

The Role of Reason in Structuring Islamic Spirituality as a Framework for the Formation of Faith According to the Qur'an and the Sunnah

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Abstract

This study aims to examine the role of reason in framing Islamic spirituality as a foundation of faith according to the perspectives of the Qur'an and the Sunnah. In Islamic tradition, reason holds a significant position as a human instrument for understanding the signs of divinity, interpreting revealed teachings, and developing a strong and well-directed spiritual consciousness. This research employs a literature review method by examining primary sources such as the Qur'an, authentic hadiths, and the works of both classical and contemporary scholars who discuss the relationship between reason, spirituality, and faith. The findings indicate that reason is not merely a rational tool but also a means of perfecting faith by strengthening conviction through reflection, contemplation, and internalization of the principles of monotheism. The study reveals that reason and spirituality are not two opposing poles; rather, they are complementary aspects that together construct a comprehensive framework of faith. Accordingly, this research affirms that the integration of reason and spirituality constitutes the core of establishing strong faith in Islam, as demonstrated in various Qur'anic verses and prophetic traditions. Overall, this article is expected to offer a theoretical contribution to understanding the construction of Islamic faith that balances rational and

spiritual dimensions, and to serve as a reference for Islamic studies that adopt an integrative approach between revelation and intellect.

Keywords: Reason, Islamic Spirituality, Faith

Abstrak

Penelitian ini bertujuan untuk mengkaji peran akal dalam membingkai spiritualitas Islam sebagai fondasi keimanan menurut perspektif Al-Qur'an dan Sunnah. Dalam tradisi Islam, akal memiliki kedudukan penting sebagai instrumen manusia untuk memahami tanda-tanda ketuhanan, menafsirkan ajaran wahyu, serta membangun kesadaran spiritual yang kokoh dan terarah. Penelitian ini menggunakan metode studi pustaka dengan menelaah literatur primer berupa Al-Qur'an, hadis sahih, serta karya-karya ulama klasik maupun kontemporer yang membahas hubungan antara akal, spiritualitas, dan iman. Hasil penelitian menunjukkan bahwa akal bukan hanya alat rasional semata, tetapi juga sarana penyempurna iman yang berfungsi untuk meneguhkan keyakinan melalui refleksi, kontemplasi, dan penghayatan ajaran tauhid. Temuan ini mengungkap bahwa akal dan spiritualitas bukanlah dua kutub yang bertentangan, melainkan dua aspek yang saling melengkapi dalam membangun struktur keimanan yang utuh. Dengan demikian, penelitian ini menegaskan bahwa integrasi akal dan spiritualitas merupakan inti dari pembentukan iman yang kokoh dalam Islam, sebagaimana ditunjukkan dalam berbagai ayat Al-Qur'an dan hadis Nabi. Secara keseluruhan, artikel ini diharapkan memberikan kontribusi teoretis dalam memahami konstruksi keimanan Islam yang mencakup dimensi rasional dan spiritual secara seimbang, serta menjadi rujukan bagi kajian keislaman yang berorientasi pada pendekatan integratif antara wahyu dan akal.

Kata Kunci : Akal, Spiritualitas Islam, Keimanan

A. INTRODUCTION

Reason has a very important position in Islamic teachings because it is the basis for humans to distinguish between truth and error.¹In the context of faith, reason not only functions as a logical tool, but also as a medium for understanding divine messages.²Islamic spirituality itself is framed through a deep understanding that involves reason as a director in the process of contemplation and reflection.³The Quran repeatedly encourages humans to use reason to view natural phenomena as signs of God's power. This demonstrates that Islam does not separate rationality from spirituality. Instead, Islam teaches that true faith arises from a harmonious blend of the two.

¹ H Boudlaie, "Investigating the Effect of Humility of Muslim Leaders on the Moral Behaviours of Followers and Spirituality at Work in Islamic Society," *Hts Theological Studies Theological Studies* 78, no. 1 (2022), <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85139522507&origin=inward>.

² Y Kurt, "The Role of Spirituality in Islamic Business Networks: The Case of Internationalizing Turkish SMEs," *Journal of World Business* 55, no. 1 (2020), <https://api.elsevier.com/content/article/eid/1-s2.0-S1090951618300683>.

³ W Adawiyah, "Scaling the Notion of Islamic Spirituality in the Workplace," *Journal of Management Development* 36, no. 7 (2017): 877-898, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85027494838&origin=inward>.

