

STUDIES OF RELIGION (SOR) EXTERNAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is referred to as the ultimate truth and law in Buddhism?**
 - A. Dharma
 - B. Karma
 - C. Samadhi
 - D. Zen
- 2. How is the concept of "Ahimsa" significant in Hinduism and Jainism?**
 - A. It is the belief in a single, supreme God
 - B. It promotes the idea of karma and reincarnation
 - C. It advocates for non-violence toward all living beings
 - D. It supports strict dietary laws for followers
- 3. What concept does "reincarnation" represent in various religions?**
 - A. Returning to the same life
 - B. Transformation into a deity
 - C. Rebirth into a new body
 - D. Passage to a permanent afterlife
- 4. What is considered the ultimate responsibility of humanity in Jewish thought?**
 - A. To acquire wealth and status in life
 - B. To honor and uphold G-d's commandments and benevolence
 - C. To create a perfect society devoid of suffering
 - D. To engage in constant self-improvement
- 5. Which term refers to the Buddhist concept of joy in the happiness of others?**
 - A. Mudita
 - B. Karuna
 - C. Upekkha
 - D. Metta

- 6. Which political shift has been observed in the Jewish community?**
- A. A shift towards collectivism and socialism
 - B. A trend away from socialism towards liberalism
 - C. An increase in traditionalism and conservatism
 - D. A complete rejection of community principles
- 7. According to the Universal Islamic Declaration of Human Rights, what principle governs the infliction of death or injury?**
- A. Individual discretion
 - B. Authority under the Sharia
 - C. Government legislation
 - D. Majority rule
- 8. What is defined as the Hindu shared soul among all living beings?**
- A. Atman
 - B. Maya
 - C. Dharma
 - D. Moksha
- 9. Identify a key element of the Cosmogony in indigenous religions.**
- A. The rejection of creation myths
 - B. The belief in creation myths explaining the origin of the universe and life
 - C. The emphasis on scientific explanations for the cosmos
 - D. The use of folklore to convey technological advancements
- 10. What is the Christian belief regarding the Trinity?**
- A. The belief in three separate gods
 - B. The belief in one God who exists as three persons
 - C. The belief in divine intervention
 - D. The belief in the resurrection of Jesus only

Answers

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1. A
2. C
3. C
4. B
5. A
6. B
7. B
8. A
9. B
10. B

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Explanations

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1. What is referred to as the ultimate truth and law in Buddhism?

- A. Dharma**
- B. Karma
- C. Samadhi
- D. Zen

In Buddhism, the term that is referred to as the ultimate truth and law is Dharma. Dharma encompasses the teachings of the Buddha, which provide guidance on how to live ethically, understand the nature of reality, and achieve enlightenment. It represents the universal truths that govern the cosmos and the ethical framework within which individuals should operate to attain spiritual progress and liberation from suffering. While karma refers to the law of moral causation and the consequences of one's actions, it does not encompass the entirety of the Buddhist teachings or ultimate principles. Samadhi pertains to a meditative state of concentration and is a practice rather than a principle or truth. Zen, while a significant school within Buddhism focusing on meditation and direct experience, is not a term that represents ultimate truth or law in the broader sense of Buddhist philosophy. Thus, Dharma stands out as the foundational and overarching concept of ultimate truth and law in Buddhism.

2. How is the concept of "Ahimsa" significant in Hinduism and Jainism?

- A. It is the belief in a single, supreme God
- B. It promotes the idea of karma and reincarnation
- C. It advocates for non-violence toward all living beings**
- D. It supports strict dietary laws for followers

In both Hinduism and Jainism, "Ahimsa" is a foundational principle that advocates for non-violence towards all living beings. This concept is rooted deeply in the spiritual and ethical teachings of these religions. For adherents, practicing Ahimsa means refraining from causing harm, whether through action, words, or even thoughts, thus fostering a sense of compassion and respect for all life forms. In Jainism, Ahimsa takes on an even more rigorous interpretation, where practitioners often adopt strict measures—such as vegetarianism or veganism—to minimize harm to living creatures. This strong commitment reflects the belief that all sentient beings possess a soul and thus deserve respect and protection. In Hinduism, while Ahimsa is also prominent, it is often incorporated within a broader framework that includes various paths to spiritual realization, such as devotion, knowledge, and righteous action (dharma). The other choices highlight significant aspects of Hindu and Jain beliefs but do not focus on the centrality of non-violence in the same way. The belief in a single, supreme God pertains to monotheistic interpretations prevalent in certain sects of Hinduism but does not align with the essence of Ahimsa. Although karma and reincarnation are also significant concepts in both religions, they do not define the core principle of Ahimsa.

