

The Vow of Nonviolence

Pax Christi has promoted the Vow of Nonviolence, written by Eileen Egan and Rev John Dear, for many years. It can be used as a focus for prayer and reflection by individuals, communities or parishes.

In recent years we have encouraged its use on 2 October, the International Day of Nonviolence, where we hope that others, around the world, will also share the vow, so making it an act of solidarity with others seeking to live a nonviolent life.

The Vow is also available in Arabic, French, Spanish, German, Italian, Korean and Swahili.

You can download it here <https://paxchristi.net/wp-content/uploads/2024/09/Multi-language-vow-of-nonviolence.pdf>

Recognising the violence in my own heart, yet trusting in the goodness and mercy of God,
I vow 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 neighbour 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 daughters and sons of your Creator in heaven.’”

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 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 the 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 abundant grace to fulfill it. Amen.

Some discussion/reflection points

Invite your youth group, women’s group, prayer or another group you belong to, to read the vow together. Take time to reflect on what each of the four calls of the Vow mean to them.

*What would the world look like if nonviolence were our first choice in working to resolve conflicts?
How might you build on these responses in your parish or community?*



Pax Christi

www.paxchristi.org.uk



Catholic Nonviolence Initiative

www.nonviolencejustpeace.net