

What Islam says about respect?

Respect is one of the foundations of faith in Islam. We believe everything deserves to be respected and cherished because it was created by God for a purpose. Respecting others is heavily emphasised in the Qur'an. For example, respecting parents is mentioned immediately after belief in one God:



"Worship only the one God, and be good to parents" (Qur'an 2:83).

Islam encourages us to deal with each other in the best way, without discrimination. God says in the Qur'an:

"We have created you male and female and have made you nations and tribes that you may know one another. Indeed, the most noble of you in the sight of God is the most righteous of you." (Qur'an 49:13).

"And let not hatred of any people prevent you from being just. Be Just; that is nearer to righteousness." (Qur'an 5:8)

"The reward of goodness is nothing but goodness." (Qur'an 55:61)

"Keep to forgiveness, and enjoin kindness, and turn away from the ignorant." (Qur'an 7: 199)

"Not equal are the good deed and the bad deed. Repel evil by that which is better, and then the one who is hostile to you will become as a devoted friend. But none is granted it except those who are patient, and none is granted it except one having a great portion [of good]." (Qur'an 41:34, 35)



#RESPECT EACH OTHER'S FEELINGS

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What is respect?

Respect is acknowledging the value of other people. It is a way to be considerate of others and honour their rights, no matter who they are. We all want to know that we are valued and appreciated therefore, others must want this too. By respecting others, we encourage them to share their feelings and experiences. We strengthen our relationships. Respect creates peace and constructive communication. If we did not respect the views of others and their right to be different, then we'd be intolerant and selfish. We wouldn't have sincere relationships. Everyone has a basic right to respect.

Why is it important?

We may think that showing someone respect is degrading to ourselves or a sign of weakness. However, there is a difference between flattering someone and treating them with basic human kindness and decency. Flattering is degrading because it is done for our own benefit, in order to gain something. Moreover, oftentimes we don't mean it.

Respect is also not obedience and politeness based on fear, or seeking approval of those in power.

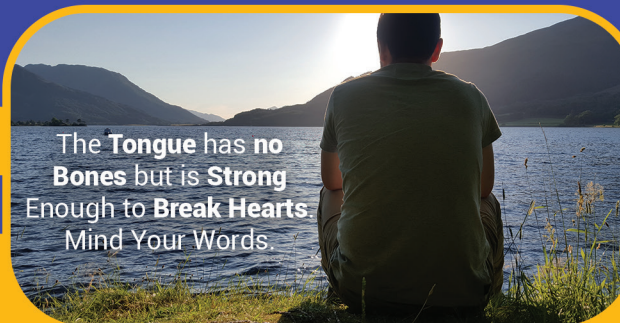


The problems with respect in society.

Some of us may lack respect for our planet; we may not look after the environment as well as we should. Furthermore, a prevalent problem in society today, is the lack of respect that some people have for one another - instead of treating each other as equal human beings, some individuals treat others as objects. We also may not always respect our parents as much as we should perhaps, because we are stressed or have our own problems and we forget to cherish them properly.

How do we respect ourselves?

We need to understand that we have worth and value as human beings. We should always try to be the best version of ourselves. We should continuously try to improve ourselves, move on from our past mistakes and be better. Respecting yourself means not settling for what you don't deserve, sticking by your values and being honest about who you are.



How do we respect others?

We begin by sincerely listening to and letting others express their views, whether we agree with them or not. We should be open-minded about those who are different from us, irrespective of their race, religion, nationality or anything else. We can all do small things to show respect, such as: protecting the value of others by not back-biting about them, adopting a non-judgemental attitude and being polite. After all, shouldn't we give others the respect that we would like from them?

We should give all people basic respect, but not give more to those who don't deserve it. People should earn your higher levels of respect when they have values that you agree with. For example, you may not agree with the values of someone who always lies.