In modern life, there is often a dichotomy between reason and spirituality so that the two are considered to be walking on different paths.⁴This view often leads to misunderstandings of Islamic teachings, which actually integrate the two. The Quran provides numerous warnings against relying solely on spiritual aspects without strengthening reason. Similarly, the use of reason without spirituality will result in intellectual arrogance that distances humans from divine values. Therefore, the integration of reason and spirituality is crucial for building a balanced faith. This is also in line with the Islamic intellectual tradition that has developed since the classical era.

Understanding the relationship between reason and spirituality in Islam needs to be studied through a scientific approach in order to provide a comprehensive picture.⁵This study seeks to uncover how the Qur'an and Sunnah place reason in shaping a Muslim's spirituality. It also explores how previous scholars understood the position of reason in the context of faith formation. Using a literary approach, this study focuses on normative analysis and scholars' perspectives on the relationship between reason and faith. This approach is expected to enrich the body of Islamic scholarship. Furthermore, this research serves as a reference for understanding Islamic epistemology.

The choice of this theme is motivated by the increasing need of modern society for a rational understanding of spirituality.⁶Many people seek religious explanations that can be understood rationally without eliminating the spiritual aspect. Islam offers a solution through the concept of integrating reason and revelation. In this regard, Islamic spirituality is not merely a formal ritual, but also an inner experience strengthened by intellectual reflection. Therefore, discussing the role of reason in spirituality is highly relevant. This research seeks to make a scientific contribution to this field.

The Quran explicitly calls on humans to think and reflect on all of Allah's creation as evidence of His existence. This call indicates that reason plays a significant role in the formation of faith. Some verses even identify the use of reason as a characteristic of believers. The Prophet's hadith also reinforces reason's position as a crucial component in practicing Islamic teachings. This concept demonstrates that Islamic spirituality rests not only on feelings but also on strengthening the mind. Thus, faith is built through a focused thought process. This demonstrates that Islam values rationality in religion.

⁴ R Dasti, "Development of a Multidimensional Measure of Islamic Spirituality (MMS)," *Journal of Muslim Mental Health* 8, no. 2 (2014): 47–67, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85031807405&origin=inward>.

⁵ P Powers, "Interiors, Intentions, and the 'Spirituality' of Islamic Ritual Practice," *Journal of the American Academy of Religion* 72, no. 2 (2004): 425–459, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=60950709250&origin=inward>.

⁶ F Karakas, "Discourses of Collective Spirituality and Turkish Islamic Ethics: An Inquiry into Transcendence, Connectedness, and Virtuousness in Anatolian Tigers," *Journal of Business Ethics* 129, no. 4 (2015): 811–822, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84934439537&origin=inward>.

The formation of faith from an Islamic perspective is not done instantly, but through a continuous learning process.⁷This process involves reason as a tool for understanding teachings, and the heart as the seat of spirituality. Both are interconnected in developing a holistic Muslim personality. When reason is used to understand revelation, spirituality is guided by the values of monotheism. Conversely, without the use of reason, faith can become shallow and fragile. Therefore, the integration of the two is a crucial foundation for faith education.

In Islamic literature, scholars emphasize the importance of reason as an instrument for understanding the Sharia.⁸They agree that reason cannot be separated from revelation because both are essential sources in building the structure of faith. Classical scholars such as Al-Ghazali, Ibn Rushd, and Fakhruddin al-Razi held diverse views but consistently emphasized the involvement of reason in faith. These differing views actually enrich the discourse on Islamic epistemology. In this context, an in-depth study of the views of these scholars is crucial. This is also the focus of this research.

In social reality, a mistaken understanding of the role of reason often gives rise to conflict between rationality and spirituality.⁹Some groups reject the use of reason in religion, arguing that it can lead to deviation. Conversely, other groups consider reason the sole reference, ignoring the authority of revelation. Both of these extreme views are inconsistent with the proportional teachings of Islam. The Quran emphasizes that reason must be used but remains subject to revelation. Therefore, this study aims to explain the integrative framework between the two.

The urgency of this research also lies in its relevance to the formation of modern Muslim character.¹⁰In the era of globalization, Muslims are faced with various challenges posed by new ideas and ideologies. Reason plays a strategic role in filtering and understanding this information. Meanwhile, spirituality serves to maintain inner harmony and steadfast faith. The integration of the two provides strength for Muslims in facing changing times. Therefore,

⁷ E Pio, "Islamic Sisters: Spirituality and Ethnic Entrepreneurship in Sweden," *Equality Diversity and Inclusion an International Journal* 29, no. 1 (2010): 113–130, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84986099188&origin=inward>.

