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# Why Religious People Perform Rituals and Ceremonies

KS4 RELIGIOUS STUDIES

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## What Are Religious Rituals and Ceremonies?

**Rituals** are repeated actions performed in a specific way, often following rules passed down through generations. **Ceremonies** are more formal events that mark special occasions. Religious people around the world perform these practices as part of their faith.

Examples include **prayer, worship services, weddings, funerals, fasting**, and seasonal celebrations like **Christmas, Eid, or Hanukkah**. Each religion has its own unique rituals that are important to its followers.

## Why Do People Perform Rituals?

Religious rituals serve several important purposes. First, they help people **express their faith** and show devotion to their religion. When someone performs a ritual, they're saying 'this belief matters to me' through their actions.

Second, rituals create **community**. When people gather for a **prayer meeting** or **festival**, they share something meaningful together. This strengthens bonds between members of the same faith.

Think of it like your family's birthday tradition. You might always sing 'Happy Birthday' the same way, blow out candles, and eat cake. Doing it the same way each time makes it special and brings your family closer together.

Third, rituals help people feel **connected to something bigger** than themselves. They provide comfort during difficult times and help mark important life changes like **birth, becoming an adult, marriage, and death**.

## Rituals Help Us Remember

Rituals also help people **remember their history and values**. When families repeat ceremonies over years and generations, they pass on their culture and beliefs to younger people. **Passover** in Judaism, for example, helps families remember their

ancestors' escape from slavery. **Remembrance services** help communities honour those who have died.

Think of it like retelling your favourite story again and again. Each time you tell it, you remember more details and feel connected to the people who taught it to you.

## **Finding Peace and Purpose**

Many people find that performing rituals brings them **peace** and **calm**. Quiet practices like **meditation** or **prayer** help reduce stress. Rituals also give people a sense of **order** and **purpose**, helping them feel their life has meaning. Whether someone attends a weekly **service** or lights candles at home, these practices remind them of what they believe in and what truly matters.