

Inner peace and world peace are searched for amongst all humans, regardless of their religion. However, the quest for peace is significantly portrayed through Christianity and Islam. The holy books of these religions express ways to maintain inner ~~to~~ peace, whilst organisations help to control world peace.

Christianity focuses around maintaining peace and inner peace. The bible is the main source for finding inner peace for the adherent. Guidance is found throughout the whole bible, however 'The eight beatitudes of Jesus' are the main source to ~~main~~ finding inner peace. These beatitudes teach the adherent to be thankful with their lives and what they have, because once someone is content and thankful, they find peace.

Christianity also has a quest for world peace. World peace is

maintained by organisations such as the 'United Nations', this organisation helps to maintain peace around the world by helping stop wars and come to agreements.

Islam maintains peace through the Quran, it teaches people to lead lives of peace according to Allah.