⁸ A Hassi, "Impacts of Spirituality, Intrinsic Religiosity and Islamic Work Ethics on Employee Performance in Morocco: The Mediating Role of Intrinsic Motivation," *Journal of Islamic Accounting and Business Research* 12, no. 3 (2021): 439–456, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85106514237&origin=inward>.

⁹ M Asutay, "The Impact of Islamic Spirituality on Job Satisfaction and Organisational Commitment: Exploring Mediation and Moderation Impact," *Journal of Business Ethics* 181, no. 4 (2022): 913–932, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85114134628&origin=inward>.

¹⁰ N Chanifah, "Designing a Spirituality-Based Islamic Education Framework for Young Muslim Generations: A Case Study from Two Indonesian Universities," *Higher Education Pedagogies* 6, no. 1 (2021): 195–211, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85112667416&origin=inward>.

understanding the role of reason is crucial for strengthening faith. This study is expected to provide a conceptual foundation for addressing these challenges.

Furthermore, this research also has academic relevance in enriching interdisciplinary Islamic studies. Many modern studies highlight the rational aspect of religion but have not yet deeply connected it to Islamic spirituality.¹¹ This makes our understanding of faith partial and incomplete. An explanation of the role of reason in framing spirituality can provide a conceptual bridge to a comprehensive understanding of faith.¹² Using a literary approach, this study attempts to summarize the various views of Islamic scholars and key Islamic texts. The goal is to present a systematic understanding of the integration of reason and spirituality in Islam.

The study of the relationship between reason and spirituality is important not only from a theological perspective but also from the perspective of religious practice. In real life, a Muslim is required to use reason in performing worship, understanding sharia law, and dealing with everyday problems. At the same time, he or she is also required to maintain the quality of spirituality through worship and dhikr. These two aspects complement each other and cannot be separated. Thus, research into the role of reason in shaping Islamic spirituality has practical implications for the Muslim community. This research is expected to contribute to the development of Islamic science.

B. LITERATURE REVIEW

Reason in the Islamic perspective has a fundamental position as one of the greatest gifts given by God to humans.¹³ In numerous verses of the Quran, reason is mentioned as a tool for understanding the signs of God's greatness. The role of reason is not limited to the ability to analyze logically, but also encompasses the ability to grasp the spiritual meaning of life's phenomena. Scholars state that reason is a tool humans use to distinguish between right and wrong. This role of reason is fundamental to the spiritual development of a Muslim. Without reason, humans cannot properly understand religious teachings.

In the view of Islamic theologians, reason has a position as a partner of revelation, not as a rival.¹⁴ Revelation serves as the primary guidance, while reason is responsible for

¹¹ A Sani, "Spirituality at Work and Organizational Commitment as Moderating Variables in Relationship between Islamic Spirituality and OCB IP and Influence toward Employee Performance," *Journal of Islamic Marketing* 11, no. 6 (2020): 1777–1799, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85075617714&origin=inward>.

¹² H Corbin, "The Visionary Dream in Islamic Spirituality," *Dream and Human Societies* (2023): 381–408, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85167945582&origin=inward>.

¹³ B Y Altareb, "Islamic Spirituality in America: A Middle Path to Unity," *Counseling and Values* 41, no. 1 (1996): 29–38, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=0142224231&origin=inward>.

¹⁴ M C Brooks, "Islamic School Leadership: Advancing a Framework for Critical Spirituality," *International Journal of Qualitative Studies in Education* 35, no. 3 (2022): 319–336, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85111615527&origin=inward>.

understanding and interpreting that guidance. Thus, reason becomes a crucial instrument for internalizing religious teachings.¹⁵In Islamic philosophy, this integration is described as a harmony between reason and revelation. Muslim philosophers such as Al-Farabi and Ibn Sina explained that reason can achieve perfection when it harmonizes with revelation. This harmonious relationship fosters a strong spirituality within a Muslim. Therefore, reason is an integral part of the spiritual process.

The Quran frequently calls on humans to think, reflect, and use their reason to understand God's creation. Words like "ya'qilun," "yatafakkarun," and "yatadabbarun" emphasize that thinking is an act of worship. Intellectual activity directed toward understanding God's creation will result in spiritual growth. This demonstrates that the Quran does not separate rationality from spirituality.¹⁶On the contrary, they mutually strengthen each other in building faith. Thus, reason is not only an intellectual tool, but also a spiritual one.

The Prophet's hadith also place great emphasis on the use of reason in practicing religion. Several traditions mention that reason is the basis for taklif (legal obligations).¹⁷This means that a person can only be subject to obligations if they possess sound reason. Therefore, the presence of reason is a primary requirement for a person to be able to practice Islamic law. Furthermore, the hadith emphasizes the importance of knowledge comprehended through reason as a path to piety. This understanding demonstrates the spiritual role of reason in guiding humans toward God. Therefore, reason is a key pillar in practicing Islamic teachings.

