

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## Q U I Z: The Human Body



/10

1. What is the real purpose of our feet?

***To only walk with good intentions, and walk the path to God.***

2. In the words of Guru Jee, who goes to the Lord's door?

***Whoever controls their senses.***

3. Name two of our senses and describe how they can be used in a beneficial way.

***Tongue – Jap Naam***

***Ears – listen to Gurbani***

4. What lesson did Veeran Malhar learn from Guru Jee?

***That it is not either Hindu or Muslim to will reach God's doorstep but whoever has controlled his five senses and reined them, and who keeps company of holy people, one who has tread on the footsteps of a saint and has become a saint.***

5. What is the Punjabi translation of the word "eyes"?

***ਨੇਤ੍ਰ***

6. What would happen to someone who never got their senses under their control?

***They would waste their life stuck in futile desires, and their senses would control them instead of vice versa.***

7. Translate the following: ਇਸ ਏ ਨੇਤ੍ਰਹੁ ਮੇਰਿਹੋ ਹਰਿ ਤੁਮ ਮਹਿ ਜੋਤਿ ਧਰੀ ਹਰਿ ਬਿਨੁ ਅਵਰੁ ਨ ਦੇਖਹੁ ਕੋਈ ॥

*(Hint: ਜੋਤਿ = light)*

***O my eyes, the Lord has infused His Light into you; do not look upon any other than the Lord.***

8. Which of the following is wrong to do as a Gursikh?

- A. Eat langar
- B. Listen to Gossip
- C. Steal from others
- D. Walk to School
- E. All of the above
- F. B and C only**

9. What can we do to begin to control our senses and use them for their true purpose?

***Meditate on God with all our focus and pure love.***

10. Which of the following can you utter to purify your tongue?

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| <ul style="list-style-type: none"><li>1. Vaheguru</li><li>2. Dhan Guru Nanak</li><li>3. Gurdwara</li></ul> |
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- A. 1 and 3
- B. 2 and 3
- C. 1 and 2**

**Bonus:** How can smelling good foods be a hindrance in our journey to God?

***Because we remain trapped in worldly smells and desires. This keeps us distracted from God.***