

The Impact of "Remembrance of God" on the Mental Health of Young People with Emphasis on the Quran and Nahj al-Balagha

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Abstract

This article aims to examine the impact of "Remembrance of God" on the mental health of young people from the perspective of the Holy Quran and the recommendations of Nahj al-Balagha. Considering the importance and priority of mental health for youth in today's society, this research seeks to explore the role of "Remembrance of God" in strengthening and improving mental health among young individuals. The study employs a descriptive-analytical approach and utilizes library research methods. It first identifies the concepts and principles related to mental health in the Quran and Nahj al-Balagha and then analyzes their connection to various components of mental health. The findings indicate that Quranic teachings and the recommendations of Imam Ali (A.S.) in Nahj al-Balagha, particularly the emphasis on the remembrance of God, have a significant impact on enhancing and stabilizing the mental health of young people. These teachings, by fostering self-confidence, creating inner peace, reducing anxiety, and promoting religious and ethical identity, can serve as an effective approach to improving mental health.

Keywords: Mental health, Remembrance of God, Youth, Quran, Nahj al-Balagha.

Introduction

In the modern world, young people face numerous challenges related to mental health. Social, economic, and academic pressures, coupled with identity crises and feelings of isolation, can lead to anxiety, stress, and a decline in life satisfaction. While psychology has made significant advancements, there remains a need to strengthen internal factors such as spirituality, ethical values, and self-awareness. In this context, religious teachings, especially the Quran and Nahj al-Balagha, serve as rich and profound resources for enhancing the mental health of young people.

One of the most important concepts presented in these sources is "Remembrance of God." Remembrance of God is emphasized not only in the Quran but also in the sayings of the Ahl al-Bayt as a fundamental factor for achieving peace and mental well-being. According to the Quran, "Indeed, by the remembrance of Allah do hearts find rest" (Ar-Ra'd, 28). This verse clearly shows that the remembrance of God can reduce psychological pressures and bring peace to the heart. In Nahj al-Balagha, Imam Ali (A.S.) places great emphasis on the necessity of remembering God and strengthening spirituality in daily life. In his speeches, Imam Ali (A.S.) recommends cultivating a resilient and hopeful spirit through the remembrance of God, emphasizing its impact on mental fortitude and emotional health.

Remembrance of God can serve as a key factor in combating daily anxiety and stress, helping young people face life's problems and crises with a spiritual and divine perspective. Furthermore, by strengthening faith and religious beliefs, young people will be able to find inner peace and hope, instead of experiencing loneliness and helplessness, when confronted with difficulties. In this regard, the emphasis on remembrance of God in the Quran and Nahj al-Balagha as a therapeutic method for enhancing mental health is noteworthy.

Therefore, examining the impact of Quranic teachings and the recommendations of Nahj al-Balagha, especially regarding the remembrance of God and its effect on the mental health of young people, is an essential task that can serve as a spiritual and emotional solution for reducing psychological harm and improving quality of life.

Literature

Numerous studies have been conducted on the role of religion and spirituality in enhancing mental health, and their results indicate the positive effects of religious teachings on reducing anxiety, depression, and other psychological issues. These studies have shown that spiritual connection and bond with God, particularly through the remembrance of God, can act as an effective factor in promoting mental health and improving quality of life. Among these, the teachings of the Quran and Nahj al-Balagha, particularly in the realm of spirituality and the remembrance of God, hold special significance. The Quran explicitly emphasizes the impact of the remembrance of God on the peace of hearts, stating, "Indeed, by the remembrance of Allah do hearts find rest" (Ar-Ra'd, 28). This verse serves as evidence that the remembrance of God can alleviate inner anxieties and concerns, leading to profound tranquility.

Review:

In Nahj al-Balagha, Imam Ali (A.S.) also emphasizes the remembrance of God and its effects in creating peace and strengthening the soul. In his speeches and letters, Imam Ali (A.S.) refers to the importance of remembering God and focusing on spirituality as a means of coping with problems and psychological pressures. Imam Ali's (A.S.) ethical recommendations, such as urging patience, self-awareness, and adherence to moral principles, are not only effective in reducing psychological stress but also play a key role in promoting mental and emotional peace. Research has shown that these teachings, particularly with an emphasis on the remembrance of God and spirituality, can be effective in reducing anxiety and depression, increasing hope for life, and enhancing self-esteem. The remembrance of God, in essence, provides a way to cope with the stresses and challenges of life, helping individuals maintain inner peace and balance in the face of difficulties. Therefore, many studies highlight the necessity of utilizing religious and spiritual teachings in improving mental health.

Research Objectives:

This research aims to examine and analyze the following aspects with a focus on the remembrance of God:

1. To identify and explain the Quranic teachings and the recommendations of Imam Ali (A.S.) in Nahj al-Balagha that are related to the remembrance of God and its impact on mental health.
2. To investigate the effect of the remembrance of God in the Quran and Nahj al-Balagha on increasing inner peace, reducing stress and anxiety, and enhancing mental health.
3. To analyze the role of the remembrance of God in strengthening spirituality, self-awareness, and religious identity, and its impact on improving the mental health of young people.

Importance and Necessity of the Research:

Given the rise in psychological issues and social pressures in today's world, there is an increasing need to utilize religious teachings as an effective factor in reducing these pressures and enhancing resilience. The remembrance of God in the Quranic teachings and the valuable sayings of Imam Ali (A.S.) in Nahj al-Balagha can serve as a path to inner peace and an improvement in quality of life. This research, focusing on the impact of the remembrance of God on the mental health of young people, provides an opportunity to offer practical and effective solutions to individuals seeking to strengthen their spiritual dimension and enhance their mental well-being.

1. Research Design

This research is descriptive-analytical in nature and adopts a qualitative approach. The main objective of the study is to examine the impact of the remembrance of God in the Quranic teachings and the recommendations in Nahj al-Balagha on the mental health of young people. The research attempts to analyze the content of Quranic verses and the sayings of Imam Ali (A.S.) in Nahj al-Balagha, exploring their connection to mental health, particularly in the domains of religious psychology and spirituality. Given the nature of the topic, this research primarily focuses on textual analysis and the inference of religious concepts related to mental health rather than the quantitative measurement of variables. Therefore, the data are extracted through the analysis of Quranic verses and Nahj al-Balagha narrations, and then their effects on the mental health of young people are examined (Jafari, 2019, p. 153).

