BUDDHISM
IN EAST ASIA

Buddhism began in India but spread across East and Southeast Asia and is one of the region's largest and most influential worldviews. However, Buddhism is practiced in a wide variety of ways which often includes practices from local spirit and ancestral beliefs.

Started: 600 B.C.

Originated: in NE India

By: Siddhartha Gautama
Later Known as: The Buddha (the Enlightened One).

Goal: Reaching Nirvana
The ultimate state of enlightenment.

THE BUDDHA TAUGHT:

About the source of suffering & a way out

Adapting Hindu ideas of karma & reincarnation

There are no gods & humans are not living souls

That everything is changing, illusionary & impermanent

Attaining nirvana (enlightenment) was possible through self-effort and many rebirths

THE FOUR NOBLE TRUTHS

Suffering *is the basic human condition.*
Suffering *is caused by desire and craving.*
The solution *is to extinguish desire and craving.*
Following the **eight-fold path** *is the way to eliminate desire.*

THE EIGHT-FOLD PATH

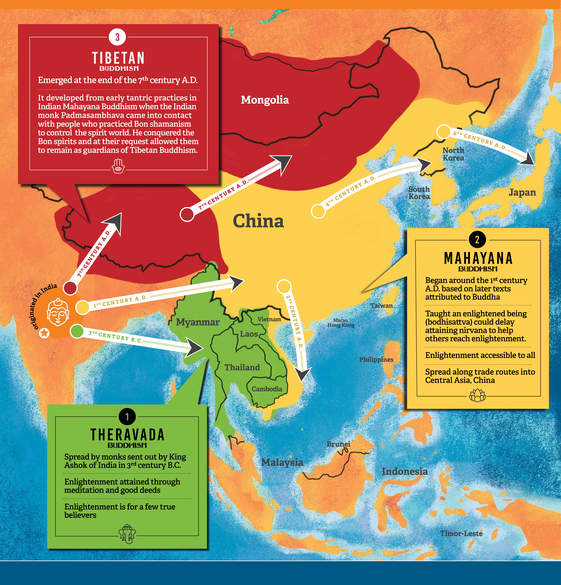
1. RIGHT KNOWLEDGE
2. RIGHT THOUGHT
3. RIGHT SPEECH
4. RIGHT ACTION
5. RIGHT WAY OF LIVING
6. RIGHT EFFORT
7. RIGHT AWARENESS
8. RIGHT COMPOSURE

KARMA
Law of consequences that drives the cycle of life, which causes suffering and leads to death, and rebirth. Karma is based on both the action and intention behind it. The karmic effects of cumulative actions and thoughts produce suffering.

NIRVANA
The goal of Buddhism. A state of enlightenment where all craving and desire cease and the cycle of life, suffering and rebirth is ended. The Buddha himself left the question of the destiny of those who reach nirvana unanswered. But he insisted nirvana could be experienced in the present by following the Buddhist path.

3 STREAMS OF BUDDHISM

In the 3rd century B.C. Buddhism split into two main traditions, with a third developing later.



PRAY FOR BUDDHISTS

PRAY FOR Buddhists to have opportunities to learn more about Jesus and his love for them.

PRAY FOR followers of Jesus learning the languages, cultures and worldviews of Buddhist peoples to relate to them well and have good conversations with them.

ASK GOD to help Christians in Buddhist countries to always be ready to give an answer for the hope they have in them and to do this in ways Buddhists can understand (1 Peter 3:15).

SOURCES:
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