

# The Effects of Hope on Spiritual Health from the Perspective of the Quran and the Narrations

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The term 'hope' means wishes and expectations (1). Technically, it means believing in the positive outcome of events and conditions or affinity for obtaining the desired result in the future (2). The term 'Salamah' (meaning health) comes from Arabic and in its original sense it refers to a person who is immune to snake bite (3) or a strong tree that is immune to snake bite or a hard stone with no break or crack on it (4). Health is generally referred to as being safe against the calamities (5) and Persian speakers also refer to this as health (1). Being harmless and perfect is the exact meaning of health. Therefore, a good understanding of human health is associated with the calamities and their harms. Different areas of health can be defined for human being based on his/her vulnerability areas. Among them are physical, mental, emotional, spiritual, and social health and living environmental health and occupational health.

Spiritual health includes any non-material thing, a clear manifestation of which is the spirit and human beliefs within his/her spirit, which do not have physical manifestation. Based on an appropriate and ideal attitude toward the world, spirituality provides the ground for mental peace and is accompanied by satisfaction with life (6). The need for spirituality in human life is like the need for breathing to live (7).

Hopefulness is one of the influential factors to achieve peace and satisfaction, and, finally, spiritual health. There is a significant and positive relationship between satisfaction with life and hopefulness (8). In religious sources, the terms 'Amal', 'Raja', 'Tama', 'Asaa', 'La'l', and 'Tomni' mean hope. In addition, adjectives like 'Rahim', 'Ghafour', 'Tawwab' have the meaning 'hope' within them. Hope causes the development of motivation, will, and determination to achieve goals. It is a feeling that drives human toward knowledge and is a great motivation for acquiring the skills required for achieving one's goal and a great obstacle to human failure against the problems and obstacles. It is during this process that a sense of peace and satisfaction is achieved indicating spiritual health. Therefore, hope prevents calamities and problems that threaten spiritual health including lack of goals, losing the opportunities, giving in to the challenges, and sadness about failures. Therefore, the Prophet (pbuh) stated: "Hope is a blessing from God upon my nation". Imam Ali (pbuh) also stated: "The greatest calamity is the loss of hope" (10). Undoubtedly, God as the Absolute Power of the world, is the Kindest of All and the source of all wisdom, the best source of reliance, and the most trustable refuge for human being and believing and hoping in Him causes one not to become tired of the strife to reach one's

goal so that the problems do not discourage one from making attempts because God the Compassionate one sees God observing one's action and Capable of helping. In this case, a peace is created in one that indicates one's spiritual health. This is because out of all the hopes, trust in God is the greatest source of hope. Imam Ali (pbuh) stated: Hoping God's blessing is the most fulfilling hope". God the Almighty advises us to set this verse of the Quran as a model for our behavior and thought: "God will suffice and He is the Best Supporter" (Quran, Chapter Ale Imran, verse 173) (12) and points out that "then know that Allah is your master: an excellent master and an excellent helper!" (Quran, Chapter Anfaal, verse 40) (12). Certainly, the requirement for hope in God is the belief in Him and only those who deny God become disappointed: "Indeed no one despairs of Allah's mercy except the faithless lot" (Quran, Chapter Yousof, verse 87) (12).

Based on the religious teachings, in line with achieving spiritual health, hope serves the following functions:

1) Creating hope for becoming victorious against the enemies, which leads to certainty; "you expect from Allah what they do not expect" (Quran, Chapter Nisa, verse 104) (12) and "Maybe Allah will curb the might of the faithless" (Quran, Chapter Nisa, verse 84) (12).

2) Eliminating the consequences of the previous mistakes and the forthcoming difficulties and problems, which alleviates many of the humans concerns; "do not despair of the mercy of

Allah. Indeed Allah will forgive all sins" (Quran, Chapter Zomar, verse 53) (12).

3) Being optimistic about fulfilling the wishes, which stabilizes peace in human; "they would supplicate Us with eagerness" (Quran, Chapter Anbia, verse 90) (12); Imam Ali (pbuh) states "Indeed, if you are hopeful toward Allah, you will fulfill your wishes and if you are hopeful toward anything but God, your wishes and hopes will be lost (10).

4) Certainty about finding new opportunities and obtaining new blessings, which leads to high resilience; "Maybe our Lord will give us a better one in its place" (Quran, Chapter Qalam, verse 32) (12).

5) Patience is the result of hope for God's blessing; "Yet patience is graceful. Maybe Allah will bring them all [back] to me" (Quran, Chapter Yousof, verse 83) (12).

6) Getting away from corruption and rebellion, because these types of works destroy human peace; "Those who do not expect to encounter Us say, 'Why have angels not been sent down to us, or why do we not see our Lord?' Certainly, they are full of arrogance within their souls and have become terribly defiant" (Quran, Chapter Forqan, verse 36) (12).

Finally, it can be stated that hopefulness causes freeness from calamities and problems that may be challenging to human spiritual health. Besides, without hope, it will not be possible to achieve peace and satisfaction in life and hopefulness with belief in God, the Capable and the Compassionate is among the most important and effective factors in health.

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