



Concept of Happiness In Islam Religion

Muham Taqra, Lavadastra Sakura

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Even though happiness is perhaps one of the most important things in life, science still can not explain much about it. Its concept itself is elusive. Is it an idea, emotion, virtue, philosophy, ideal, or is it just programmed in the genes? There is no agreed upon definition for it, yet still everyone seems to be selling happiness these days - drug dealers, pharmaceutical companies, Hollywood, toy companies, self-help gurus, and, of course, Disney, creator of the Happiest Place on Earth. Can happiness really be purchased? Is happiness achieved by maximizing pleasure, earning fame and fortune, or living a life of unlimited leisure?

Islam is the religion that is more than a religion; it is the religion that is a complete way of life. Nothing is too small or too big to be covered by the teachings of Islam. Rejoice and be happy, remain positive and be at peace. This is what Islam teaches us, through the Quran and the authentic teachings of Prophet Muhammad, may the mercy and blessings of God be upon him. Every single one of God's commandments aims to bring happiness to the individual. This applies in all aspects of life, worship, economics, and society.

“Whoever works righteousness - whether male or female - while he (or she) is a true believer verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e. Paradise in the Hereafter).”
(Quran 16:97)

As most of us have come to realise, happiness is that ethereal quality that encompasses contentment and peacefulness; it is the soft joy that causes our lips, faces and hearts to smile. It is determined by faith in God and obedience to Him. Thus happiness embodies the peace security and submission that is Islam. The injunctions and regulations of Islam reinforce the happiness that comes from knowing God and they help to guarantee humankind's happiness during life in this world. However, Islam also emphasizes that the life of this world is nothing more than a means of attaining the Hereafter. By following the guidelines of Islam it is possible to be happy while awaiting our eternal happiness.

Sometimes, in order to achieve happiness, people attempt to follow complicated paths; they fail to see the easier path that is Islam. Happiness can be found in the solace that comes from being upon the truth. It can be achieved by sincere worship, hastening to do virtuous, noble and beautiful deeds, and by performing acts of kindness or giving charity. These things all have the potential to make us happy, every day, under any circumstances. Even giving the smallest charity, in order to please God, can bring a smile to your face and a feeling of joy to your heart.

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