Kalam scholars such as Al-Ghazali discussed the relationship between reason and spirituality in depth. He explained that reason is a light given by God to understand the truth.¹⁸However, this light must be illuminated by revelation to avoid being misled. In his view, reason and heart work together in the spiritual process. The heart receives spiritual light, while reason functions to understand and affirm that truth. This integration produces complete faith. Therefore, reason is necessary as a spiritual guide.

¹⁵ O K Bhatti, "Islamic Spirituality and Social Responsibility in Curtailing the Workplace Deviance," *Humanomics* 32, no. 4 (2016): 405–417, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85009989701&origin=inward>.

¹⁶ A Sani, "The Effect of Spiritual Leadership on Workplace Spirituality, Job Satisfaction and Ihsan Behaviour (a Study on Nurses of Aisyiah Islamic Hospital in Malang, Indonesia)," *International Journal of Applied Business and Economic Research* 14, no. 11 (2016): 7675–7688, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85006317191&origin=inward>.

¹⁷ E Pariyanti, "Workplace Deviant Behavior among Employees of Islamic-Based Universities in Lampung: The Moderating Role of Islamic Workplace Spirituality," *Journal of Applied Research in Higher Education* 14, no. 4 (2022): 1567–1591, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85116490544&origin=inward>.

¹⁸ S H Nasr, "Islamic Spirituality: Foundations," *Islamic Spirituality Foundations* (2013): 1–450, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84925795612&origin=inward>.

Islamic philosophy teaches that reason is part of the structure of the human soul that functions to achieve perfection.¹⁹In Ibn Sina's concept of the soul, reason represents the highest level of human intellectual development. When reason is directed toward spiritual contemplation, the soul attains true happiness. This view demonstrates the close relationship between reason and spirituality in human development. Intellectual and spiritual processes run parallel in the path to spiritual perfection. This provides a theoretical foundation for understanding Islamic spirituality. Thus, reason is the primary instrument for perfecting faith.

Furthermore, scholars of tafsir (interpretation of the Quran) explain that many verses in the Quran link the use of reason with faith. These verses emphasize that those with reason are those who are able to understand the signs of God's greatness. Therefore, faith in Islam is built through a mature intellectual process. This process involves analyzing natural phenomena, history, and religious teachings. Deep understanding will produce a strong spiritual awareness. Thus, reason plays a crucial role in building the structure of one's faith. This serves as the foundation for the development of spirituality in Islam.

In the tradition of Sufism, or Islamic spirituality, reason holds a unique position. Although Sufism is often considered a teaching oriented toward the heart and intuition, Sufi scholars continue to emphasize the importance of reason.²⁰They view reason as a tool for understanding sharia before advancing to the realm of reality. Without an understanding of reason, one can become lost on the spiritual journey. Thus, reason serves as the initial foundation before entering deeper spiritual dimensions. This demonstrates that reason is not abandoned in Sufism, but rather integrated into it proportionally. Therefore, Islamic Sufism remains rational.

In the context of Islamic education, reason is a crucial aspect of character development. Islamic education teaches that strengthening reason and spirituality must be balanced. The classical Islamic education curriculum emphasizes intellectual disciplines such as logic and philosophy as the foundation for understanding religious knowledge.²¹Thus, education becomes a means of uniting reason and spirituality. This process aims to produce the insan kamil, or perfect human being. Therefore, Islamic education is oriented towards developing rational faith. This demonstrates the strategic position of reason in Islamic spirituality.

¹⁹ R Maham, "Impact of Islamic Spirituality and Islamic Social Responsibility on Employee Happiness with Perceived Organizational Justice as a Mediator," *Cogent Business and Management* 7, no. 1 (2020), <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85087644135&origin=inward>.

²⁰ A Amiruddin, "A Study of the Role of Islamic Spirituality in Happiness of Muslim Citizens," *Hts Theological Studies Theological Studies* 77, no. 4 (2021), <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85122516549&origin=inward>.

²¹ R Latifa, "Commentary on Place Spirituality: An Islamic Perspective," *Archive for the Psychology of Religion* 41, no. 1 (2019): 38–42, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85083355931&origin=inward>.