3. What concept does "reincarnation" represent in various religions?

- A. Returning to the same life
- B. Transformation into a deity
- C. Rebirth into a new body**
- D. Passage to a permanent afterlife

Reincarnation embodies the idea of rebirth into a new body, a concept present in various religions, particularly in Hinduism, Buddhism, and Jainism. In these belief systems, it is understood as the process of the soul or consciousness undergoing a cycle of birth, death, and rebirth. This journey continues until the soul achieves liberation or enlightenment, known as moksha in Hinduism or nirvana in Buddhism. This notion of reincarnation is tied to the karmic cycle, where the quality of one's actions (karma) influences future rebirths. For example, a soul may be reborn into a higher or lower form of existence, depending on the ethical and moral choices made in previous lives. Hence, the core idea of reincarnation emphasizes the continuous evolution of the soul through various lifetimes, ultimately striving for a higher state of existence or spiritual realization. In contrast, returning to the same life suggests a repetitive cycle without growth, which doesn't align with the idea of evolution seen in reincarnation. Transformation into a deity implies a shift to a divine state rather than a rebirth into another life, and passage to a permanent afterlife denotes finality, which contradicts the cyclical nature of reincarnation as it is typically understood.

4. What is considered the ultimate responsibility of humanity in Jewish thought?

- A. To acquire wealth and status in life
- B. To honor and uphold G-d's commandments and benevolence**
- C. To create a perfect society devoid of suffering
- D. To engage in constant self-improvement

In Jewish thought, the ultimate responsibility of humanity centers on honoring and upholding G-d's commandments and benevolence. This perspective is deeply rooted in the covenantal relationship between G-d and the Jewish people, where adherence to the Torah and its commandments (mitzvot) is viewed as the primary way to fulfill one's obligations to G-d and to live a life of spiritual integrity. The commandments encompass a wide range of moral and ethical directives that guide not only individual conduct but also community interactions and societal structure. By following these commandments, individuals express their commitment to G-d and actively participate in the ongoing creation of a just and compassionate world. This relationship reflects a fundamental belief in both personal responsibility and collective accountability within the Jewish tradition. The focus on G-d's benevolence also highlights the importance of kindness, compassion, and social justice, which are integral to many commandments. As humanity seeks to uphold these values, it embodies the essence of fulfilling G-d's will on Earth. Other options present different interpretations of responsibility, but they do not encapsulate the core tenet of Jewish thought which is fundamentally about the relationship between humanity and the divine through obedience to G-d's commandments.

5. Which term refers to the Buddhist concept of joy in the happiness of others?

- A. Mudita**
- B. Karuna
- C. Upekkha
- D. Metta

The term that refers to the Buddhist concept of joy in the happiness of others is known as Mudita. This is one of the four sublime states in Buddhism, often referred to in the context of developing loving-kindness and compassion. Mudita specifically represents a sense of vicarious joy and sympathetic joy, where an individual feels genuine happiness for the well-being and achievements of others, rather than being envious or resentful. This concept emphasizes altruism and the ability to rejoice in the successes of others, promoting a sense of community and interconnectedness which is essential in Buddhist teachings. It contrasts with negative emotions like jealousy or resentment, illustrating an important aspect of an enlightened mind that celebrates the happiness and prosperity of others as much as one's own. Other choices represent different concepts in Buddhism: Karuna refers to compassion and the desire to alleviate suffering, Upekkha denotes equanimity or a balanced mental state amidst joy and sorrow, and Metta signifies loving-kindness and unconditional love towards oneself and others. Each of these plays a role in the cultivation of a positive and wholesome mind but does not specifically capture the joyous aspect of rejoicing in others' happiness as Mudita does.

6. Which political shift has been observed in the Jewish community?

- A. A shift towards collectivism and socialism
- B. A trend away from socialism towards liberalism**
- C. An increase in traditionalism and conservatism
- D. A complete rejection of community principles

The observed political shift in the Jewish community reflects a trend away from socialism towards liberalism, which indicates a broader movement towards individual rights and freedoms, along with progressive social policies. Historically, many Jewish communities have been associated with socialist and labor movements, particularly in the early-to-mid 20th century, driven by their collective experiences of oppression and the pursuit of social justice. As societal values have evolved, there has been a notable transformation in how many individuals in the Jewish community align politically. This progression toward liberalism embraces ideals such as equal rights, social justice, and civil liberties, which resonate with contemporary issues. The liberal focus often includes support for civil rights, pluralism, and a more expansive approach to democracy, reflecting the changing values and experiences of Jewish individuals in modern society. While there are still voices within the community advocating for traditionalism or a return to collectivist principles, the dominant trend indicates a move towards more liberal ideologies that encourage engagement with broader societal frameworks, acknowledging the diversity within the community itself.