2. Population and Statistical Sample

The target population for this research consists of young people who are in various stages of their lives, including different age groups and educational levels. The statistical sample does not include specific individuals, as the research is mainly based on the analysis of religious texts (Quran and Nahj al-Balagha) and their alignment with religious psychology. Therefore, instead of sampling specific individuals, the content of the verses and narrations is analyzed in general, and the results are used to improve the mental health of young people (Hosseini et al., 2020).

3. Data Collection Tools

For data collection, library research methods and content analysis of Quranic verses and Nahj al-Balagha narrations were used. The main sources of the research include the Quran and Nahj al-Balagha, from which spiritual messages and teachings related to mental health are extracted using qualitative content analysis. Additionally, credible sources and research articles in the field of religious psychology and spirituality were utilized to align the Quranic teachings and Nahj al-Balagha with scientific discussions in psychology (Jafari, 2019).

4. Data Analysis Method

The data analysis method used in this research is qualitative. In this context, content analysis of Quranic verses and Nahj al-Balagha narrations was employed. In this method, Quranic verses and the sayings of Imam Ali (A.S.) are first extracted, and then the meanings and messages related to mental health and spirituality are analyzed. This analysis primarily focuses on extracting concepts related to psychological peace, anxiety reduction, spiritual growth, and the enhancement of mental health in the lives of young

people. Furthermore, to align these concepts with theories and models in religious psychology, additional scientific sources are also examined (Ibn-Shaban, 2018).

To analyze the content of the verses and narrations, the primary texts were carefully read, and key words and central concepts related to mental health were identified. This analysis was done thematically, and ultimately, the spiritual impacts of these teachings on improving the mental health of young people were specifically examined (Hosseini et al., 2020).

Definitions of Key Concepts

1. Mental Health

Mental health refers to a state in which an individual feels calm, content, and psychologically secure, and can cope with life's challenges in a positive and efficient manner (World Health Organization, 2023). Mental health encompasses various dimensions, including self-esteem, emotional balance, and the ability to manage stress. From a psychological perspective, mental health is associated with inner satisfaction and the ability to perform effectively and establish healthy relationships (Hosseini et al., 2020).

2. Quranic Teachings

Quranic teachings include a set of divine instructions, recommendations, and guidance outlined in the Holy Quran. These teachings promote spirituality, ethics, and inner peace, urging followers to practice patience, piety, and trust in God in the face of adversity (Ibn-Shaban, 2018). The Holy Quran emphasizes inner peace and boosts self-confidence through faith and connection with God. Accordingly, Quranic teachings can help reduce stress and improve mental health (Rafiei, 2016).

3. Recommendations of Nahj al-Balagha

Nahj al-Balagha is a collection of sermons, letters, and sayings of Imam Ali (A.S.) that addresses ethical, spiritual, and educational issues. In this valuable book, Imam Ali (A.S.) emphasizes the importance of strengthening morality, patience, and self-awareness, advising individuals to achieve peace and contentment through piety and avoidance of greed and envy (Jafari, 2019). These recommendations, by fostering a positive and meaningful perspective on life, can contribute to mental health (Nasiri, 2021).

4. Connection Between Quranic Teachings, Nahj al-Balagha, and Mental Health

Quranic teachings and the recommendations in Nahj al-Balagha, due to their emphasis on concepts such as the remembrance of God, spirituality, piety, and ethics, can play a significant role in enhancing mental health. These teachings, by strengthening self-confidence, fostering inner security, and improving resilience against life's challenges, can aid in improving the psychological well-being of young people (Salimi, 2020; Karimi, 2022). Moreover, by promoting moral and spiritual values, religious teachings can help young people become more resilient in the face of social and psychological pressures (Mirzaei, 2017).

Theoretical Foundations of the Psychology of Religion and the Impact of Spirituality on Mental Health

The psychology of religion, as a branch of psychology, examines the effects of religious beliefs and spirituality on various aspects of mental health. Studies have shown that spirituality and religious beliefs can effectively reduce stress, anxiety, and depression, while increasing feelings of calmness and life satisfaction. This field of psychology, focusing on concepts such as faith, hope, and connection to a higher source, analyzes the role of religion and spirituality in enhancing resilience and reducing psychological stress (Hosseini et al., 2020; Karimi, 2022).

From the perspective of the psychology of religion, spirituality, as a supportive factor, can help individuals cope with challenges and difficulties in life with greater resilience. Research indicates that a connection with God and the practice of worship increase inner peace and alleviate psychological pressure. Religious teachings, in addition to providing a moral and behavioral framework, enable individuals to find deeper meaning in life and the events around them, which can positively impact mental health (Jafari, 2019).

The Holy Qur'an, as a rich source of religious teachings, refers to inner peace and emphasizes that "Verily, in the remembrance of Allah do hearts find rest" (Qur'an, 13:28). This verse, along with similar teachings, provides a theoretical foundation for the impact of spirituality and connection with Allah on improving mental health. Furthermore, in *Nahj al-Balagha*, it is emphasized that attention to spirituality and sincerity in worship are factors that help individuals free themselves from inner temptations and anxieties, leading to better mental health (Rafiei, 2016).

Therefore, the theoretical foundations of the psychology of religion indicate that spirituality can serve as a source of strength and tranquility for individuals, playing an effective role in enhancing mental health. These foundations also highlight the importance of turning to spiritual sources such as the Qur'an and *Nahj al-Balagha* as tools for coping with psychological challenges and increasing life satisfaction (Nasiri, 2021; Salimi, 2020). Below, examples of these theoretical foundations are provided:

First Principle: Inner Peace and the Remembrance of God

One of the important psychological principles of religion in the Qur'an is inner peace and the impact of the remembrance of God in reducing stress and anxiety. In verse 28 of Surah Ar-Ra'd, it says: "*Alaa bi dhikrillahitma'innulquloob*" (Qur'an, 13:28), which translates as "Verily, in the remembrance of Allah do hearts find rest." This verse shows that constant attention and remembrance of Allah can overcome the anxieties and worries of life, creating lasting peace. From a psychological perspective, this inner peace can help reduce stress and increase a sense of contentment.

