

Commitment Card *Martin Luther King, Jr., 1963*

All who joined the movement were required to sign this commitment.

I hereby pledge myself—my person and body—to the nonviolent movement. Therefore I will keep the following ten commandments:

1. Meditate daily on the teachings and life of Jesus.
2. Remember always that the non—violent movement seeks justice and reconciliation — not victory.
3. Walk and talk in the manner of love, for God is love.
4. Pray daily to be used by God in order that all men might be free.
5. Sacrifice personal wishes in order that all men might be free.
6. Observe with both friend and foe the ordinary rules of courtesy.
7. Seek to perform regular service for others and for the world.
8. Refrain from the violence of fist, tongue, or heart.
9. Strive to be in good spiritual and bodily health.
10. Follow the directions of the movement and of the captain on a demonstration.

I sign this pledge, having seriously considered what I do and with the determination and will to persevere.

Name _____
Address _____
Phone _____
Nearest Relative _____
Address _____

Besides demonstrations, I could also help the movement by (Circle the proper items):
Run errands, Drive my car, Fix food for volunteers, Clerical work, Make phone calls,
Answer phones, Mimeograph, Type, Print Signs, Distribute leaflets.

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RELEVANT PRACTICE for 2023

Make your own commitment card, one that honors King's principles and reflects our world today, your desired practice of non-violence and peace-making, and your own faith tradition.