

[For the purpose of this exemplar the significant religious question is: What is the nature of suffering as understood in Catholicism and Buddhism.]

Catholics have faith in a good and loving Creator who has created that is also good and loving, because of this belief, Catholics need to understand why there is suffering. Catholics believe is that we have free will so can make wrong choices that lead to suffering and hell or right choices that lead to heaven. This belief was written by St Augustine in the Early Church. ①

Suffering is central to the teaching of the Buddha and followers of Buddhism focus on knowing about suffering and where it fits in to the life of a person. Buddhism wants believers to let go of things in life, which might cause them to suffer. ②

Beliefs about suffering are important of both traditions but they have differences. Catholics believes God loves everyone and helps them cope with suffering. They also believe that creation is good and suffering comes about when people destroy creation, so there is no food for us to eat. ③

Buddhism believes people must change their attitude to become free of suffering and that the Four Noble Truths can help them understand what suffering is about. ④