



Islam: Myth vs. Fact

JOURNEY INTO ISLAM

The claims below are among the most repeated about Islam — and among the most misunderstood. Each is paired with what the sources actually say. The full articles behind every one are at journeyintoislam.com.

Muslims worship a different God

"Allah" is just Arabic for God — the same God of Abraham. Arabic-speaking Christians and Jews say "Allah" too. The Qur'an tells them: "Our God and your God is one."

Quran 29:46

Islam was spread by the sword

The Qur'an forbids forced faith: "There shall be no compulsion in religion." The world's largest Muslim populations were never converted by Arab armies at all.

Quran 2:256

Islam condones killing innocents

The Qur'an holds every life sacred: to kill one innocent is "as if he had slain mankind entirely." Scholars condemn the harming of non-combatants.

Quran 5:32

Jihad means holy war on non-Muslims

Jihad means to strive — above all the inner struggle to do right. Armed struggle is one limited form, tied to defence and barred from transgression.

Jihad · Encyclopaedia Britannica

Islam rejects Jesus

Jesus ('Isa) is one of Islam's greatest prophets — the Messiah, born of the Virgin Mary, the most honoured woman in the Qur'an. Muslims differ only on his divinity.

Quran 3:45

Islam oppresses women

Islam gave women rights to property, inheritance, consent in marriage and learning — early for its time — and the Qur'an calls women and men spiritually equal. Much mistreatment is culture, not the religion.

Quran 33:35

Islam is against science

The first word revealed to the Prophet was "Read." The Qur'an urges observation and reason, and Muslims led a golden age of astronomy, medicine, and algebra.

Quran 96:1-5

Sharia is just harsh punishment

Sharia means "the path" — mostly worship, ethics, and family life. The dramatic punishments are a small, tightly-limited part, read differently across schools of law.

Sharia · Encyclopaedia Britannica

Hijab is forced on women

The Qur'an commands modesty of believing women, and for most who wear it, hijab is a chosen act of worship and identity — not imposed. Islam's own principle against religious coercion condemns forcing it.

Quran 24:31

Muslims who leave Islam are killed

The Qur'an states plainly: "Whoever wills - let him believe; and whoever wills - let him disbelieve." It never prescribes a worldly penalty for private disbelief; classical rulings arose in a different, political context.

Quran 18:29

Islam requires men to marry multiple wives

Islam permits up to four wives — it doesn't require even one beyond a first. The same verse demands a fairness the Qur'an itself calls impossible to achieve perfectly, and most Muslims are monogamous.

Quran 4:3

Hadith are just made-up stories

Hadith are transmitted through documented chains of narrators that scholars scrutinised in detail, openly grading each report sound, weak, or fabricated — hence hadith are always cited with a grade, not taken on trust.

Hadith · Encyclopaedia Britannica

Every claim on this sheet is cited to the Qur'an or authentic, graded hadith.

Full sources: journeyintoislam.com/pocket-guides/myth-vs-fact

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