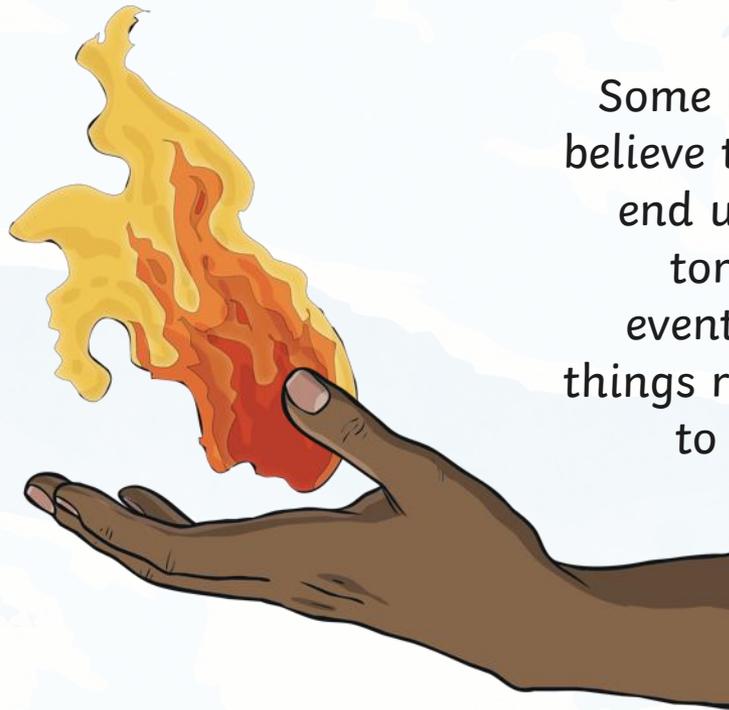
This is when people will be judged for their actions and behaviors in life and whether or not they followed the rules of Allah.



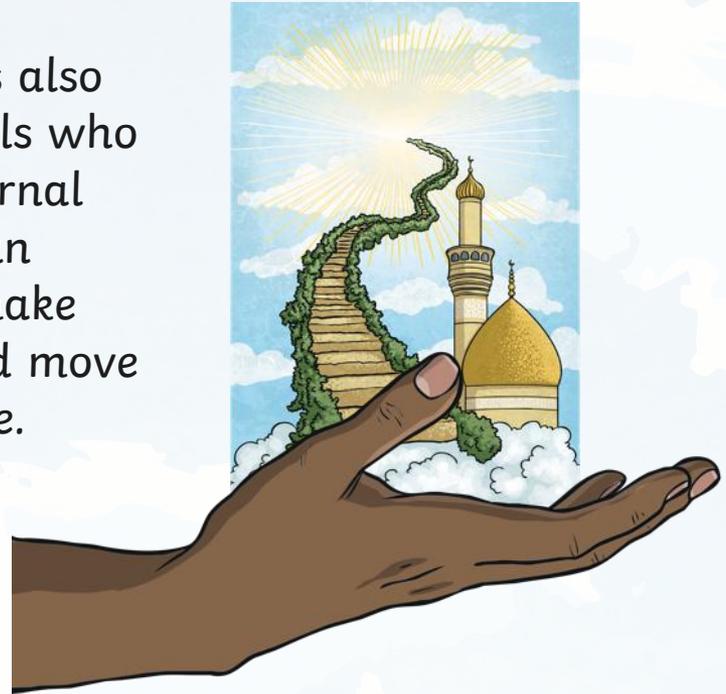
‘For one whose scales are heavy with good deeds, He will be in a pleasant life.’

**Qur’an 101:6–9**

# The Day Of Judgement



Some Muslims also believe that souls who end up in eternal torment can eventually make things right and move to paradise.



