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)