



vineyardusa

TEN COMMANDMENTS

Jesus-Shaped Formation

1. Meditate daily on the teachings and life of Jesus.
2. Remember always that the nonviolent 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 people might be free.
5. Sacrifice personal wishes in order that all people 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.

Adapted from a 1963 Civil Rights Movement Commitment Card from the Alabama Christian Movement for Human Rights