



## Session 3 **Hinduism**

Notes:

### Questions

1. Describe the following terms according to Hindu theology.
  - God
  - Humans
  - The world
  - Reincarnation
  - *Moksha*
  - The law of *Karma*
  
2. Write a paragraph on how you would share your faith with a Hindu.

## Comparing Hinduism & the Biblical Worldview

	Hinduism	Biblical View
God	The divine ( <i>Brahman</i> ) is an impersonal essence or consciousness.	Personal and relational being (1 John 1:8)
	<b>Trimurti</b> of the three Hindu Gods: <u>Brahma</u> , <u>Vishnu</u> , and <u>Shiva</u>	Trinity: Father, Son, and the Holy Spirit
Number of gods	Many	One (Isaiah 43:10; 44:8).
Jesus	May be accepted as one among many avatars.	God the Son (John 1:1; 8:24).
Humanity	Continuing to exist through reincarnation in different forms Eventually absorbed into Brahman	Discontinuous in the sense of being separate from the Being of God (Genesis 1:1; John 1:1-3); continuous in the sense of being made in God's image (Genesis 1:26)
God in human form	The divine has incarnated himself and continues in many forms, including humans and animals.	God has come down to earth as a human being in Jesus Christ.
The Universe	Everything is <i>Brahman</i>	God's creation.
Good and evil	They are ultimately one.	They are separate. God is pure goodness and will ensure that final justice is given and evil is destroyed.
Our main problem	We are ignorant	We are sinners – (Romans 3:23) Moral rebellion (Romans 3:10-11)
Our solution The Means for the Solution	Liberation from illusion and ignorance. Look inside and realize that we are Brahman. Another person cannot remove bad <i>karma</i> (deeds). We must improve our <i>karma</i> (deeds/works) to attain <i>moksha</i> (release).  Striving to detach oneself from the separated ego (individualism) and seeking to be aware of one's unity with the divine through self-effort.	Forgiveness of sin and reconciliation with the personal holy God Look to Christ and put our faith in him. Sin can be removed by God's grace and Christ's sacrifice.  Trusting in the completed and substitutionary work of Jesus Christ (Romans 4:5; Ephesians 2:8-9).
Our future	Reincarnation – we will be reborn in different life forms. If our <i>karma</i> (works/deeds) become good enough, we will eventually attain <i>moksha</i> (release from the cycle of being reincarnated) Merge into Oneness takes place; the individual disappears	Resurrection – our bodies will be raised, God will judge us, and then we will enter God's kingdom or hell, away from God's kingdom.  Eternal fellowship with God; the person is fulfilled in a loving relationship with God (John 17:3). No merger takes place.
Salvation path	There are many paths to God.	There is one way to the Father (John 14:6, Acts 4:12).

# A Biblical Approach to Hindu Seekers

A biblical approach must be truthful, gracious, and Christ-centered when reaching out to Hindu seekers. It seeks to **honor their spiritual longing** while gently **redirecting it to the true and living God** revealed in the Scriptures.

## I. Recognize the Spiritual Hunger

*“Men of Athens, I perceive that in every way you are very religious.”* (Acts 17:22)

- Hindu seekers often pursue **truth, harmony, and transcendence** through devotion, meditation, or moral living.
- Acknowledge this **sincere spiritual quest** as a starting point, just as Paul did in Athens.

## II. Present God as Personal and Knowable

*“The God who made the world and everything in it... does not live in temples made by man... He is not far from each one of us.”* (Acts 17:24-27)

- Unlike the **impersonal Brahman** or distant deities in Hinduism, the Bible reveals a **personal, loving, and holy Creator**.
- God desires **relationship**, not ritual (Jeremiah 9:23-24; John 17:3).

## III. Clarify the Nature of Sin and Grace

*“All have sinned and fall short of the glory of God... and are justified by His grace as a gift.”* (Romans 3:23-24)

- In Hinduism, suffering is often seen as the result of karma.
- Biblically, suffering and death stem from sin, and **salvation is not earned by works**, but freely given through Jesus Christ (Ephesians 2:8-9).
- Introduce **sin** not as ignorance, but rebellion against a holy God, and **grace** as undeserved mercy through Christ.

## IV. Proclaim Jesus as Unique and Supreme

*“I am the way, and the truth, and the life. No one comes to the Father except through Me.”* (John 14:6)

- Many Hindus are open to **including Jesus** among their many deities or gurus.
- Clearly show:
  - Jesus is not one of many avatars—He is **God in human flesh** (John 1:14).
  - His **death and resurrection** are historical and salvific (1 Corinthians 15:3-4).
  - **Eternal life** is found in Him alone (1 John 5:11-12).

