

Questions About How to Break Cycles of Karma and Reincarnation and How to Have Moksha from Samsara

By Pastor Ed Anderson

How do I break the endless cycle of karma and reincarnation for good? We Hindus believe in samsara—the cycle of birth, death, and rebirth driven by karma (actions). How many lives must I live before I am free?” Can I ever be sure I’m truly liberated (moksha), or will I be born again with new karma to pay?

Answer:

That is one of the most sincere and profound questions any human heart can ask —
“When will I be free?”

The gospel of Jesus Christ answers this question with hope that is **final, personal, and filled with love.**

The Hindu Dilemma: Endless Effort, Uncertain Freedom

In Hindu teaching, **karma** is a law of cause and effect — everything you do, think, or say returns to you in some form, in this life or the next.

So to reach *moksha* (liberation from *samsara* — the endless cycle of birth, death, and rebirth), you must keep perfecting yourself through lifetimes of moral progress and spiritual discipline.

But the heart wrestles with this:

“How can I ever know when it’s enough?”

“What if I fail again and must return?”

There’s never complete peace — only striving.

The Gospel’s Answer: Jesus Ended the Cycle Once and For All

The gospel proclaims that **Jesus Christ broke the cycle** of sin, death, and human striving.

He didn't offer another method for spiritual progress — **He became our substitute**, taking upon Himself the full consequence of our karma — our sin — so we could be free forever.

“For Christ also suffered once for sins, the just for the unjust, that He might bring us to God.”

— *1 Peter 3:18*

“It is appointed unto men once to die, but after this the judgment.”

— *Hebrews 9:27*

That means:

You **do not need to be reborn endlessly**.

You **can be born again once — spiritually — through faith in Christ**.

1. Jesus Carried Your Karma So You Could Receive Grace

In Hindu thought, karma is inescapable — every action has its consequence.

But in the gospel, **grace interrupts karma**.

“He Himself bore our sins in His body on the tree.”

— *1 Peter 2:24*

Jesus took what you deserved and gave you what He deserved — forgiveness, peace, and eternal life.

That's not karma. That's **love unearned**.

2. Reincarnation Is Replaced by Resurrection

Jesus didn't teach endless rebirths — He taught **a single life**, followed by **resurrection and judgment**.

But for those who trust in Him, resurrection is not punishment — it's *victory*.

“I am the resurrection and the life. He who believes in Me, though he may die, he shall live.”

— *John 11:25*

Reincarnation says you must keep coming back to pay your debts.
Resurrection says: **your debt is paid**, and you rise to live forever with God.

3. Moksha Is Not Self-Achieved — It's a Gift

True liberation — freedom from sin, guilt, fear, and death — is not the result of lifetimes of effort.

It is the result of **one act of divine mercy**.

“You will know the truth, and the truth will set you free.”

— *John 8:32*

“If the Son sets you free, you will be free indeed.”

— *John 8:36*

In Jesus, *moksha* becomes more than escape — it becomes **relationship**.

You are not dissolved into the Divine; you are **embraced** by your Creator.

4. Assurance Replaces Uncertainty

In Hindu thought, you can never be sure if your karma is fully repaid.

But in Christ, you can rest in assurance:

“There is therefore now no condemnation to those who are in Christ Jesus.”

— *Romans 8:1*

Salvation is not a lifelong test. It is a **completed gift**:

“By grace you have been saved through faith, and that not of yourselves; it is the gift of God.”

— *Ephesians 2:8*

You don't have to wonder, “*Will I come back again?*”

You can know: “*I will rise again with Him.*”

5. The Final Liberation: Life Without End, Love Without Fear

Jesus offers not temporary release from suffering, but **eternal life in His presence**—a life free from sin, death, and sorrow.

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying.”

— *Revelation 21:4*

That is the true *moksha* — not escaping existence, but existing forever in perfect love.

In Summary

Hindu Belief	Gospel of Jesus Christ
Rebirth through many lives	Born again once through faith (John 3:3)
Karma — repay what you owe	Grace — Jesus paid it all (Romans 5:8)
Endless striving	Rest in what is finished (John 19:30)
Uncertain liberation	Certain salvation (1 John 5:13)
Merging with impersonal Brahman	Relationship with a personal God (John 17:3)

Final Thought:

Your question shows a soul seeking rest.
Jesus’ invitation is exactly that:

“Come to Me, all you who labor and are heavy laden, and I will give you rest.”
— *Matthew 11:28*

Not another lifetime.
Not another cycle.

But rest — now and forever — in the arms of the One who loves you.