



Vow of Nonviolence

Before God the Creator and
the Sanctifying Spirit, I vow
to carry out in my life the love
and example of Jesus. . .

www.paxchristiusa.org; 814-453-4955

—by striving for peace within myself and seeking to be a peacemaker in my daily life;

—by accepting suffering in the struggle for justice rather than inflicting it;

—by refusing to retaliate in the face of provocation and violence;

—by persevering in nonviolence of tongue and heart;

—by living conscientiously and simply so that I do not harm creation or deprive others of the means to live;

—by actively resisting evil and working nonviolently to abolish war and the causes of war from my own heart and from the face of the earth.

***God, I trust your sustaining love
and believe that just as you gave me the grace and desire to offer this,
so you will also bestow abundant grace to fulfill it.***