



## Jihad

### What Is Jihad?

Jihad is the idea of struggle.

There are two types of jihad:

- Greater jihad: struggle against oneself to avoid temptation and sin.
- Lesser jihad: armed struggle or holy war.

## Greater Jihad

Muslims believe that we must constantly struggle to behave in the way God commands us to.

Though Allah has made his commands to us clear in the Qur'an, even the holiest person will sometimes find them hard to follow. We may fail to be the best person we can be because of factors such as:

- Temptation
- Greed
- Forgetfulness

Greater jihad is the constant struggle to ignore these distractions and be the people God wants us to be.

## Practising Greater Jihad

Practising greater jihad involves acting in any way that will please God. This could involve helping others, avoiding temptation or trying to get closer to God.