## V. Call for Repentance and Faith

*“Turn to God from idols to serve the living and true God.” (1 Thessalonians 1:9)*

- A biblical response is not to blend Christ with existing beliefs, but to **turn away from idols and trust in the living Christ alone.**
- Invite seekers to a **relationship** with the risen Lord Jesus, not merely a religion or philosophy.

## VI. Be Patient and Compassionate

*“Let your speech always be gracious, seasoned with salt.” (Colossians 4:6)*

- Conversion is often a **process**, not a one-time conversation.
- Be ready to **listen, answer questions, and live out the love of Christ.**
- Share the **story of the Bible**, especially the Gospels, as many Hindu seekers have never read them.

## Summary Table

Biblical Truth	Why It Matters for Hindu Seekers
One personal, holy Creator	Counters the idea of impersonal Brahman or many gods
Sin is real and separates us from God	Contrasts with <i>karma</i> as an impersonal consequence
Jesus is God incarnate and the only Savior	Challenges the notion of Jesus as one among many avatars
Salvation is by grace, not works.	Frees from the burden of earning liberation ( <i>moksha</i> )
Eternal life is assured through Christ.	Replaces endless rebirth with confident hope of new life (John 11:25-26)

# A Biblical Response to Yoga and Meditation Practices

Yoga and meditation have become popular worldwide, often presented as physical exercises or relaxation techniques. However, for the Bible-believing Christian, it is vital to evaluate these practices not just culturally or medically, but **spiritually and theologically**, in light of **God's Word**.



## I. Understanding the Roots of Yoga and Meditation

1. **Yoga** comes from the Sanskrit word *yuj*, meaning *yoke or unite*. In Hindu philosophy, yoga is a spiritual discipline aimed at uniting the self (*atman*) with the divine (Brahman).
2. **Meditation in Hinduism or Buddhism** involves emptying the mind, chanting mantras, or focusing inward to achieve enlightenment, detachment, or *moksha* (liberation).

These practices are **not neutral**; they are deeply **religious**, embedded in **pagan worldview assumptions** about God, self, and salvation.

*“What agreement has the temple of God with idols? For we are the temple of the living God.” (2 Corinthians 6:16)*



## II. Biblical Teaching on the Body, Mind, and Worship

1. **The Body Is for the Lord**  
The body is not a vehicle for spiritual detachment but is created for **holy living** in service to God.

*“Present your bodies as a living sacrifice, holy and acceptable to God...” (Romans 12:1)*

2. **The Mind Is to Be Renewed, Not Emptied**  
Scripture calls for the **renewal of the mind**, not the **emptying** of it.

*“Be transformed by the renewal of your mind...” (Romans 12:2)*

*“You shall meditate on it day and night...” (Joshua 1:8)*

3. **Meditation in Scripture Is God-centered**  
Biblical meditation focuses not on self, breath, or silence, but on the **Word of God** and His works.

*“I will meditate on Your precepts and fix my eyes on Your ways.” (Psalm 119:15)*

### III. Dangers of Eastern Yoga and Meditation

Eastern Practice	Biblical Concern
Yoga as union with Brahman	Contradicts biblical teaching of one Creator distinct from creation (Romans 1:25)
Chanting mantras (often names of gods)	Involves invoking pagan deities, violating the First Commandment (Exodus 20:3–5)
Mind-emptying meditation	Opens the door to spiritual deception (1 Peter 5:8; 2 Corinthians 11:14)
Seeking self-realization/divinity	Promotes self-deification, contrary to humility before God (Isaiah 42:8; James 4:6–7)

### IV. A Biblical Alternative: Worship and Christ-centered Meditation

1. **Christian meditation** means **filling** your mind with Scripture, remembering God’s promises, and delighting in His truth (Psalm 1:2).
2. **Prayer, praise, and thanksgiving** are true paths to peace and spiritual renewal (Philippians 4:6–8).
3. **Rest and physical health** are essential, but must be pursued in a God-honoring way that avoids spiritual compromise.

*“For bodily training is of some value, but godliness is of value in every way...”* (1 Timothy 4:8)

### V. Summary: Be Discerning and Set Apart

Christians are not called to adopt practices rooted in **idolatry or false religion**, even if repackaged as health or wellness.

*“Test everything; hold fast what is good. Abstain from every form of evil.”* (1 Thessalonians 5:21–22)

Instead, pursue:

- **God-glorifying rest and exercise**
- **Scripture-based meditation**
- **Christ-centered peace through the Holy Spirit**