7. According to the Universal Islamic Declaration of Human Rights, what principle governs the infliction of death or injury?

- A. Individual discretion
- B. Authority under the Sharia**
- C. Government legislation
- D. Majority rule

The principle that governs the infliction of death or injury according to the Universal Islamic Declaration of Human Rights is rooted in authority under the Sharia. Sharia, which is derived from the Quran and Sunnah, serves as a comprehensive legal guide for Muslims, encompassing moral, ethical, and legal dimensions. In this context, the use of capital punishment or infliction of harm is not left to personal judgment or individual discretion but is strictly regulated by Sharia principles, which emphasize justice and the protection of human life. The Declaration aims to frame human rights within an Islamic context, suggesting that any enforcement of serious penalties must adhere to the stipulations of Sharia law. While other options may be relevant in different legal contexts, they do not apply here. Individual discretion lacks the necessary framework for governing such serious matters. Government legislation may vary greatly from one country to another and does not inherently align with Islamic principles unless it is grounded in Sharia. Majority rule can be problematic in this context as it could lead to the infringement of individual rights, which is counter to the objectives of the Universal Islamic Declaration of Human Rights. Thus, authority under the Sharia stands as the most appropriate guiding principle in this regard.

8. What is defined as the Hindu shared soul among all living beings?

- A. Atman**
- B. Maya
- C. Dharma
- D. Moksha

The Hindu shared soul among all living beings is referred to as Atman. In Hindu philosophy, Atman represents the true self or essence of an individual, which is eternal and ultimately interconnected with Brahman, the universal soul or ultimate reality. This concept emphasizes the idea that all living beings possess a divine spark within them, illustrating the fundamental belief in the oneness of life and existence. Atman is central to various practices and beliefs within Hinduism, as it encourages individuals to seek self-realization and understand their connection to the universe. This recognition leads to a broader understanding of humanity and existence, fostering compassion and respect for all forms of life. The other terms, while significant in Hindu thought, do not describe the shared essence among living beings. Maya refers to the illusion or the material world that distracts individuals from realizing the true nature of reality. Dharma signifies the moral and ethical duties or paths that one must follow in life, and Moksha denotes liberation from the cycle of birth and rebirth (samsara). Each of these concepts plays an important role in Hindu beliefs and practices but does not encapsulate the idea of a shared soul among living beings as clearly as Atman does.

9. Identify a key element of the Cosmogony in indigenous religions.

- A. The rejection of creation myths
- B. The belief in creation myths explaining the origin of the universe and life**
- C. The emphasis on scientific explanations for the cosmos
- D. The use of folklore to convey technological advancements

The belief in creation myths explaining the origin of the universe and life is a fundamental aspect of cosmogony in indigenous religions. These myths often serve as culturally significant narratives that outline how the universe came into existence, detailing the origins of the Earth, humanity, and the natural world. They are integral in establishing a worldview that connects the people to their environment, ancestors, and spiritual beliefs. Indigenous cosmogonies are deeply embedded in the cultural fabric of the communities, often reflecting their understanding of the natural world and their values. These narratives provide a shared sense of identity and purpose, illustrating the relationship between humans and the cosmos, emphasizing interconnectedness and reverence for all forms of life. In contrast, other options focus on perspectives that do not align with the traditional understanding of cosmogony in indigenous contexts, such as a rejection of creation myths, an exclusive reliance on scientific explanations, or the portrayal of folklore as a medium for technological advancement rather than spiritual and cosmological insights. These options fail to capture the essence of how indigenous religions view the origins and formation of the universe.

10. What is the Christian belief regarding the Trinity?

- A. The belief in three separate gods
- B. The belief in one God who exists as three persons**
- C. The belief in divine intervention
- D. The belief in the resurrection of Jesus only

The belief in the Trinity is foundational to Christian theology and articulates the nature of God as being one essence but existing in three distinct persons: God the Father, God the Son (Jesus Christ), and God the Holy Spirit. This understanding emphasizes the unity of God while acknowledging the distinct roles and relationships among the three persons. This concept is captured in various passages of the New Testament, reflecting the inter-dependent relationships and characteristics of each person, while maintaining the belief in monotheism. Christians affirm that these three persons are co-equal and co-eternal, contributing to the understanding of God's nature and His relationship with humanity. The other options do not accurately represent the doctrine of the Trinity. The notion of three separate gods contradicts the core Christian tenet of monotheism, and significant emphasis is placed on the unity of God's nature. The belief in divine intervention does not specifically address the nature of God as described in the Trinity, nor does it encompass the relational aspects among the Father, Son, and Holy Spirit. The resurrection of Jesus is a critical element of Christian faith, but it does not capture the essence of the Trinity, which focuses on the complex interplay of three divine persons within one God.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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