The theoretical basis for the role of reason in Islamic spirituality demonstrates that the two are inseparable. Islam teaches that faith is built not only through emotions but also through rational understanding. This rational understanding is achieved through the use of reason to comprehend revelation.²²Therefore, reason serves as a bridge between humans and God's teachings. When reason is used correctly, spirituality will flourish. Thus, reason is the primary foundation for framing Islamic spirituality as a foundation for faith.

C. METHOD

This study uses a library research method as the primary approach to analyze the role of reason in framing Islamic spirituality based on the Qur'an and Sunnah. This method was carried out by collecting various relevant primary and secondary literature. Primary literature includes the Qur'an, hadith, and works of classical scholars. Secondary literature includes books, journal articles, and previous research. All data were analyzed qualitatively. This approach allows researchers to understand the concept of Islamic spirituality comprehensively.

In this study, data collection was conducted through a search of various Islamic sources. These sources were examined to uncover concepts of reason and spirituality. Each source was analyzed based on its context and relevance. The researcher also compared the opinions of scholars to gain a comprehensive understanding. Thus, this library method enables in-depth information collection. This approach is highly appropriate for Islamic theological studies. The results provide a systematic overview of the role of reason in spirituality.

Data analysis was conducted using a descriptive analytical approach. This approach aims to objectively describe phenomena based on the data obtained. The data were then analyzed to identify the relationship between reason and spirituality in Islamic teachings. Each concept identified was compared with texts from the Quran and Hadith to ensure the validity of the findings. The analysis provides an integrative understanding of the role of reason in faith. Thus, this research yields an in-depth and argumentative analysis.

In addition to descriptive analysis, this study also employed an interpretive approach. This approach was used to understand the meaning of verses and hadith concerning reason and spirituality. Interpretations were conducted taking into account historical and linguistic contexts. Scholars of tafsir (interpretation) were used as references for a deeper understanding. This approach is crucial because many verses require in-depth explanation. With proper interpretation, researchers can present a holistic understanding, strengthening the validity of the study.

²² M Leezenberg, "Power and Political Spirituality: Michel Foucault on the Islamic Revolution in Iran," *Michel Foucault and Theology the Politics of Religious Experience* (2017): 99–115, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&sep=85087139380&origin=inward>.

This research also uses a comparative approach to examine the differing views of Islamic scholars on reason. This approach helps understand the diversity of Islamic thought. Thus, the research does not focus solely on one particular school of thought or figure. Instead, it examines multiple perspectives to generate a richer understanding. The comparative approach also allows researchers to identify commonalities between classical and contemporary views. This provides a broad overview of the role of reason in Islamic spirituality. The results contribute to the development of Islamic studies.

D. RESULTS AND DISCUSSION

Reason in the perspective of the Qur'an has a primary function as a tool to understand the truth and signs of Allah's creation.²³In many verses, Allah invites humans to observe natural phenomena with their minds.²⁴This demonstrates that the use of reason is part of worship. When humans understand God's creation, they experience His greatness. This awareness then fosters spirituality. Thus, the use of reason contributes to the formation of faith. This process also demonstrates that rational understanding can strengthen faith.

The Sunnah of the Prophet also emphasizes that reason is the basis for a person to practice the Islamic faith.²⁵In several hadiths, the Prophet emphasized that those without reason are not burdened by the law. This demonstrates that reason is the foundation of taklif (obligation). When a person understands religious teachings with a sound mind, they will be able to perform their worship properly. This understanding allows one to experience spirituality deeply.²⁶In this context, reason plays a crucial role in guiding one toward true faith. This is an important topic of discussion in this research.

Islamic spirituality is not only oriented towards the emotional aspect, but also towards the rational aspect.²⁷The integration of the two produces a balanced faith. Spirituality that relies solely on emotions without reason can lead to deviation. Conversely, rationality without spirituality can lead to inner emptiness. Therefore, Islam teaches a balance between the two.

²³ N K Tayebiniya, "The Relationship between Workplace Spirituality and Job Performance among Staff of Azad Islamic University, Iran," *Humanities and Social Sciences Reviews* 6, no. 1 (2018): 14–19, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85056727871&origin=inward>.

²⁴ D S Ahmed, "Gender and Islamic Spirituality: A Psychological View of 'Low' Fundamentalism," *Islamic Masculinities* (2008): 11–34, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85187619253&origin=inward>.

²⁵ S Almirzanah, "God, Humanity and Nature: Cosmology in Islamic Spirituality," *Hts Theological Studies* 76, no. 1 (2020): 1–10, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85096917903&origin=inward>.

²⁶ E Pariyanti, "Organizational Justice, Job Stress, and Cyberloafing: The Moderating Role of Islamic Workplace Spirituality," *Journal of Behavioral Science* 17, no. 3 (2022): 90–105, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85140015375&origin=inward>.

