

Positive Effects of Believing, Prayer and Spending in Charity on the Inner Peace of Believers

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Abstract

The aim of this paper is to show the majesty of faith and rituals in the spiritual happiness of man. Believing, worshipping and giving charity are the core of Islam as well as the basis of spiritual presence. In the Holy Qur'an, it is explained that the man who realises those three elements is one who believe and behave conscientiously. For this reason, the Qur'an espouses that when Islamic virtues and rituals are carried out, the spiritual context of the soul calms down and gets peace. Faith gives internal presence to man, worshipping gets man closer to the divine existence, giving charity leads to harmony between man and his environment, and makes him follow the co-operative law of the cosmos.

Keywords: Psychology; soul; Believing; Worshipping and Giving charity

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