

Welcome to ALI 151
Qualities of a Believer, Part 1

Peace

Questions

- 1) How would you define peace?
- 2) What are some synonyms (similar words) for peace and some antonyms (opposite words)?

Agenda

- Introduction
- Who is a Believer?
- Definitions of Peace
- Peace in the Holy Quran
- Types of Peace
- Inner Peace

Who is a Believer?

The believers are only those whose hearts tremble [with awe] when Allah is mentioned, and when His signs are recited to them, they increase their faith, and who put their trust in their Lord.

Those who maintain prayer and spend out of what We have provided for them.

It is they who are truly believers. They shall have ranks near their lord, forgiveness, and a noble provision.

Al-Anfal, 8:2-4

Who is a Believer?

A believer;
his cheerfulness is on his face and his sorrow is in his heart. His chest is most expanded and his heart is most humble.
He hates high position and disliked renown.
His grief is long, his courage is far reaching, his silence is much and his time is occupied.
He is grateful, enduring, buried in his thoughts, sparing in his friendship, easy to get along with, and has a soft temperament.
He is stronger than stone but humbler than a slave.

Nahjul Balagha, Saying # 333

Definitions of Peace

- The absence of war or other hostilities
- Freedom from quarrels and disagreement
- Harmonious relations
- Security and order
- Inner contentment; serenity

Peace in the Holy Quran

- ▶ Peace is known as Sakinah
- ▶ Sakinah is sent down on believers as a result of the faith they have.
- ▶ Sakinah increases their faith and raises their rank
- ▶ Sakinah is the removal of: doubt, fear, grief
(Sakinah in belief)
- ▶ Sakinah is the acquiring of: steadfastness, determination, patience (Sakinah in action)

It is He who sent down tranquility into the hearts of the believers, that they might increase their faith **al-Fath 48:4**

Allah was certainly pleased with the believers when they swore allegiance to you under the tree. He knew what was in their hearts so He sent down tranquility on them.

al-Fath, 48:18

When the disbelievers harbored disdain in their hearts the disdain of the days of ignorance, Allah sent down His tranquility on His Messenger and the believers and made them abide by the word of Godwariness, and they were the most worthy of it and deserved it, and Allah has knowledge of all things **al-Fath, 48: 26**

Then Allah sent down tranquility upon His Messenger
and upon the believers
and sent down hosts you did not see
at-Tawbah, 9:26

If you do not help him, then Allah has already helped
him when the disbelievers expelled him, as one of two
when the two were in the cave, he said to his companion
“Do not grieve, Allah is surely with us.”

Then Allah sent down His tranquility upon him and
strengthened his with hosts you did not see
at-Tawbah, 9:40

Types of Peace

- ▶ World Peace
- ▶ Social/Communal Peace
- ▶ Family Peace
- ▶ Individual Peace

All these stem from the inner peace each individual acquires. The most important factor in establishing peace anywhere is the personal peace and mental satisfaction of the individual.

Inner Peace

Signs of Inner Peace

- Calmness, Composure
- Gentleness in tone, voice
- Patience with life, with people
- Slow and measured way of talking, walking . . .
- Does not get upset or frustrated quickly

Readings

- **The Quran and World Peace**

<http://www.quranicstudies.com/articles/peace-in-the-quran/the-quran-and-world-peace.html>

- **Seven Simple Steps to Inner Peace**

<http://www.srichinmoybio.co.uk/blog/inner-peace/seven-simple-steps-to-inner-peace/>