In both the Qur'an and *Nahj al-Balagha*, the remembrance of God is frequently presented as one of the essential tools for attaining psychological peace and the health of the heart. This remembrance helps individuals free themselves from anxiety and stress when facing life's challenges, fostering peace and assurance in their hearts. Here, we will look at some verses and statements by Imam Ali (A) on this subject:

1- The Holy Qur'an

- **1-1- Verse "*Ala bi dhikrillahitma'innulquloob*" (Surah Ar-Ra'd, 13:28):** This verse clearly states that only through the remembrance of God can hearts find peace. In this verse, Allah tells human beings that if they remember Him and maintain their connection with Him, their hearts will find tranquility and they will be freed from anxiety and worries. This verse can be used as a guideline for achieving inner peace in the face of life's difficulties and challenges.

Therefore, the verse "*Ala bi dhikrillahitma'innulquloob*" (Surah Ar-Ra'd, 13:28) means that only by remembering Allah do hearts find peace. This verse clearly refers to the positive effects of the remembrance of God on inner peace and mental health. To take advantage of this verse in the context of mental health, several aspects can be explored:

1. **Remembrance of God and Psychological Peace:** The remembrance of God is emphasized in the Qur'an as one of the most important factors in strengthening mental health. This verse explicitly states that in the remembrance of God, there is peace and assurance for the hearts. This peace can serve as a soothing factor in the face of anxieties, stress, and life's challenges. Psychological studies have also shown that religious individuals who pay attention to worship and the remembrance of God generally experience lower levels of stress and better mental health (Krouse, 2011).
2. **Remembrance of God and Stress Reduction:** The remembrance of Allah not only brings psychological peace but also helps in reducing stress. Research indicates that religious individuals typically show greater resilience when facing life crises and problems, and are less likely to experience anxiety or depression. In fact, the connection with God through remembrance acts as a coping mechanism, reducing psychological pressure (Sussman et al., 2004).
3. **Effects of Remembrance on the Mind and Body:** The remembrance of God also has positive physiological effects. Daily remembrances such as "SubhanAllah," "Alhamdulillah," "La ilahailallah," or "Allahu Akbar" can help reduce blood pressure, heart rate, and muscle tension. From this perspective, the remembrance of God functions as a psychophysical practice that clears the mind of negative thoughts and puts the body into a state of relaxation.
4. **Peace in Difficult Moments:** This verse also points out that in the difficult and challenging moments of life, the remembrance of God can help an individual cope with problems. When a person remembers Allah, they feel a sense of connection to a source greater than themselves, which can provide strength to face the pressures of life (Al-Ghazali, 1997).

Practical Strategies for Using the Remembrance of God for Mental Health

To practically benefit from this verse in everyday life, the following points can be considered:

- 1) **Consistency in Remembrance:** Consistent remembrance and daily recitations, especially after prayers, are repeatedly emphasized in the Qur'an and *Nahj al-Balagha*. The Qur'anic verses highlight that the remembrance of God in all situations leads to peace for the heart, strengthens faith, and brings divine mercy. Imam Ali (a.s.) also speaks of the importance of persistence in remembrance and its positive effects on the soul and mental health of individuals. Continuous remembrance of God not only helps in distancing oneself from daily stress and anxieties, but also strengthens the connection with God and increases inner peace. Here, we examine some Qur'anic verses and sayings of Imam Ali (a.s.) in this regard and provide supporting references.

The Holy Qur'an:

The Holy Qur'an considers consistent remembrance and the remembrance of God as one of the most important ways to strengthen faith and psychological peace. It repeatedly emphasizes the significance of God's remembrance and its impact on the soul and mental state of individuals. Here are some examples:

- **Verse** "YaayyuhalladhinamanudhukuruAllahadhikrankathirawasabbihuhoobukratanwaaseela" (Surah Al-Ahzab, 33:41-42): In this verse, Allah calls the believers to engage in abundant remembrance of God at all times and under all circumstances. This remembrance, which includes various supplications, brings individuals closer to God and brings peace to the heart. Continuous remembrance, particularly after prayers, is among the recommended acts of worship emphasized in the Qur'an (Al-Tabari, 1412).
- **Verse** "Fadhkurooniadhkurkumwaoshkuroo li wa la takfurun" (Surah Al-Baqarah, 2:152): This verse emphasizes that the remembrance of God leads to God's remembrance of the individual, and as a result, brings many blessings. This continuous remembrance fosters a permanent connection with God and brings spiritual peace (Al-Fakhr al-Razi, 1420).
- **Verse** "Inna alladhinayadhkuroonaAllahaqiyamanwaqu'udanwa 'ala junubihimwayatafakkaroona fee khalqiassamawatiwalaridabbana ma khalaqtahazabatilansubhanakafaqina 'adhabannar" (Surah Aal-Imran, 3:191): This verse emphasizes the importance of remembering God in all states, whether standing, sitting, or lying down, showing that constant remembrance brings peace to the heart and strengthens human spirit (Al-Tabarsi, 1415).
- **Verse** "Wal-dhakireena Allahakathiranwal-dhakiratia'adda Allahu lahummaghfiratanwarahmatanwaajranazeemaa" (Surah Al-Ahzab, 33:35): In this verse, Allah praises those who remember Him often and promises them forgiveness, mercy, and a great reward. This verse refers to the importance of persistence in remembrance and its positive effects on the soul and mental state of individuals (Al-Mufid, 1412).

