10 COMMANDMENTS OF NONVIOLENCE

I hereby pledge myself—my person and body—to the nonviolent movement, therefore I will keep the following ten commandments!

MEDITATE
daily on the teachings and life of Jesus.

REMEMBER
always that the nonviolent movement seeks justice and reconciliation—not victory.

WALK and TALK
in the manner of love, for God is love.

PRAY
daily to be used by God in order that all men might be free.

SACRIFICE
personal wishes in order that all men might be free.

OBSERVE
with both friend and foe the ordinary rules of courtesy.

SEEK
to perform regular service for others and for the world.

REFRAIN
from the violence of fist, tongue, or heart.

STRIVE
to be in good spiritual and bodily health.

FOLLOW
the directions of the movement and of the captain on a demonstration.

Students who went through nonviolence training, including participants in the 1963 Birmingham Children’s March, were required to sign this pledge before participation in marches, sit-ins, and other protests.