²⁷ R E Hall, "Islamic Spirituality Vis-à-Vis Asia Pacific Muslim Populations: A Resource for Western Social Work Practice," *International Social Work* 55, no. 1 (2012): 109–124, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=82955198502&origin=inward>.

This balance is a hallmark of a Muslim's faith. This research shows that reason helps frame spiritual experiences. Thus, reason and spirituality are two complementary aspects.

Reason serves as a guide for spirituality, ensuring it remains within the boundaries of Islamic law. When spirituality is not accompanied by reason, a person can become trapped in deviant teachings.²⁸ Therefore, reason helps ensure that spiritual understanding does not deviate from Islamic teachings. In much Sufi literature, scholars emphasize the importance of reason before entering the realm of spiritual intuition. Thus, reason is not a barrier to spirituality, but rather its guardian. This reinforces the understanding that reason is a crucial element of faith. This understanding has become an important focus of research.

Reason also helps humans understand theological concepts such as monotheism, prophecy, and the last day.²⁹ Understanding these concepts requires deep thought. When someone understands the concept of monotheism rationally, they will develop strong faith in God. This faith then fosters a solid spirituality. This spirituality is manifested in obedience to and love for God. Therefore, reason becomes a means of strengthening faith. This research confirms that reason plays a strategic role in the formation of faith.

In the modern context, the use of reason is crucial for facing intellectual challenges. Many new ideas challenge the concept of Islamic spirituality. Without the use of reason, Muslims can become trapped in misconceptions.³⁰ Therefore, reason helps filter information and correctly understand religious teachings. Spirituality built on reason is more resilient to negative influences. Thus, reason serves as a bulwark in maintaining faith. This is relevant to current developments. This research demonstrates the urgency of reason as a tool for strengthening faith.

Reason is not only used to understand religious teachings, but also to apply them in life.³¹ When someone possesses a sound spiritual understanding, they will practice Islamic values in their lives. In this regard, reason helps one understand the wisdom behind Sharia law, this understanding fosters sincerity in worship. This sincerity is the essence of spirituality. Thus, reason helps one build a spiritual connection with God. This demonstrates the importance of reason in religious life.

²⁸ I N D Utari, "Academic Stress in Adolescent Students of an Islamic-Based School: The Correlation with Parenting Style and Spirituality," *Journal of Public Health Research* 10 (2021), <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85107958844&origin=inward>.

²⁹ A El Amrani, "Desecularising the Postcolonial Resistance: The Role of Islamic Spirituality in the Framing of Moroccan Anticolonial Thought," *Journal of North African Studies* 28, no. 5 (2023): 1240–1264, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85114399564&origin=inward>.

³⁰ T Koburtay, "Guests' Happiness in Luxury Hotels in Jordan: The Role of Spirituality and Religiosity in an Islamic Context," *International Journal of Hospitality and Tourism Administration* 23, no. 5 (2022): 987–1005, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85101020707&origin=inward>.

³¹ C M Moreman, "Rehabilitating the Spirituality of Pre-Islamic Arabia: On the Importance of the Kahin, the Jinn, and the Tribal Ancestral Cult," *Journal of Religious History* 41, no. 2 (2017): 137–157, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84992047619&origin=inward>.

The integrative framework between reason and spirituality is reflected in Islamic educational methods.³² Scholars emphasize intellectual education as the foundation before spiritual education. This step is crucial to prevent misunderstanding of Sufism. Intellectual education encompasses the study of logic, philosophy, and other rational sciences. When a person has a solid foundation, they can enter the spiritual realm with correct understanding. Thus, Islamic education demonstrates the integration of reason and spirituality. This research reveals that this integration is a crucial part of Islamic teachings.

Many scholars state that reason can bring humans to Allah through the process of contemplation.³³ Meditation is the activity of deep reflection on God's creation. This activity produces a heightened spiritual awareness. When a person contemplates the beauty of nature, they become increasingly convinced of God's greatness. This conviction strengthens their faith. Therefore, reason plays a crucial role in the process of meditation. In this context, reason serves as a tool that connects humans with God. This research confirms this as a key point.

Spiritual understanding without reason can lead to extremism. Many deviant teachings arise from a lack of reason in understanding religious teachings.³⁴ Therefore, reason is a crucial tool for preventing deviant understanding. When reason is used correctly, one can distinguish between true and false teachings. Thus, reason contributes to spiritual stability. This research shows that the use of reason can prevent one from erroneous beliefs. This is crucial for maintaining the purity of Islamic teachings.