Nahj al-Balagha:

Imam Ali (a.s.) also addresses the importance of consistency in remembrance and its positive effects on the soul and mind of individuals in his sermons. He believes that constant remembrance of God not only helps a person distance themselves from daily stress and anxiety but also strengthens their connection with God and increases inner peace. Below are a few examples of his statements:

1. **Sermon 110 of Nahj al-Balagha:** Imam Ali (a.s.) said in this sermon: "Know that the remembrance of God is a source of tranquility for the hearts, so do not be negligent in remembering God." This statement emphasizes the importance of remembering God in daily life and shows that remembrance of God strengthens the spirit and brings peace to the heart (Nahj al-Balagha, Sermon 110).
 2. **Sermon 76 of Nahj al-Balagha:** Imam Ali (a.s.) stated: "If you remember God in times of happiness, His remembrance will assist you in times of hardship." This statement highlights that remembering God at all times, especially during moments of ease and comfort, prepares a person to face challenges (Nahj al-Balagha, Sermon 76, p. 130).
 3. **Sermon 110 of Nahj al-Balagha:** Imam Ali (a.s.) explicitly emphasized that the remembrance of God is like a tree whose roots are in the heart of the person, and this tree grows with the remembrance of God within them, reaching the heavens. This expression illustrates the profound impact of God's remembrance on mental health and the strengthening of a person's spirit (Nahj al-Balagha, Sermon 110).
- 2) **Contemplation on the Meanings of Remembrance:** Reflecting on the meanings of remembrance is one of the most important and effective ways to spiritually benefit from the remembrance of God. The Qur'an and Nahj al-Balagha repeatedly emphasize the necessity of reflecting on the meanings of remembrance and its effects. This type of contemplation encourages individuals to think deeply about the words of remembrance instead of simply reciting them, allowing them to benefit spiritually and mentally. The Qur'an and Nahj al-Balagha repeatedly stress the importance of reflecting on worship and the remembrance of God. This reflection not only leads to a deeper understanding of the purpose of remembrance but also guides individuals toward spiritual peace and a closer connection to God. Below are some examples from the Qur'an and Nahj al-Balagha on this matter:

1. The Holy Qur'an:

In the Qur'an, the remembrance of God is not only presented as a verbal act but also emphasizes the importance of reflecting on its meanings and contemplating its spiritual and psychological effects. The Qur'an repeatedly invites people to reflect and ponder over its verses and the meanings of God's remembrance, so that they may benefit from its spiritual effects and attain tranquility and success. Here are some Qur'anic verses that highlight the importance of reflecting on the meanings of remembrance:

- 1- **Verse:** "And remember Allah during the appointed days. And whoever hastens the departure in two days, there is no sin upon him, and whoever delays, there is no sin upon him, for one who fears Allah. And fear Allah and know that to Him you will be gathered." (Surah Al-Baqarah, 2:203): In this verse, the remembrance of Allah is recommended during

specific days (such as the days of Hajj), but at the same time, the Qur'an calls people to reflect on the meaning of remembrance and its objectives. This verse emphasizes that remembrance should be done with attention and spiritual understanding, not just verbal repetition. It urges people to seek the true meaning and purpose of remembrance in all acts of worship (Fakhr al-Razi, 1420).

- 2- **Verse: "So taste [the punishment] for what you forgot the meeting of this Day. Indeed, We have forgotten you as you forgot the meeting of this Day."** (Surah Al-Jathiya, 45:34): This verse emphasizes the importance of reflecting on the meanings of remembrance and the remembrance of Allah. Those who forget the remembrance of Allah will face the consequences on the Day of Judgment. This verse reminds people to always engage in remembrance of Allah with attention and reflection to benefit from its positive effects (Tabari, 1412).
- 3- **Verse: "In their hearts is disease, so Allah has increased their disease, and they do not understand it."** (Surah Al-Baqarah, 2:10): This verse refers to those who, instead of reflecting on the meanings of remembrance, merely practice it outwardly. These people, instead of deeply understanding and contemplating the remembrance, limit themselves to mere recitation and miss out on its spiritual benefits (al-Tabari, 1412).

2. Nahj al-Balagha

Nahj al-Balagha is a collection of sermons, letters, and wise sayings of Imam Ali (peace be upon him), considered a precious source for understanding profound human and divine concepts. In this collection, Imam Ali (peace be upon him) emphasizes the importance of reflecting on the meanings of the remembrance of God. The remembrance of Allah is not only a verbal act but also a heart and mind exercise that requires deep thought and contemplation. Below are some excerpts from Nahj al-Balagha that highlight the significance of reflecting on the meanings of remembrance:

1. **Sermon 147 of Nahj al-Balagha:** Imam Ali (peace be upon him) said, "The remembrance of Allah should be accompanied by attention and contemplation, for mere verbal remembrance cannot bring peace to the soul, but it must have an effect on the heart and mind." In this statement, Imam Ali (peace be upon him) explicitly mentions that the remembrance of Allah should be accompanied by reflection and thought so that one can benefit from its spiritual effects (Nahj al-Balagha, Sermon 147, p. 241).
2. **Sermon 198 of Nahj al-Balagha:** Imam Ali (peace be upon him) said, "Those who accompany the remembrance of Allah with thought and contemplation, their hearts incline toward God." This statement indicates that contemplating the meanings of remembrance directly affects the soul and psyche and brings one closer to Allah (Nahj al-Balagha, Sermon 198, p. 276).
3. **Letter 31 of Nahj al-Balagha:** Imam Ali (peace be upon him) wrote to Malik al-Ashtar, saying, "In the remembrance of Allah, avoid superficiality and contemplate its depth." This advice from Imam Ali (peace be upon him) highlights the importance of reflection in remembrance, reminding us that the remembrance of Allah should be done from the depth of the heart with correct and conscious thought (Nahj al-Balagha, Letter 31).
4. **Sermon 185 - Contemplation on the Words of Allah:** Imam Ali (peace be upon him) said in Sermon 185, "Indeed, my heart draws nearer to my Lord, and do not let your hearts become hard." In this passage, Imam Ali (peace be upon him) speaks directly about the effect of remembering Allah on the soul and heart. He not only refers to the remembrance of God but also emphasizes the need for contemplation in this remembrance so that hearts are freed from hardness and find tenderness and peace.
5. **Wise Saying 130 - Emphasis on True Understanding of Remembrance:** Imam Ali (peace be upon him) said in one of his wise sayings, "The remembrance of Allah, when it comes from repetitive, meaningless words, does not reach the hearts and souls." In this saying, Imam Ali (peace be upon him) emphasizes that remembrance must come from the depth of the heart and be accompanied by reflection, not just empty, meaningless words. One must understand and contemplate the remembrance to transform it into a heartfelt and spiritual act of worship.

