Merit

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| Overview & Purpose The lesson will provide students with an understanding on why merit is important within Buddhist practice and a greater insight into its mechanisms. | | | Education Standards Addressed | |
| **Activity** | **Aims** | **Time Given** | | **Other** |
| Introduce students to what merit is. Ask students questions in order to refresh their memory. Cover good *karma.* | Students should understand the basics of merit. | 5 minuets | | Students should have notes on the subject that they can consult to do this. |
| Ask students why they think merit is important for Buddhists. Prompt students to unite merit with other Buddhist concepts that they are familiar with such as karma, rebirth, the eightfold path and meditation. | Students should start applying their knowledge of merit to Buddhist doctrine, revising previous lessons and developing their critical thinking skills | 10 minutes | | Guide the students into thinking about what they have learnt in previous lessons. Ask them to give evidence in support of their answers. |
| Explain to the students that in other Buddhist sources there are ten ways to generate merit. Introduce each method and remind the students that each one of the ten methods is associated with one of the three bases. |  | 10 minutes | |  |
| Explain what types of action are considered to belong to each of the three bases. Use examples from Buddhist literature. E.g. Dāna can be seen in the Jatakas when the Bodhisattva feeds himself to the hungry tigress. | Students have a clear knowledge of meritorious action and have examples from Buddhist literature which illustrate them. | 20 minutes | | Make sure students make notes or have something to copy from the board. |