

Within both Christianity and Islam, the notion of peace is at the forefront. Based on scripture and the model of Jesus and Muhammed, adherents are encouraged to gain both inner and world peace. These concepts are inextricably linked and are necessary in order to live in peace... safe and secure.

The notion of peace within Christianity derives from the Jewish word "shalom" and is founded upon the peace within the Gospel and Paul's letters. Peace is seen through Jesus, who is referred to as the "Prince of Peace", who embodies ~~the~~ peace and creates peace.

Jesus encouraged his disciples to bestow peace through their ministry stating "Peace be with ~~upon~~ you." However, Jesus encourages individuals to not only focus on achieving inner peace but to help others gain peace. This is explored in the beatitudes "Blessed are the peacemakers for they will become the children of God".

Through this it is evident that the concepts of inner peace and world peace are linked.

Throughout history, there have been various

stances on war. The Just War theory, supported by Catholics, supports war if a certain series of guidelines are met which is opposite to the quote "populations caught up in war naturally want to stop it". The Just War theory is criticised by the Quakers, Mennonites and the Amish, who adopt the early Christian stance of pacifism. These contrasting views on religious warfare cause it to be difficult to ever obtain world peace, however through interfaith dialogue, peaceful protests and organisations like the Catholic Pax Christi ~~and~~ ^{and} Taizé, Christianity is attempting to achieve world peace for a "better future".

Christianity also attempts adherents in gaining inner peace through ~~mediated~~ ^{assisted} prayer, for example the use of icons in the Orthodox Churches or Rosary beads within Catholicism. Prayer, meditation and Sunday worship, all help an individual to gain inner peace.

Similarly, Islam mediates the goal of both inner peace and world peace. Based on the Quran, Islam emphasises how "Allah will reward his followers with the gift of peace." Islam explores peace as something that is ultimately

gained in heaven. Inner peace in Islam is achieved through carrying out the five pillars of Islam. The first pillar, Shahada, the statement of faith, reinforces the belief in Tawhid whilst concurrently gaining an inner purity. This is further highlighted through ~~the~~ the daily prayers and can also be gained through the pilgrimage, Hajj. Whilst the pillars of Islam help to gain inner peace, Zakat, ~~highlights~~ ~~the~~ ~~act~~ ~~of~~ ~~giving~~, demonstrates a step towards world peace. ^{This illustrates how the individual} ~~World peace~~ ~~can~~ ~~be~~ ~~gained~~ ~~through~~ ~~helping~~ ~~others~~ ~~to~~ ~~achieve~~ ~~personal~~ ~~and~~ ~~communal~~ ~~peace.~~ World peace is also facilitated within the Islamic tradition through interfaith dialogue, for example the Council of Christian-Muslim Relations, which help others to have ~~an~~ ~~a~~ deeper understanding of the religion rather than false stereotypes; as well as ~~the~~ multi-faith prayer sessions, like those ~~at~~ in the Eooty Hill Mosque, Sydney. Religious traditions assist adherents to escape war and help them to live in peace.

~~But~~ Both Christianity and Islam provide effective avenues for adherents to gain inner peace, and essentially world peace. They provide a means

by which war can be escaped, helping populations
see a better future. Through the foundations
in the Sacred texts of the Bible and the
Qur'an, adherents are guided towards gaining
peace which is further facilitated through
the models of Jesus and the prophet
Muhammad, that adherents are to emulate.
Through spiritual and physical means ~~to~~
Christianity and Islam help in achieving
peace.