

### Lesson 3: What is so different about Buddhist beliefs on suffering?

#### The Four Noble Truths

One of the most important things that Buddha realised when he became enlightened is called the **Four Noble Truths**. It teaches Buddhists that, although all humans will **suffer**, there is a way to end that suffering. It is one of the ways in which Buddhism is very different from other religions like Christianity which teach that suffering will always be a part of life.



**Buddha realised when he saw the Four Sights that everyone must suffer at some point in their life.**

**Give some examples of different ways in which humans suffer**

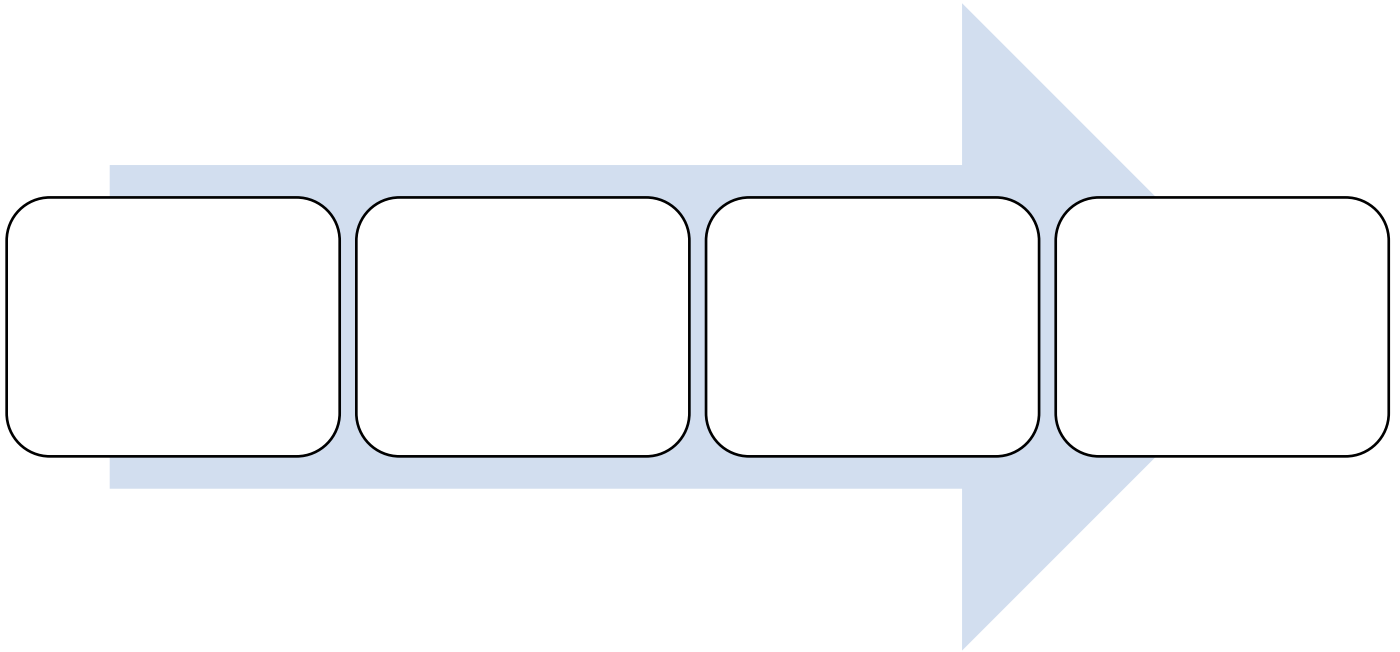
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Buddha thought that suffering was caused by selfish **desires** and **craving**. He argued that there this suffering could be ended and that it was possible to escape from suffering whilst living this life. Buddhists believe if they follow the teachings of Buddhism, they can eliminate suffering from their lives.

In order to help Buddhists understand the Four Noble Truths Buddha described the **analogy of the doctor**.



Fill in this blank diagram with the analogy of the doctor.



**Extension: How do you think believing that it is possible to end suffering makes life different for Buddhists?**

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