

Although both religions have been involved in forms of war, Islam and Christianity both express the need for inner and world peace and highlight the importance of peace to be spread by adherents.

The New Testament is a rich source of Jesus' teachings of peace, and one of the core beliefs ~~is~~ of Christianity is expressed throughout; the need to love another,

"The first is this, 'Love the Lord your God with all your heart, with all your mind and with all your soul'. ~~The second is~~ This is the first and greatest commandment. The second is like it: 'love your neighbour as yourself'. There are no commandments greater than these".

"Neighbour" has been extended to include "enemies" in order to convey the importance of treating all persons equally and lovingly, as Jesus taught in his 'Golden Rule'. Through practicing Jesus' message of love an adherent is able to obtain ^{inner} ~~world~~ peace, which can ultimately lead to world peace.

Pax Christi is also an important part of ~~Peace~~ Christianity's practice of peace. Pax Christi refers to an earthly peace of Christ that is used to demonstrate the importance of sustaining world peace as Jesus wished. Through practicing such aspects of Christianity, inner peace may be achieved by an adherent.

The general view of war from Christianity is that it should only be fought as a last resort, and only an authoritative figure can begin it. This is expressed in ~~the~~ the "Just War" theory which is embraced by most Christian variants. Most Christians, however, ^{have negative} ~~support~~ ~~theories~~ ~~that~~ ~~war~~ views of war, as supported by General Peter Cosgrove (Former Chief of the Australian Defence Force) who believes that "Populations caught up in war naturally want it to stop, they want to live in peace", which is evident in most Christian variants. However, other variants such as the Amish or Quakers maintain views of pacifism and do "live in peace".

By not participating in illegitimate wars

, Christians are able to live a "safe, secure" life "with the prospects of a better future".

The common Islamic belief in Lesser Jihad, ~~however~~ ^{struggle}, means that Muslims may only fight a war in defence.

Lesser Jihad (the struggle with surrounding evil) emphasises that Muslims should not participate in an offensive war.

This can be linked to the key teachings and beliefs expressed in the Islamic sacred texts, that is, the Qur'an and Hadith.

The Qur'an is believed to be revealed through Muhammad, who ~~is~~ ~~amplifier~~ ~~the need for inner and world~~ is of great importance in Islam and amplifies the need for both inner and world peace,

"You have come to us (O Muhammad) nothing but as a mercy and grace to the worlds".

The Five Pillars are also central to the belief of inner and world peace in Islam. The Five Pillars include ~~the~~ Shahadah (confessions of faith), Salat (daily prayers),

Sawm (fasting during Ramadan),
Zadakah (giving alms ~~or~~ or charity) and the
Haji to Mecca. These pillars are of great
importance in Islam ~~and~~ ^{and} ~~For example,~~ and
express key beliefs. For example,
Salat is of great importance ~~and~~ ^{as} it
emphasises the belief in God. These
five daily prayers strengthen the
relationship between the adherent and
God, which results in inner peace
and can ~~ex~~ ultimately lead to world
peace. This can allow an adherent to
live in a "safe, secure" environment "with
the prospects of a better future".

Zadakah is giving alms or charity,
and requires an adherent to give
a compulsory amount of 2.5% of
excess personal wealth. This assists
poorer people and helps bridge the
gap between ^{the} wealthy and the poor,
~~which can lead to world peace~~
~~and ultimately inner peace~~. Thus,
this religious tradition is creating
world peace, which can ultimately
lead to inner peace.

Religious leaders of both religions

have also met in an interfaith effort to promote peace and tolerance.

For example, Fetullah Gulen (a Turkish-Islamic scholar) has met with Pope John Paul II in order to promote world peace through tolerance which ~~is~~ is achieved through understanding and education. This example of interfaith dialogue has significantly assisted ~~a~~ both Islamic and Christian adherents ~~and~~ through providing an example of peace, which can be achieved through understanding and practicing the key beliefs of each religion.

Through practicing these beliefs, inner peace can be achieved as God's wish is being fulfilled, which strengthens an adherents relationship with God. This assists adherents to spread world peace and ~~live~~ ^{live} peaceful ~~live~~ "live in peace... with the prospects of a better future".