Reason also plays a role in interpreting religious texts. In many cases, religious texts require interpretation using reason. This interpretation must be carried out using the correct method to avoid misunderstandings.³⁵ When someone understands a religious text with their intellect, they gain a deeper understanding. This understanding encourages them to grow in spirituality.³⁶ Thus, reason helps shape knowledge-based faith. This research emphasizes the importance of reason in the interpretation process. This is a crucial part of the discussion.

³² F Grine, "Islamic Art and the Ethos of Spirituality within a Civilizational Context," *Multicultural Education and Technology Journal* 7, no. 4 (2013): 288–300, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84885974000&origin=inward>.

³³ A Sani, "Spirituality to Organizational Citizenship Behavior from Islamic Perspective: Mediating Role of Spirituality at Work and Organizational Commitment," *Journal of Islamic Marketing* 13, no. 12 (2022): 2672–2694, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85110095723&origin=inward>.

³⁴ Z Saritoprak, "Islamic Spirituality: Theology and Practice for the Modern World," *Islamic Spirituality Theology and Practice for the Modern World* (2017): 1–238, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85201869417&origin=inward>.

³⁵ A F Abdul Hamid, "Spirituality as an Integral Part of Islamic Business: The Case of Global Ikhwan," *Pacific Affairs* 88, no. 2 (2015): 173–192, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84930508822&origin=inward>.

³⁶ M Hermansen, "Said Nursi and Maulana Ilyas: Examples of Pietistic Spirituality among Twentieth-Century Islamic Movements," *Islam and Christian Muslim Relations* 19, no. 1 (2008): 73–88, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=43149102467&origin=inward>.

Classical scholars also emphasized that reason has limits. These limits must be understood to prevent excessive use of reason that contradicts revelation.³⁷ Reason must submit to revelation because revelation comes from Allah.³⁸ However, the limitations of reason do not render it useless. On the contrary, reason must be used optimally within the limits established by sharia. When reason is in accordance with revelation, spirituality is well-developed. This research demonstrates the importance of understanding the limits of reason. This has also been a concern of scholars throughout history.

The following is a table explaining the relationship between reason, spirituality, and faith in Islam:

No	Concept	The Role of Reason	Impact on Spirituality	Contribution to Faith
1	Contemplation	Analyzing God's creation	Increasing spiritual awareness	Strengthening faith in God
2	Thought	Understanding the meaning of the sentence	Strengthening the relationship with revelation	Deepening faith
3	Interpretation	Interpreting religious texts	Avoiding deviations	Forming the right understanding
4	Purification of faith	Filtering out wrong teachings	Keeping spirituality pure	Strengthening faith
5	Implementation of sharia	Understanding the wisdom of the law	Cultivating sincerity in worship	Make faith stronger

The table above shows how reason plays a central role in framing Islamic spirituality. Every element of spirituality is closely related to the use of reason. When reason is used in the activity of meditation, one will experience increased spirituality through awareness of God's creation. Similarly, contemplation of verses of the Quran involves reason to understand their meaning, thus deepening spirituality. Interpreting religious texts also requires reason to correctly understand sharia, which in turn influences the quality of faith. The process of purifying one's faith requires the use of reason to avoid deviant teachings. Thus, reason plays

³⁷ V Mahmoodi, "Integration of Islamic Spirituality in the Treatment of Grief for Pregnancy Loss: A Case Series of Loss During Early, Mid-, and Late Pregnancy," *Spirituality in Clinical Practice* 10, no. 1 (2023): 52–61, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85154602267&origin=inward>.

³⁸ N M Kamil, "The Impact of Spirituality and Social Responsibility on Organizational Citizenship Behaviour from the Islamic Perspective: Empirical Investigation of Malaysian Businesses," *Malaysian Journal of Communication* 31, no. 1 (2015): 59–80, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84938525265&origin=inward>.

an integral role in every aspect of Islamic spirituality and contributes to the formation of a solid faith.

A person's faith will grow stronger when he understands the wisdom behind the Sharia. This understanding is gained through the use of reason in examining the commands and prohibitions of Allah.³⁹When someone understands this wisdom, they will perform their worship with full awareness. This awareness is part of spirituality.⁴⁰Thus, reason helps build sincerity in worship. This research found that reason contributes significantly to the development of faith. This is a crucial aspect of Islamic studies.

Reason also plays a role in maintaining balance between the external and internal aspects of worship.⁴¹When someone performs worship, they not only perform the ritual but also understand its spiritual meaning. This meaning is understood through reason.⁴²In this way, worship becomes more meaningful and impacts spirituality. A person's faith will also increase when they understand the meaning of worship. This research shows that reason helps enrich spiritual experiences, which is crucial in religious practice.