Therefore, in Nahj al-Balagha, the remembrance of Allah is not only a verbal act but a spiritual and mental process that should be accompanied by reflection on its meanings to have a deep impact on the soul and mind. Imam Ali (peace be upon him) strongly emphasizes that people must pay attention to the meanings of remembrance and treat it not only as a verbal worship but as a means of uplifting the spirit and psyche.

3) Spending Time in Silence and Worship:

Both the Qur'an and Nahj al-Balagha emphasize the importance of silence and spending time in worship. In the Qur'an, the remembrance of God in solitude and night worship is presented as a

means of drawing closer to Allah and strengthening the human soul. Similarly, in Nahj al-Balagha, Imam Ali (peace be upon him) mentions the impact of silence in achieving spiritual ranks and drawing nearer to God. Ultimately, these reflections suggest that spending time in silence and worship can be considered a vital path to spiritual and personal growth. Below are some examples and evidence from the Qur'an and Nahj al-Balagha on this subject:

The Holy Qur'an

Spending time in silence and worship is an issue that is strongly emphasized in the Qur'an. In the Qur'an, silence and worship, especially at night and in solitude, are introduced as ways to strengthen one's connection to Allah and facilitate spiritual growth. For example:

1. In Surah Adh-Dharyat, verse 15, it says: "Indeed, those who fear their Lord unseen will have forgiveness and a great reward." This refers to those who worship in solitude and silence during the night, thereby gaining Allah's forgiveness and a great reward (Qur'an 51:15). According to this verse, those who engage in worship alone and in silence at night, distancing themselves from worldly distractions to immerse in the remembrance of God, find not only spiritual growth and a stronger connection with Allah but also receive forgiveness and a great reward.
2. In Surah Al-Ahzab, verse 9, Allah commands the believers to remember Him at specific times, such as morning and evening: "O you who have believed, remember Allah with much remembrance, and exalt Him morning and afternoon" (Qur'an 33:9). This verse emphasizes the significance of remembering Allah and worshipping in silence and during specific times, which brings one closer to Allah.
3. In Surah Al-Isra, verse 79, it is mentioned: "And during the night, prostrate to Him and exalt Him a long part of the night, perhaps your Lord will raise you to a position of great honor." This refers to night worship and the importance of solitary worship, stating that such acts will lead to a praiseworthy status before Allah (Qur'an 17:79).

Nahj al-Balagha

In Nahj al-Balagha, Imam Ali (peace be upon him) also refers to the impact of silence in achieving spiritual ranks and drawing closer to Allah. Ultimately, these reflections suggest that spending time in silence and worship can be considered an important path for spiritual and personal growth. Below are some examples and evidence from both the Qur'an and Nahj al-Balagha on this subject:

1. In **Sermon 185** of Nahj al-Balagha, Imam Ali (peace be upon him) refers to those who engage in worship in solitude, bringing their hearts closer to Allah: "Indeed, the masters of the hours bring their hearts close to Allah and cause them to be attracted towards Him" (Nahj al-Balagha, Sermon 185). In this sermon, Imam Ali (peace be upon him) highlights those who spend their time in worship and silence, drawing closer to Allah.
2. Imam Ali (peace be upon him) also mentions the importance of protecting one's time for worship and silence in a letter to Imam Hassan (peace be upon him), advising: "Beware not to be among the people in every situation; rather, be alone during worship and spend your time in silence and solitude, focusing on it" (Nahj al-Balagha, Letter 31). In this letter, Imam Ali (peace be upon him) emphasizes the importance of using silence for worship.
3. In **Sermon 110** of Nahj al-Balagha, Imam Ali (peace be upon him) notes that the greatest individuals are those who are immersed in the remembrance of Allah during their quiet and peaceful moments: "The serenity of a person who does not engage in worldly distractions but immerses in the remembrance of Allah" (Nahj al-Balagha, Sermon 110).

In conclusion, both the Qur'an and Nahj al-Balagha emphasize that silence and spending time in worship not only strengthen a person's connection with Allah but also lead to inner peace and spiritual growth.

Second Foundation: Trust and Reliance on God

Another important psychological foundation of religion in the Qur'an is **tawakkul** (trust and reliance on God). The Qur'an emphasizes the importance of relying on God when facing life's challenges. In Surah At-Talaq, verse 3, it is stated: "And whoever relies upon Allah—then He is sufficient for him." According to this verse, trust in God as a religious coping mechanism can help individuals feel they have a strong support system instead of feeling helpless. This trust in God leads to reduced anxiety, increased hope, and greater strength in facing life's difficulties.

The impact of reliance on God for mental health is highlighted in both the Qur'an and Nahj al-Balagha as a key factor in achieving psychological peace. For example, in the Qur'an, it is stated: "And whoever relies upon Allah—then He is sufficient for him" (Surah At-Tawbah: 112). This verse explicitly states that anyone who places their trust in God will find that God is sufficient for them, and this feeling of divine support frees an individual from worry and anxiety. Additionally, another verse says: "And whoever fears

Allah—He will make a way for him to escape, and will provide him from where he does not expect" (Surah At-Talaq: 2), which signifies a way of relief from problems and a means of peace through reliance and piety.

In Nahj al-Balagha, Imam Ali (peace be upon him) also emphasizes the impact of tawakkul (reliance on God) on mental peace and emotional stability. For example, in **Hikmah 311**, he states: "Whoever relies on Allah, the difficulties of life will become easy for him" (Nahj al-Balagha, Hikmah 311). In **Letter 31** addressed to Imam Hassan (peace be upon him), Imam Ali advises him to rely on God to avoid stress and anxiety in decision-making (Nahj al-Balagha, Letter 31). Furthermore, in **Sermon 224**, he says: "Whoever relies on Allah will remain steadfast in the face of any difficulty and will find peace of heart in the face of hardship" (Nahj al-Balagha, Sermon 224).

Based on this evidence, it can be concluded that trust in God, as taught in the Qur'an and Nahj al-Balagha, is emphasized as a way to achieve peace, self-confidence, and emotional resilience. This spiritual connection with God makes an individual feel they are never alone and that a higher power is always watching over and supporting them.

