



1. What is the twin meaning of seva? (1)

Seva is described as both labour and worship. When Guru Nanak Dev Ji came into the world, he combined worship and labour to introduce the concept of seva.

2. How does seva eliminate caste and labels? (3)

By serving others, we see God inside everybody, even those who are under different labels than we are. Doing seva reduces the illusion that we are all separate beings. It helps to bring an understanding that we were all sent to Earth by God and are on a spiritual journey to reunite with Him.

3. Why did Bhai Kanhaiya Ji give water to the enemy? (1)

The reason Bhai Kanhaiya Ji gave water to everyone is that he did not see enemies and friends on the battlefield. He simply saw human beings that are wounded. They all have God's spirit and he saw them as equals.

4. What are the three different types of seva? Give an example of each. (3)

Physical-Washing dishes at the Gurdwara

Mental-Reading out of Guru Granth Sahib Ji in the Gurdwara

Material-Depositing money into the golak

5. Why didn't Guru Amar Das Ji become filled with ego after doing so much seva? (3)

Over time, seva becomes more enjoyable and brings peace. Guru Amar Das Ji was doing simran as well as seva. By doing these two things together, the ego decreases and humility increases. In order to find contentment and joy in seva, simran must be done to calm the mind and take control of emotions.

6. How are seva and simran like 2 wings of a bird? (2)

Seva and simran go hand in hand. They are like the two wings of a bird that is flying across this worldly ocean. One cannot make any significant progress without the other.

7. What do you receive from God for doing seva with love? (1)

If seva is done with love and humility, its benefits are immense. Seva brings a sense of peace and contentment in this life and increases the good karams that we take into the next life.

8. What are some types of seva you can include in your life? (4)

Answers may vary.

- ***Washing dishes at the Gurdwara***
- ***Cleaning up litter at the playground***
- ***Caring for the elderly***
- ***Donating to the food bank***

9. How is seva the essence of Sikhism? (4)

Seva exemplifies everything that Sikhism stands for: helping others, achieving humility, and doing simran/remembering God at all times-even when you aren't sitting down and meditating.

10. What did Guru Nanak Dev Ji combine to introduce the concept of seva? (1)

Guru Nanak Dev Ji combined the ideas of worship and labour to introduce the concept of seva.