The understanding of Peace is expressed throughout the sacred text of the religious traditions of Christianity, and Islam. The sacred text for Christians is the Bible, throughtbut the bible particularly the New testamet Peace is a major theme. For Muslims their sacred text is the Quran and again throughout the text the understanding of Peace is preached.

Christianity is centered around peace and this is expressed throughout the bible. The New testamet include references to Peace over 90 times emphasising the importance of it. The bible is the place where christians go to find how to live their lives peacefully and how to achieve Peace. The bible contains the life of Jesus and all the good deeds he performed, for Christians he is the role model to follow to achieve and promote peace. The bible reference from John 16 speaks of how peace is important and can only be obtained through the actions of a person towards others and the importance of baptism in achieving Peace is expressed in John 13. The bible uses Jesus as a role model and christians follow in his footsteps to maintain and promote peace, and they go to the bible to learn how to act in situations. The bible also contains the 10 commandments, which include Do not kill, Respect your Parents. ect. These commandments also allow

Christians to understand Peace and how to achieve it. The Bible is fundumental to Christians as it provides them with the understanding of peace and the importance of it, it also tells and shows them how to live peaceful lives.

The Islamic Religious tradition similarly allows Muslims to understand Peace through their ~~the~~ sacred text The Qur'an. The Qur'an is central to the Islamic Religion as it provides Muslims with guidence on how to live peacefully and ~~it~~ is made up of many Peace teachings. In the Qur'an the 5 pillars are outlined Shaharda (faith), Salat (prayer) Swam (fasting), Zakat (almsgiving) and Hajj (pilgramige). These pillars are the central belief system of how to submit to Allah. Through doing this Muslims understand the importance of Peace as they need to achieve it to submit themselves to Allah. The Understanding of Peace is also developed as throughout the Qur'an there are messages and examples of how to live peacefully. The most significant example is the life of Muhummad which is outlined in the Hadith another sacred text of the islamic religion. The life of Muhummad is what alle muslims try to achieve in life and he is an example for all to use and therefore understand Peace.

In Conclusion it is evident that Both Christianity and Islam use the sacred text for an understanding of Peace. For both Religions Peace is a centeral idea and expresed throughout the texts. Through Providing laws and examples of how to live peacefully an understanding of Peace is gained ~~through~~ by Christians and Muslims.