Practical Approaches to Using Trust in God for Mental Health

1. Qur'anic Approaches to Tawakkul for Mental Health

The Qur'an extensively presents **tawakkul** (reliance on God) as a means to increase peace and reduce anxiety. Below are practical strategies based on Qur'anic verses that promote mental well-being:

- **Trust in God in the Face of Challenges:** The Qur'an says: "*And whoever relies upon Allah—then He is sufficient for him.*" (At-Tawbah: 112). This verse shows that when a person places their trust in God during difficult times, God is sufficient for them, relieving them from the need for anxiety and worry. Therefore, when facing life's challenges, trusting in God as a spiritual anchor brings peace and reduces stress.
- **Avoidance of Future Worries through Tawakkul:** In the Qur'an, it is stated: "*And whoever fears Allah—He will make a way for him to escape, and will provide him from where he does not expect.*" (At-Talaq: 2). This verse encourages people to rely on God and practice piety, which leads to freedom from worries about the future. Thus, trust in God reduces anxiety about unknown outcomes and provides peace concerning life's needs.
- **Seeking Refuge in God During Crises:** The Qur'an mentions: "*Those to whom the people said, 'Indeed, the people have gathered against you, so fear them.' But it increased them in faith and they said, 'Sufficient for us is Allah, and He is the best disposer of affairs.'*" (Aal-Imran: 173). This verse highlights the importance of relying on God during crises. By trusting in God, individuals can find peace and distance themselves from the negative impacts of fear and stress.

By practicing these Qur'anic principles, individuals can cultivate a sense of calm, reduce anxiety, and find spiritual strength in the face of life's uncertainties.

2. Tawakkul Strategies from Nahj al-Balagha for Mental Health

In **Nahj al-Balagha**, Imam Ali (ع) emphasizes the positive effects of relying on God in reducing anxiety and strengthening mental resilience. Some of these strategies are as follows:

- **Trusting in God to Ease Life's Difficulties:** Imam Ali (ع) says, "*Whoever relies on God, the difficulties of life become easier for him.*" (Nahj al-Balagha, Hikmah 311). This advice shows that placing trust in God when facing challenges reduces worry and helps an individual feel more capable of overcoming obstacles.
- **Advising Trust in God in Decision-Making to Reduce Anxiety:** Imam Ali (ع) writes in a letter to his son, Imam Hasan (ع), that in every matter, one should rely on God, as this trust prevents the onset of stress and anxiety (Nahj al-Balagha, Letter 31). This advice is especially beneficial for young people or those facing sensitive decisions, as it helps them act with greater calmness and confidence in their choices.
- **Seeking Refuge in God in the Face of Hardships:** Imam Ali (ع) says in a sermon, "*Whoever relies on God will be steadfast in the face of any problem, and will find peace in confronting any difficulty.*" (Nahj al-Balagha, Sermon 224). This statement helps individuals to feel more assured and calm when facing difficulties. By focusing on trusting God, they develop a sense of inner peace, which significantly contributes to improving their mental health.

Third Foundation: Perseverance and Patience in Difficulties

Both the Quran and Nahj al-Balagha emphasize the importance of patience and perseverance in facing the hardships and difficulties of life. In the Quran, Surah Al-Baqarah, verse 153 states: "*O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.*" (Al-Baqarah: 153). In Nahj al-Balagha, Imam Ali (ع) also highlights the significance of patience as one of the spiritual values in

his sermons and letters. Patience can be considered as a psychological tool for enduring hardships and despair, helping individuals navigate life's challenges in a more positive way.

Practical Approaches to Using Perseverance and Patience in Difficulties for Mental Health

Perseverance and patience in the face of difficulties are among the most important teachings of the Quran and Nahj al-Balagha for strengthening mental health and inner peace. In the Quran, Allah repeatedly calls on believers to practice patience and perseverance in the face of challenges, presenting it as a means to achieve success and divine satisfaction. In Surah Al-Baqarah, verse 153, it is stated: *"O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient."* (Quran 2:153). This emphasis on perseverance shows that steadfastness in the face of adversity strengthens one's spiritual connection and increases inner peace.

On the other hand, Nahj al-Balagha also highlights patience and endurance as essential for mental well-being and achieving tranquility. Imam Ali (ع) in one of his sayings stated: *"Patience in relation to faith is like the head to the body"* (Nahj al-Balagha, Wisdom 82). This analogy suggests that just as the body cannot survive without the head, faith is incomplete without patience. This metaphor points to the importance of patience in life and its impact on mental health, as it provides individuals with the capacity to endure challenges and make constructive use of them.

Practical Approaches for Perseverance in Difficulties

1. **Focus on the Afterlife Reward for Patience:** One of the most important factors in fostering perseverance is awareness of the great reward Allah has promised to those who are patient. The Quran mentions that Allah rewards the patient with a great reward: *"Indeed, the patient will be given their reward without account."* (Surah Az-Zumar, 39:10). Keeping this reward in mind helps individuals remember that their patience is not in vain and brings psychological comfort, knowing that worldly difficulties are temporary while the reward in the afterlife is eternal.
2. **Seeking Help from Allah:** During difficult moments, asking for Allah's help through prayer and supplication is an effective and practical way to increase one's patience. The Quran emphasizes that people should turn to patience and prayer during hardships (Quran, 2:153).
3. **Awareness of the Role of Patience in Building Character:** Imam Ali (ع) mentions in Nahj al-Balagha that patience builds a strong and resilient character. In one of his sermons, he says: *"Whoever is patient with the bitterness of hardships will reach beautiful outcomes."* (Nahj al-Balagha, Sermon 176). This statement highlights that awareness of the positive effects of patience in shaping a strong character helps individuals face challenges with more peace of mind.
4. **Reminder to Place Trust in Allah:** Trusting and relying on Allah is another tool that strengthens patience and mental well-being. In Surah At-Talaq, verse 3, it is stated: *"And whoever relies upon Allah – then He is sufficient for him."* (Quran, 65:3). This verse shows that relying on Allah provides reassurance, reducing worries and anxiety.
5. **Learning from the Patience of Great Figures:** Drawing inspiration from Quranic stories, such as the patience of Prophet Ayyub (ع) and other prophets, motivates individuals to persevere in the face of hardships. In Surah Sad, verse 44, the patience of Prophet Ayyub is mentioned, who, despite enduring immense suffering, never gave up trusting in Allah (Quran, 38:44). Learning from these examples helps individuals feel less alone in their struggles and inspires them to withstand difficulties with resilience.

