

## Martin Luther King, Jr.'s Six Principles of Nonviolence handout

Martin Luther King, Jr.'s Six Principles of Nonviolence are:

**Principle one:** Nonviolence is a way of life for courageous people. It is active nonviolent resistance to evil. It is aggressive spiritually, mentally and emotionally.

**Principle two:** Nonviolence seeks to win friendship and understanding. The result of nonviolence is redemption and reconciliation. The purpose of nonviolence is the creation of the Beloved Community.

**Principle three:** Nonviolence seeks to defeat injustice, not people. Nonviolence recognises that evildoers are also victims and are not evil people. The nonviolent resister seeks to defeat evil, not people.

**Principle four:** Nonviolence holds that suffering can educate and transform. Nonviolence accepts suffering without retaliation. Unearned suffering is redemptive and has tremendous educational and transforming possibilities.

**Principle five:** Nonviolence chooses love instead of hate. Nonviolence resists violence of the spirit as well as the body. Nonviolent love is spontaneous, unmotivated, unselfish and creative.

**Principle six:** Nonviolence believes that the universe is on the side of justice. The nonviolent resister has deep faith that justice will eventually win. Nonviolence believes that God is a God of justice.