



Research Paper

The Role of Religious Spirituality in Giving Meaning to Human Life

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Abstract

One of the issues that has always occupied the human mind is the meaning of life. This issue is more important in today's world because today, despite the vast advances in science and technology, the dust of despair and sense of meaninglessness is sitting on the mirror of people's thoughts, and anxiety and worry mixed with a painful sense of fear, doubt, and absurdity have spread their shadow everywhere. For this reason, different viewpoints have sought an answer for the meaningfulness of life, one of which is the religious viewpoint. In the religious texts, there is a wave of purposefulness of creation, a believer has a spiritual life, and his life is growing and getting closer to God. Therefore, the spirituality arising from religion in general and the religion of Islam in particular, has foundations, components, and a structure that has a significant effect on giving meaning to human life. Hence, the current research, by examining the role of religious spirituality, has sought to answer this question: what role does religious spirituality play in giving meaning to human life? The research followed the descriptive analytical approach and data collection was done using library resources. After examining the foundations and characteristics of religious spirituality, its capabilities and success rate in giving meaning to life were examined. The findings of the research indicated that religious spirituality, with its foundations such as the originality of the soul, the originality of nature, the originality of the unseen world, and the originality of the Sharia, draws meaning from life for humans, which, while having a variety of individual and social functions, has features such as simplicity and clarity, adaptability and responsiveness to inner tendencies, and creating vitality and real lasting hope.

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Extended Abstract

1. Introduction

The meaning of life has become an important concern and issue for a large group of people in the last 250 years; therefore, scientists, philosophers, theologians, psychologists, and educators have dealt with it according to their attitudes. Some people consider the meaning of life in this world to be attainable, while others consider it to be unattainable and are searching for ways to face it. This research will only express and explain the range of theories that have considered it possible to reach the meaning of life in this world. At the beginning of the 20th century, the meaning of life was not considered an independent normative category, but in an optimistic state, it was reduced to ethics or happiness (Metz, 2002: 728). But with the help of the efforts of analytical philosophers in recent decades, it has been determined that the meaning of life is one of the normative categories in human life and is separate from other normative categories in life- such as morality and happiness - and it should not be reduced to one of those two categories. For this reason, despite their differences of opinion about what thing or things have the ability to give meaning to the life of every human being or are necessary for the meaning of his life, they have tried to theorize about the meaning of life. This research will express and explain the general views of analytical philosophers about the meaning of life; because firstly, the vocabulary of the discussion and the limits and gaps of the content need to be completely clear, and secondly, this discussion is new in society and getting to know its structure and entirety seems essential. It is worth mentioning that in this research, not all the topics and divisions made in the discussion of the meaning of life will be discussed, but the key points and main topics will be examined on a case-by-case basis. To put it

more clearly, in this study, the subject of the meaning of life is discussed to the extent that it is needed in the discussion of religious spirituality.

2. Method

This study followed the descriptive-analytical approach and data collection was done through library research. After examining the foundations and characteristics of religious spirituality, its capabilities and degree of success in giving meaning to life were examined.

3. Findings

The findings of the research indicated that religious spirituality, with its foundations such as the originality of the soul, nature, the unseen world, and the Sharia, draws meaning to life for humans, which, while having a variety of individual and social functions, has characteristics such as simplicity and clarity, being consistent and responsive to internal trends, and creating vitality and lasting real hope.

4. Result

The result of the research showed that in this type of spirituality, God is the one who gives meaning to life; therefore, religious spirituality with attributes such as solid foundations, in accordance with Sharia, high absorption power, sublime literature, having a meaning and plan for the individual and the community, balanced use of human forces such as reason, emotions, harmony with human nature, paying attention to all aspects of human life, drawing a correct picture of the world and the hereafter, explaining the purpose of creation and existence, and clarifying the beginning and end of the path of human life, is definitely effective in creating the meaning of life. For example, the meaning of life in religious spirituality is explained in a simple way so that everyone can have a clear understanding of its components and dimensions. Man knows what he does



in this world and what he wants from it. He knows what the end of living in this world is and basically why he should continue to be here. What distinguishes the meaning of life in religious spirituality from the other meanings that other spiritualities have drawn for it is that the purpose of human life, based on which man has entered the field of existence, is drawn by a God who is aware of everything and the creator

of man. It is important to note that the author of the meaning of human life is the God who is aware of his inner secrets, needs, and desires and even embeds them in his being. A spiritual, religious man is optimistic about the whole world because he believes that the whole world is moving towards the goals of God, and the deeper the worship of God, the greater the range of vitality and the quality of inner joy of the spiritual and religious man.



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