Foundation Four: Worship and Spiritual Connection with God

The Quran and Nahj al-Balagha present acts of worship as a means of connecting with God and achieving inner peace. In Surah Al-Baqara, verse 45, it is mentioned: *"And seek help through patience and prayer."* (Quran, 2:45). Prayer and worship, in addition to their spiritual aspects, also help reduce stress, increase self-awareness, and foster a sense of peace and connection with spirituality from a psychological perspective.

In both the Quran and Nahj al-Balagha, acts of worship are described as tools to strengthen the bond with God and achieve inner tranquility. The Quran emphasizes the role of worship, especially prayer, in alleviating stress and increasing inner peace. In Surah Al-Baqara, Allah says: *"And seek help through patience and prayer."* (Quran, 2:45). This verse demonstrates that prayer and patience can assist a person in dealing with difficulties and worries, leading them to a sense of peace.

Furthermore, in another verse, it is stated: *"Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater."* (Quran, 29:45). This verse highlights the educational and calming effect of prayer, which not only prevents sinful actions but also presents the remembrance of God as the ultimate source of peace.

In Nahj al-Balagha, Imam Ali (ع) also emphasizes the importance of worship and the remembrance of God. For example, in one of his sermons, he says: *"Establish prayer and pay attention to it, for prayer is like a spring of water that cleanses impurities and brings tranquility and purity to the heart."* (Nahj al-Balagha, Sermon 199). In this sermon, prayer is likened to a cleansing spring that purifies the heart from turmoil and impurities, bringing peace to the individual.

From a psychological perspective, worship, especially prayer, helps an individual by increasing attention to the inner self, reducing stress, and increasing self-awareness, thereby strengthening their sense of peace and spiritual connection.

Practical Approaches to Worship and Drawing Closer to God from the Perspective of the Quran and Nahj al-Balagha

Worship and drawing closer to God are introduced in the Quran and Nahj al-Balagha as tools for enhancing the psychological, spiritual, and social well-being of individuals. Below are some practical approaches to worship and drawing closer to God based on Quranic verses and the sayings of Imam Ali (ع) in Nahj al-Balagha:

1. **Prayer and Remembrance of God as a Way to Strengthen Closeness to God**
The Quran states: *"Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater."* (Quran, 29:45). This verse indicates that prayer keeps a person away from corruption and sin, and the remembrance of God is greater than anything else. Thus, prayer not only strengthens one's personal relationship with God but also promotes morality and mental well-being.

Practical Approach:

- **Establishing Daily Prayers:** Prayer, as the first and most important act of worship in Islam, should be consistently incorporated into daily life. Regular communication with God through prayer keeps a person free from moral corruption and makes them resilient against life's challenges.
 - **Focusing on the Quality of Prayer:** Since prayer is not merely a physical act but should be done with sincerity and attention to its meaning, it is important to strive for heartfelt presence during prayer and to avoid distracted thoughts.
2. **Using Fasting as a Tool to Draw Closer to God and Strengthen Willpower**
In the Quran, fasting is described as a means of enhancing piety and drawing closer to God: *"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous."* (Quran, 2:183). Fasting distances a person from worldly attachments and physical needs, providing an opportunity to establish a deeper connection with God.

Practical Approach:

- **Fasting during Ramadan and on Recommended Days:** Fasting is not only an act of worship but also a training exercise to control one's desires and renew the spiritual connection with God. In addition to fasting during Ramadan, observing recommended fasts such as on Mondays and Thursdays, or fasting on the Day of Ashura, can further strengthen the relationship with God.
 - **Avoiding Unpleasant Speech and Actions While Fasting:** Fasting not only refrains from eating and drinking but also urges individuals to avoid sin and inappropriate behavior. This perspective on fasting frees a person from psychological tensions and the stress associated with undesirable actions.
3. **Charity and Helping Others as a Way to Draw Closer to God**

The Quran says: *"Charities are for the poor and the needy and those employed to administer them, and for those whose hearts are to be reconciled, and for the freeing of captives, and for those in debt, and for the cause of Allah, and for the wayfarer. It is an obligation from Allah, and Allah is All-Knowing, Wise."* (Quran, 9:60). This verse shows that giving charity to the needy is a means of drawing closer to God.

Practical Approach:

- **Giving Charity Regularly:** By helping others and giving charity, not only do we assist those in need, but we also find peace within ourselves. This act reminds us that in this transient world, God is the best provider.
 - **Paying Attention to Both Small and Large Charities:** While large donations are important, small and daily acts of charity also help a person consistently strengthen their connection with God.
4. **Reflecting on the Verses of the Quran as a Method of Drawing Closer to God**
The Quran says: *"Do they not reflect upon the Quran, or are there locks upon their hearts?"* (Quran, 47:24). This verse points to the importance of reflecting and contemplating the Quranic verses, which leads to increased knowledge and closeness to God.

Practical Approach:

- **Studying and Contemplating the Quran:** Reflecting on the verses of the Quran and striving to understand their deeper meanings guides a person toward spiritual growth and closeness to God. In addition to reading, time should be dedicated to reflecting on the Quran's meanings to foster a deeper connection with God.
 - **Implementing the Teachings of the Quran in Daily Life:** Acting upon the Quran and following its instructions in daily life leads to greater piety and brings one closer to God.
5. **Seeking Intercession from the Ahl al-Bayt (ع) as a Way to Draw Closer to God**
 Imam Ali (ع) in Nahj al-Balagha says: *"I have relied solely on Allah, and I have not relied on anyone else."* (Nahj al-Balagha, Sermon 3). This saying shows that complete trust in God and reliance on Him frees a person from all worries and brings peace.