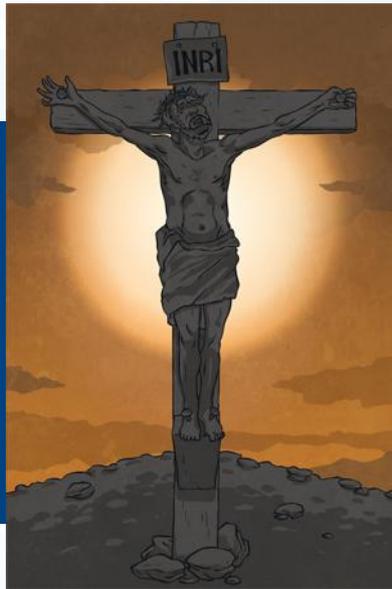
A person who is handed their life actions in their left hand will suffer eternal torment.

A person who is handed their life actions in their right hand will go to eternal paradise.

Menu

# What Do Christians Believe Happens After We Die?

Christians base their beliefs of life and death on the teachings of Jesus Christ. Christians believe that Jesus was born and lived and was resurrected after death to live in heaven with God. They believe that this is God's plan for all life on Earth.



## What Do Christians Believe Happens After We Die?

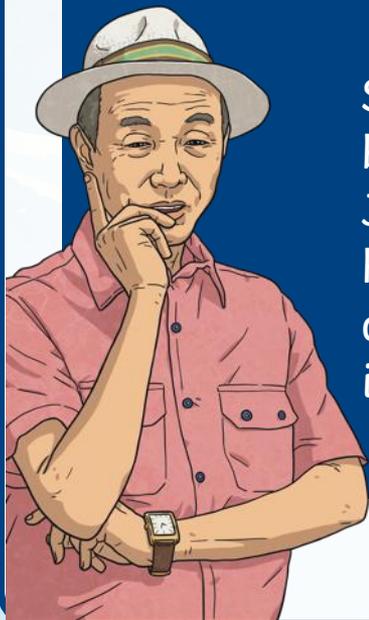
The Christian belief is that when someone dies their soul ascends (rises up) to be judged by God. This helps Christians to connect with God and live a good life, as their good actions in life will be rewarded in the afterlife.

However, Christians do not simply think that they should act with goodness to be rewarded. They feel that this is the right way to live life.



# Judgement

There are different Christian views about the judgement of a person's life after they have died.



Some Christians believe that Judgement Day happens after your death as you pass into the afterlife.



Some Christians believe that Judgement Day will be a time where everyone is judged at the same time.

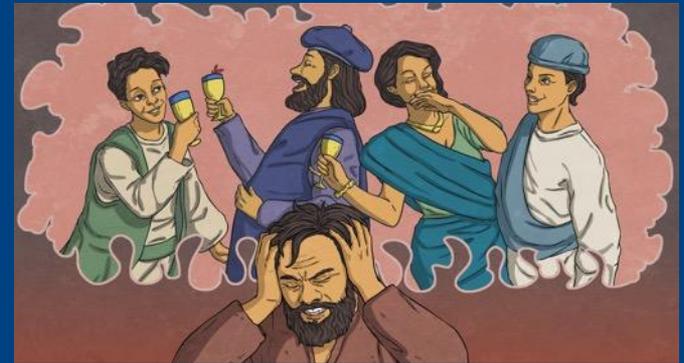
# Heaven or Hell?

Many Christians believe that...

If you make good choices in life and follow the teachings of the Bible, then you will go to heaven.



If you make bad choices in life and do not follow the teachings of the Bible, then you will go to Hell.



It is the belief of some Christians that if a person's soul is sent to hell, they are then cleansed of their bad deeds and go to heaven.

Menu

## What Do Humanists Believe Happens After We Die?

Humanists do not believe in a god or any kind of entity. Instead they follow the findings of science and the natural world.

Due to their views on life, Humanists do not believe in an afterlife or reincarnation.

This means that Humanists focus on the life that they are living and live it in the happiest and most fulfilling way that they can.



## Living A Good And Happy Life

Humanists live a good and happy life in the belief that this will be their only life. They contribute to the health and welfare of all living things by their actions in life for the good of the world and not because they are seeking reward.

