

## ***Vow of Nonviolence***

Recognizing the violence in my own heart, yet trusting in the goodness and mercy of God, I vow for one year to practice the nonviolence of Jesus, who taught us in the Sermon on the Mount:

"Blessed are the peacemakers, for they shall be called the sons and daughters of God ... You have learned how it was said, 'You must love your neighbor and hate your enemy,' but I say to you, love your enemies and pray for those who persecute you. In this way, you will be called daughters and sons of your Creator in Heaven."

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

- by striving for peace within myself and seeking to be a peacemaker in my daily life;
- by accepting suffering 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 deprive others of the means to live;
- by actively resisting evil and working nonviolently to abolish war and causes of war from my own heart and from the face of the earth.

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