

# 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.