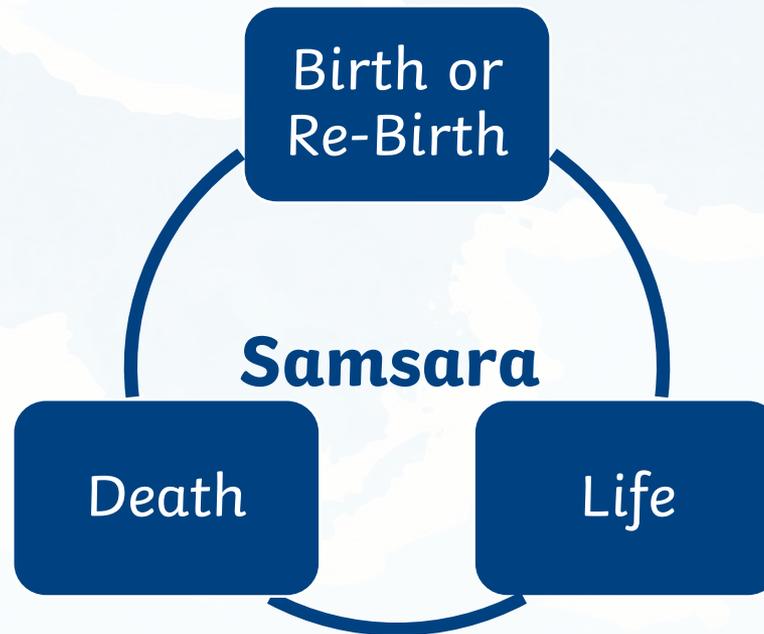


Many people who do not have a religion, believe the same things that Humanists do about life after death.

[Menu](#)

## What Do Hindus Believe Happens After We Die?

Hindus believe in reincarnation. They believe that your soul has a cycle of lives in succession, with the soul being reborn over and over again. This process is called Samsara.



# Samsara

Hindus believe that each time you are reborn, you can be born as a human or an animal and that there are lessons to learn from each life.

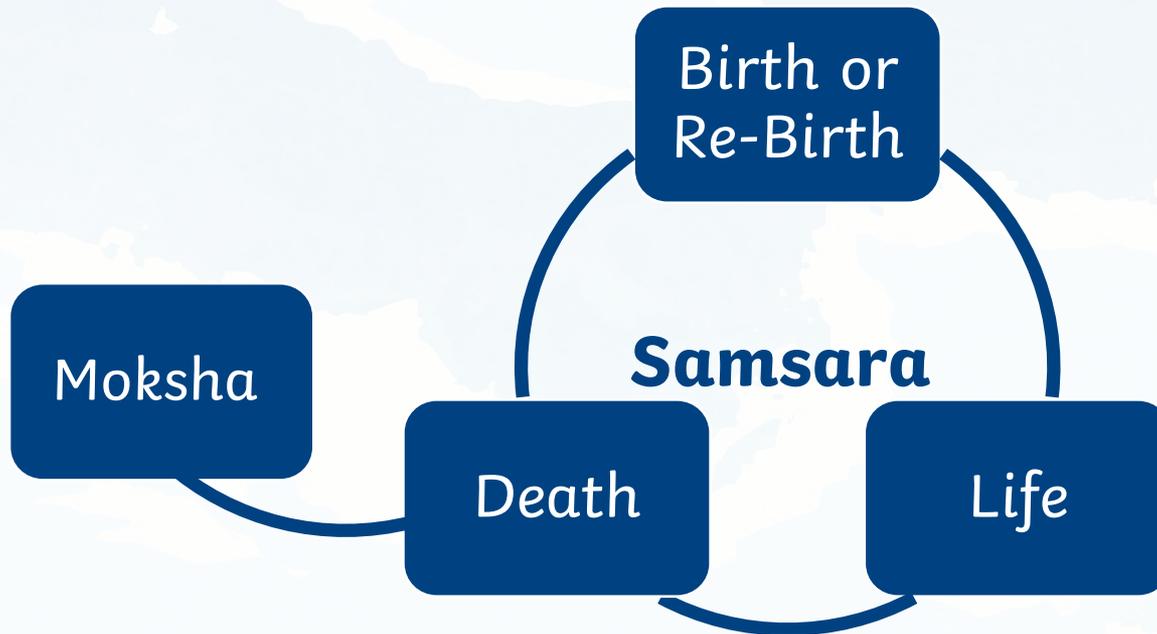
Some Hindus believe that if your Karma is not good in the life you are in now, then you will be reborn as an animal until you learn to have positive Karma.

