This paper develops an account of valuable distrust. It is based on Martin Luther King Jr.’s work. Distrust is a cognitive attitude. To distrust someone is to have the confident belief that s/he will not act as justice requires. To attain its value, distrust must be accompanied by a feeling of anguish, which leads to an intense desire for change, and a deep and abiding sense of faith, which leads to the belief that change is possible. When distrust is complemented by anguish and faith, it disposes individuals to act in ways that promote justice, which makes it more likely to be attained. However, not all actions are valuable expressions of distrust. On King’s view, agape love is an essential constraint on morally valuable distrustful action. Agape love requires non-violence. Thus, any action that springs from a loving sense of distrust must also be non-violent.