

The 1963
Birmingham Civil Rights Movement
Ten Commandments

“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 nonviolent movement in Birmingham 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.

This pledge was taken by all demonstrators during the Birmingham civil rights movement of 1963.

Source: “The Foot Soldier Informer, February 2007-May 2007,” p. 5