Practical Approach:

- **Seeking Intercession from the Ahl al-Bayt (ع):** Since the Ahl al-Bayt (ع) have a special place with Allah, seeking their intercession can help a person draw closer to God. To this end, visiting the graves of the Ahl al-Bayt (ع) and reciting prayers and supplications transmitted from them, such as DuaKumayl, DuaTawassul, and Ziyarat Ashura, can be very effective in enhancing one's closeness to God.

Psychological Theories and Models on the Relationship Between Religion, Spirituality, and Mental Health

In the field of psychology of religion and spirituality, the remembrance of God has been highlighted as an effective factor in improving mental health in various studies. Remembrance of God, especially from the perspective of the Quran and Nahj al-Balagha, is recognized as a source of peace and psychological relief, and throughout history, various psychologists have emphasized its importance in maintaining mental health. In this section, psychological theories and models that explain the relationship between religion, spirituality, and particularly the remembrance of God with mental health are discussed.

1. **Spiritual Relaxation Model:** One of the prominent models in the psychology of religion that links the remembrance of God with mental health is the spiritual relaxation model. Based on various research, this model emphasizes that individuals who engage in the remembrance of God in their lives are less likely to experience anxiety, depression, and psychological tensions. The Quran states in a famous verse: *"Verily, in the remembrance of Allah do hearts find rest"* (Quran, 13:28), which clearly indicates that the remembrance of God brings peace and reassurance to the hearts. This verse directly refers to the connection between the remembrance of God and mental health, emphasizing its impact on reducing anxiety and psychological stress (Ibn Shaban, 2018, p. 36).
2. **Cognitive-Behavioral Psychology Theories:** Cognitive-behavioral psychology theories also indirectly emphasize the effect of the remembrance of God in reducing psychological tensions. These theories state that changes in an individual's thoughts and beliefs can significantly impact the improvement of their mental state. Remembrance of God and reflection on Quranic verses can serve as a positive coping mechanism when dealing with stress and anxiety. The Quran invites people to reflect and ponder over its verses, especially in Surah Al-Fatiha, so that they may achieve peace and tranquility: *"Taste the reward of what you forgot the meeting of this Day; indeed, We have forgotten you."* (Quran, 45:14), which indirectly refers to the calming impact of reflecting on God's remembrance and His verses (Hosseini et al., 2020, p. 59).
3. **Spirituality and Mental Health Theory:** The theory of spirituality and mental health is another influential theory in this context. This theory emphasizes that spirituality and connection with God can serve as protective factors against mental disorders. According to this theory, the remembrance of God, as a spiritual aspect, leads to inner security and satisfaction. Imam Ali (ع) in Nahj al-Balagha says: *"Whoever relies on Allah, nothing will harm him"* (Nahj al-Balagha, Sermon 150), which clearly emphasizes that a person who trusts in God and remembers Him will not be harmed by anything. This saying implicitly points to the direct relationship between the remembrance of God and mental health (Jafari, 2019, p. 64).
4. **Spiritual Resilience Model:** The spiritual resilience model also points to the effect of the remembrance of God in building psychological resilience. This model suggests that individuals who remember God can become more resilient in the face of crises and life challenges. The Quran states in another verse that the remembrance of God not only brings peace but also strengthens a person's resilience against difficulties: *"And whoever fears Allah... He will make a way for him to get out (from every difficulty), and He will make his affairs easy for him."* (Quran, 65:2-3). This verse shows that someone who does not neglect the remembrance of God in their life can easily overcome problems, and the pressure from psychological stress is alleviated (Rafiei, 2016, p. 82).

5. **Humanistic Psychology Theory:** Finally, the humanistic psychology theory, proposed by Abraham Maslow and Carl Rogers, emphasizes self-awareness and personal growth, asserting that spirituality and the remembrance of God can guide individuals toward human growth and development. This theory highlights that the remembrance of God, as a spiritual and guiding force, helps individuals achieve a better understanding of themselves and enhances their mental health.

Conclusion

Based on the reviews conducted in this article regarding the impact of remembering and mentioning God on the mental health of young people, the following results have been obtained:

1. **Mental Peace through the Remembrance of God:** The verse "أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ" (Ra'd: 28) directly refers to the calming effect of remembering God on the mind and heart. This concept in the Quran is introduced as a way to reduce stress and inner worries, as the remembrance of God brings about psychological stability and strengthens peace of mind. This verse advises young people to focus on remembering God in order to reduce anxiety and attain peace.
2. **Reduction of Stress and Anxiety through Trust in God:** The Quran and Nahj al-Balagha emphasize that trusting in God is an effective way to deal with worries and psychological pressures. The verse "وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ" (Talaq: 3) shows that God is enough for the one who places their trust in Him. This trust fosters a sense of reliance on a higher power and helps to alleviate psychological pressures, bringing about greater tranquility.
3. **Strengthening Hope and Resilience through Patience:** Patience is introduced in the Quran and Nahj al-Balagha as an important tool for maintaining mental health. The verse "يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ" (Baqarah: 153) emphasizes the importance of patience. Patience in the face of adversity gives a person the strength to view difficulties from a positive perspective and to remain hopeful about the future, thereby enhancing mental strength and resilience against stress.
4. **Building Self-Belief and Confidence through Worship and Spiritual Connection with God:** Prayer and acts of worship are recognized in the Quran and Nahj al-Balagha as tools for strengthening the mind and building self-belief. Based on the verse "إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ" (Ankabut: 45), prayer not only prevents inappropriate actions but also guides a person on the right path, fostering self-confidence and a strong connection with a greater source.
5. **Reducing Feelings of Loneliness through Connection with God:** In the Quran and Nahj al-Balagha, individuals are advised to turn to God in moments of loneliness and difficulty. This spiritual connection ensures that one does not feel alone in their struggles, and this closeness to God provides psychological peace and security. The sense of closeness to God and seeking refuge in Him is presented in the Quran as a powerful force against anxiety.
6. **Increasing Hope in Life and Enhancing Self-Esteem through Adherence to Ethical and Spiritual Principles:** Nahj al-Balagha, by emphasizing ethical principles such as piety, patience, and forgiveness, helps individuals approach life's challenges from a spiritual and moral perspective. These principles strengthen the spirit and self-esteem, boosting hope in life. Adhering to ethical conduct and strengthening one's religious identity can improve social and personal relationships and increase life satisfaction.

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