

***Nonviolence is a style
of politics for peace***
Pope Francis



Recognising the violence in my own heart,
yet trusting in the goodness and mercy of God,
I seek to practice the nonviolence 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 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 you will give me the grace to live
out this prayer.

(Pax Christi USA, adapted)



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