

- How can I get out of the pit?
- Buddhism: an introduction  
 Founded 6<sup>th</sup> | Siddhartha Gautama → Buddha ‘*the enlightened one*’  
 2 Schools: Theravada (conservative) | Mahayana (liberal)  
 4 Noble Truths: truth of suffering | cause of suffering | end of suffering | extinguishing of desire  
 The Eightfold Path: wisdom | ethics | conduct  
 Problem = suffering. Goal = *nirvana*
- Common ground. And a common problem.

### 1. The CAUSE of suffering: desire v. sin?

Matt 6:6 | John 4:14-15 | Matt 5:19-20 | Col 3:1-2 | James 4:1

### 2. The EXPERIENCE of suffering: illusion v. reality?

John 11:1-44 | James 1:2-4 | 1 Peter 1:3-9

### 3. The SOLUTION to suffering: escape v. rescue?

Heb 9:27 | Col 1:13-14 | John 6:35 | John 14:6



What can I say?

Further reading:

*If I were God, I'd end all the pain*, by John Dickson  
*How long, O Lord*, by D. A. Carson

#### Coffee Question!

Where do you come across Buddhism today? Who is more persuasive: Buddha, or Jesus?