

Martin Luther King, Jr. Day - Change something about the culture of America

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When was the last time you sought to change something in your life? How about in your family? How about the culture of America?

Martin Luther King, Jr. is a figure in American history who stands for change. It was his courage to speak out against slavery, and his integrity in his relationship with God that allowed for slavery to be exposed for what it was and to fight for change. We now can see how much his influence impacted the America we experience today.

Is there an area in your own life that could stand for change? Take a look at some simple ways you can acknowledge Martin Luther King, Jr. and inspire change within your life.

Watch Martin Luther King, Jr.'s "I Have A Dream" speech with family or friends. Sometimes engaging in the visual footage of the moment in history that created such an incredible shift in our culture can spark a light within your mind and heart. Perhaps seeing a dream so passionately expressed—a dream for freedom and equality—will ignite your dream for the kind of America you want to see today. You can even take some time to talk with those around you about what freedom and equality mean in your own life.



Engage in an act of service with a friend! You can start by searching for volunteer opportunities near you. [The Corporation for National and Community Service](#) allows you to search its database for local and national Martin Luther King, Jr. Day volunteer opportunities. You can make a day of it if you have the time -- inviting others to think about the importance of service as a way to inspire goodness within yourself and within others. If you are busy, like many others, you might consider "virtual volunteering" as a way to contribute something.



Create something that has meaning to you by using King's message of acceptance and justice to inspire your art. Write. Paint. Make music. It's a chance to explore what mode of expression you work best in. Art is a way where your creativity and talent can be used to show your activism and passion.

It is because of Martin Luther King, Jr. and all those that chose to stand for something that we can have justice in America today. It is historic people such as these that were willing to give their life to a cause that created change. Above all, the one way anyone can celebrate this day is to acknowledge the sacrifice that was given for a better America, and pledge to continue to make America a place of love and peace!