

## **Worksheet 10 – Marriage & Relationships**

### General

1. What is the difference between love and lust?

### Before Marriage

2. Is it okay for young Sikhs to have girl friends/ boy friends? Give reasons for why / why not?
3. If you do have a girl friend/ boy friend what is acceptable behaviour e.g. going out together, kissing, hugging etc?

### Attitudes towards Marriage

4. If Guru Gobind Singh Ji said, 'Recognise ye the whole human race as one' then why do some Sikhs not permit inter – 'caste' marriage?
5. Are there any solutions to the above problem?
6. Should Sikhs marry people of other religions?

### During Marriage

7. What are the four promises that a couple makes when they get married as per Sikh rites? (i.e. what is the significance of the circumambulation around the Guru Granth Sahib?)
8. Do you think we should recite a translation of the vow in English before the couple get up and walk round the SGGS, so that they understand what they are committing themselves to?

### Living as a Married Couple

9. If Sikhism is based on social and gender equality, then does that imply that men and women should both do house work (cooking, ironing, cleaning)?
10. Are married Sikhs allowed to use contraception? What about the pill which affects the body's natural processes?
11. What are your ideas regarding the relationship between spirituality and sexuality?
12. What do you think about the Indian Love Manual

### Having Children

13. If a couple is unable to have a child due to infertility of the husband or wife. Then is it acceptable to use another persons genetic material (artificially implanted) to have a child?
14. What are the alternatives for the above situation where the couple can't conceive?
15. Is it acceptable to have a test tube baby, i.e. to select the eye colour, intelligence, skin colour of your baby?
16. If it was possible to eliminate any genetic deformities that a baby may have, before a baby is born, then would this option be allowed for a Sikh family?
17. What is the Sikh view on abortion? What things should a person consider before choosing to have an abortion?

### Controlling Sexual Energies

18. Lust is one of the 5 evils of the mind and controls a lot of people. How can we prevent this thief from taking over our mind?
19. Any other questions?