Each life depends on your actions in your previous life. Hindus believe that every time your soul takes on a new body, it takes a step closer to becoming perfect.



# Moksha

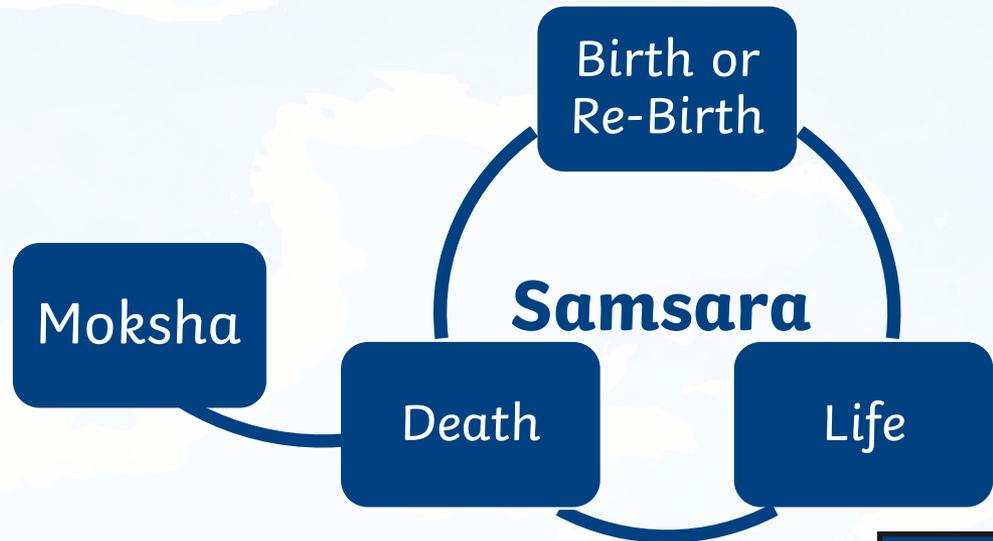
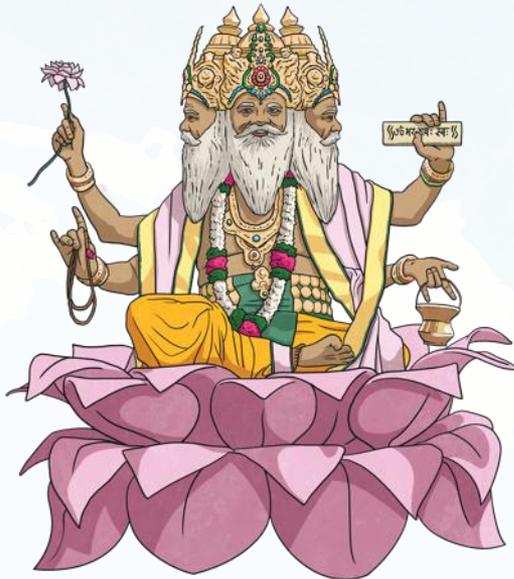
Moksha links to the Hindu belief in reincarnation. Reincarnation is the belief that life is a cycle of birth, life, death and rebirth. When a person dies, they are then reborn as another living thing. This cycle can go on for thousands of lifetimes.



# Moksha

The ultimate aim of Hinduism is to leave the cycle of rebirth and become one with the god Brahma. This is called Moksha.

Through samsara and good karma (actions) in life, eventually, Hindus believe you can leave samsara and become one with the god Brahma.



Menu

## What Do Jewish People Believe Happens After We Die?

Life after death, or afterlife, does not really feature in Judaism. The focus of Judaism is to live your life on Earth to your best ability. Jewish people call life on earth *olam ha-ze*, which means the world now, or current life.



## What Do Jewish People Believe Happens After We Die?

This doesn't mean that Jewish people do not believe in an afterlife. However, where some religions have a certain idea of what they believe happens in an afterlife, in Judaism there are differing views.

Some Jewish people believe that people's souls go to an afterlife, in what they call 'olam ha-ba' which means 'the world to come.'