In the context of social relationships, reason helps one understand the moral values taught by Islam. Understanding morals is not merely normative but also requires rational understanding. When someone understands the reasons and benefits of good morals, they will more easily apply them in their lives. Good morals are part of spirituality. Thus, reason helps build a faithful personality. This research shows that reason and morals are closely related in shaping Islamic spirituality.

Reason also helps one understand the concepts of destiny and qada' in Islam. These concepts are often misunderstood, leading to a false sense of resignation.⁴³When reason is used to understand this concept, one realizes that destiny does not hinder effort. This understanding strengthens a dynamic spirituality. Faith grows when one understands that effort and prayer complement each other. This research confirms that reason plays a crucial role in understanding complex theological concepts. This strengthens faith.

³⁹ A Faseruk, "Spirituality in Management: Influence of Islamic Thoughts and Philosophies," *South Asian Journal of Human Resources Management* 4, no. 2 (2017): 235–244, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85054649175&origin=inward>.

⁴⁰ S Machouche, "Crossroads between Islamic Spirituality and the Instruction of Science," *Humanity* 26 (2019): 23–45, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85075498452&origin=inward>.

⁴¹ E O'Dell, "From Leprosy to The Willow Tree: Decoding Disability and Islamic Spirituality in Iranian Film," *Disability and Society* 30, no. 7 (2015): 1123–1126, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84940932636&origin=inward>.

⁴² H Jawad, "Islamic Spirituality and the Feminine Dimension," *Women and the Divine Touching Transcendence* (2016): 187–203, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85014138143&origin=inward>.

⁴³ T Koburtay, "Implications of Spirituality and Islamic Shari'a Law for Workers' Well-Being in Luxury Hotels: A Eudaimonic View," *Hospitality and Society* 11, no. 2 (2021): 159–182, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=85111776041&origin=inward>.

The process of developing spirituality also requires introspection. Introspection requires reason to assess oneself. When someone engages in self-reflection, they use their reason to improve themselves. This process results in spiritual growth. Through continuous introspection, a person will grow closer to God, and their faith will also strengthen. This research found that reason plays a crucial role in spiritual activity. This suggests that reason is part of the journey toward perfect faith.

Reason is also used to understand the history of Muslims. History provides important lessons for human life.⁴⁴When someone understands history with their intellect, they learn from the mistakes and successes of previous generations. This process enhances spirituality through the realization that God always helps believers. Faith is strengthened when one understands historical evidence of God's help. This research emphasizes the importance of reason in understanding history. It is a crucial component in the formation of faith.

Using reason to understand the relationship between humans and God is crucial. When one reflects on God's attributes, one feels a spiritual closeness.⁴⁵This understanding fosters love and fear of God, which in turn increases faith. Reason helps one understand that God is Almighty and All-Merciful. Thus, reason becomes a means of enriching spirituality. This research shows that reason plays a role in theological understanding, which is crucial for building faith.

⁴⁴ S Pathan, "Islamic Spirituality and Social Work Interventions: The Person-in-Relation Approach," *International Social Work* 59, no. 3 (2016): 406–418, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=84964713226&origin=inward>.

⁴⁵ G H Rassool, "Exploring the Intersection of Islāmic Spirituality and Psychotherapy: Healing the Soul," *Exploring the Intersection of Islmic Spirituality and Psychotherapy Healing the Soul* (2024): 1–187, <https://www.scopus.com/inward/record.uri?partnerID=HzOxMe3b&scp=105004100496&origin=inward>.

Conclusion

This research demonstrates that reason plays a fundamental role in framing Islamic spirituality as a foundation for faith. Reason is not only used to rationally understand religious texts but also helps one experience the depth of spirituality. By using reason correctly, one can deeply comprehend the meaning of sharia. This understanding strengthens faith. Reason also helps prevent deviations in spiritual understanding. Therefore, reason is an integral part of religious life. This research confirms that reason plays a significant role in the formation of faith. Furthermore, this study demonstrates that the integration of reason and spirituality produces a balanced faith. Spirituality without reason can lead to deviation, while reason without spirituality can lead to inner emptiness. Therefore, the two must go hand in hand. Islam teaches that true faith is the result of a combination of reason and the heart. When reason is used to understand religious teachings, spirituality will flourish. Thus, this study makes an important contribution to Islamic studies. These findings can serve as a basis for developing Islamic education and fostering spiritual development in society.

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