In recent times there has been great misconception in the media and society that Islam a religion based around the principle of violence. This is however not true. Islam is a strong advocate for peace within society, the world and for within one’s self. The understanding of peace within Islam comes from the word of Allah himself, through the 114 surahs of the Quran. Allah gives adherents how to create peace within one’s self and how to promote it within the community. As the name "Islam" itself translates to "submission" the direction of peace within the Quran are not optional and must be strictly followed by all adherents. The understanding of peace is further conveyed through quotations and actions of the Prophet Mohammad’s life as seen in the Hadith. Mohammad is a key role model for all Muslim within Islam and his teachings and actions are used as the ideal way an Adherent should behave. During his lifetime, Mohammad was a compassionate individual who showed great mercy even towards his enemies. Mohammad never initiated agreesion through his life and signed multiple peace treaties. Mohammad and the Ummah only entered war unless it was last resort.

Within the Qu'ran and the Hadith it becomes apparent that Islam strongly advocates adherents to be peaceful in all actions of their lives. The Quran talk specifically on how to peacefully interact with individuals: both fellow Adherents and even infidels. Surah 49:10 states "believes are siblings, therefore make peace between your siblings". Allah is encouraging all Muslims to live in harmony with each other, as they are all children of Allah. In relation to non-muslims Allah says that God's servants are those "who walk-on the earth in humbleness and when the ignorant addresses them, they say: Peace!". Allah does not want his adherents to cause violence and persecute those how are not Islamic. Despite not follow in Allah, they still deserve peace. The quotations of the Prophet Mohammad through the Hadith further verifies the Qurans approach to peace; by non-violence and the promotion of peace and harmony. Mohammad had proclaimed that "Allah grants to gentleness, what he does not not grant to is violence.

Jihad is a principle belief that reflects the teachings of peace within the Quran and Hadith of living a harmonious, violent abstained life. Jihad is essentially the struggle to overcome obstacles to further submit oneself to Allah. Jihad is distinguished between types: Lesser Jihad and Greater Jihad. Lesser Jihad is the struggle against an external force through the use of war, also known as vital. This involves fighting those who threaten or aim to destroy the Ummah, after peaceful attempts have failed. Lesser Jihad should only be used in last resort and should only be used for the great good of creating peace. The other type of Jihad; Greater Jihad is the struggle internally to make ones self a better muslim. To overcome this Jihad, an adherent must strictly follow the teaching of Allah; by following the Five pillars. The prophet explained this was the most important form of jihad. After retiring from battle Mohammad proclaimed "We have returned from Leser Jihad (battle) to Greater Jihad (battle of the soul).

The idea of inner peace is stressed within islam as, peace is only possible when the individual reaches inner peace. The Qur'an sets out clear paths for Muslims to follow in their desire to submit to Allah which is through the five pillars. The first pillar Shadada is the acknowledgement that Allah is the only God "there is no god but He, the Almighty, Most Wise". By following shahadha and adherent knows that they should only submit to Allah and that they know where their efforts of religious practice should be directed towards him. The second pillar Salat is prayer towards Allah. It is imperative that a Muslim prayers regularly, five times a day "am God, there is no other God but Me, you shall worship Me and observe the Salat (Contact Prayers) to commemorate Me". 20:14. Prayer is an act of obedience towards Allah, increases the purity of the person and creates a sense of sense of peace and wellbeing within the individual. Both the Pillars of Sawm the voluntary fasting during Ramadan and Hajj the pilgrimage to Mecca have similar impacts on the Individual in reaching inner peace. By follow these separate pillars, an adherent puts aside and overcomes degrees of selfishness, greed and laziness and further submits to the will of Allah.

Despite Islam beginning in the 7th century, it has evidently shown its self in being applicable in present days in creating world peace. Through the 3rd pillar of Zakakt . Allah stated "I will decree it for those who lead a righteous life, give the obligatory charity"7:156 Islamic charity organisations have been founded to help those who are poor and needy. Organisations such Islamic Relief provides humanitarian relief across the globe, regardless of race, political affiliation, gender or belief. In creating humanitarian relief, Islamic Relief has also worked alongside other faith based organisation and have been strong advocates of interfaith dialogue. An example of this inter faith dialogue is Islamic Relief's partnership with the World Council of Churches to bring relief to Nigeria in form of medical help for maternal and child health. It is through these actions that Islamic Relief creates peace worldwide between different religions while attempting to help the less fortunate.