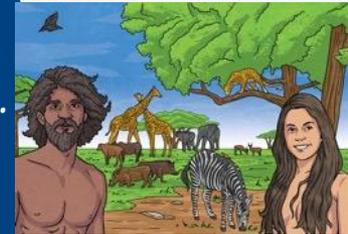
Some Jewish people believe that reincarnation (being born again) is happening all the time. This is because, as humans, it is people's duty to create a healthy world and to mend the wrongs done to the world through life. This is called tikkun olam.

# Olam Ha-Ba

Jewish people believe that Olam Ha-Ba is the place that people's souls go to after they die. Olam Ha-Ba is made up of three places.

Olam Ha-Ba – the place where the soul goes after death.

Gan Eden – the Garden of Eden where Adam and Eve are. Good souls will go straight here after death.



Sheol – a place where souls are made clean before going to Gan Eden.

Gehinnom – a place of punishment.



Menu

## What Do You Believe?

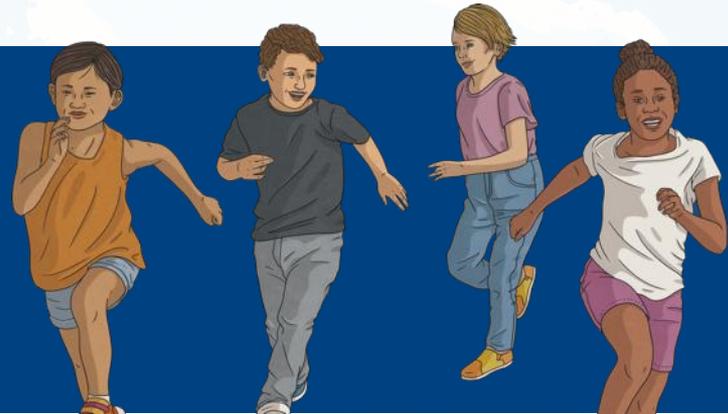
No matter what your views are on what happens after we die, they are **your** views and are important to you.

We can all have different views and that is fine.

Our views and beliefs might also change as we learn more about life and answer questions for ourselves.

The important thing is to enjoy the life we are living and live it in the best way that we possible can.

## Love Your Life



# Activity

## Different Beliefs About Life After Death Activity

Match the faith to the correct views about their beliefs about life after death.

We are reborn or reincarnated as a human or animal.

The life after death is called Akhirah. They believe that Allah judges them on judgement day that determines whether they enter paradise or are punished.

When someone dies, their soul rises up to be judged by God. On Judgement day, God decides whether they go to heaven or hell.

You should live a good and happy life as it is your only life.

They believe in samsara and karma. Each time you are reborn, you can be born as a human or an animal.

You should live your life on Earth to your best ability. There are different views about the afterlife and reincarnation.

Christianity

Humanism

Hindu Dharma

Islam

Judaism

Sikhi



## Different Beliefs About Life After Death Activity

Match the faith to the correct views about their beliefs about life after death.

When we die, we are reborn or reincarnated. They believe that each reincarnation can be as a human or as an animal.

There is a life after death, called Akhirah. They believe in judgement day where they are judged as to how they lived their life, which determines whether they enter paradise or are punished.

When someone dies their soul rises up to be judged by God. They believe in a judgement day which determines whether they go to heaven or hell, depending on how they lived their life.

You should live a good and happy life as it is your only life. They do not believe in an afterlife or reincarnation.

They believe in samsara and karma. Each time you are reborn, you can be born as a human or an animal and that there are lessons to learn from each life.

You should live your life on Earth to your best ability. There are differing views about an afterlife and reincarnation.

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Discuss!



## Class Discussion

Why do you think it is important for people to have beliefs about what happens after they die? Does it change how they live their lives?

Discuss!



### **You might have said...**

Offers hope, comfort in loss, motivation through reward/punishment, helps understand the world, and encourages valuing each day.

# Summary



## What We Learned

- **Christians, Muslims, and Jews** generally believe in one life followed by judgement and an afterlife.
- **Hindus and Sikhs** believe in a cycle of birth, death, and rebirth (Samsara).
- **Humanists** believe death is the end, so we must focus on making our current life meaningful.
- Beliefs about the afterlife often guide how people choose to live and treat others today.