

## MLK Day: Powerful Lessons from Dr. Martin Luther King, Jr.

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For the past 4 ½ years, I have lived in Atlanta, Georgia, the birthplace of Martin Luther King Jr. and his extended family. If you ever have the chance to visit Atlanta, I highly recommend that you make time to experience the King Center and the National Historical Park which includes the visitors center, the Historic Ebenezer Baptist Church, Freedom Hall and MLK Jr's birth home.

I also challenge you to find a way to find a way to honor Dr. King's legacy with your family on January 20, 2020. If your children do not have school, find a volunteer opportunity to do as a family by joining "Make It A Day On, Not A Day Off." Use this website and put in MLK Day in the key word section: [www.nationalservice.gov/serve/search](http://www.nationalservice.gov/serve/search) Or find something that fits your family's schedule. Search google for ideas or ask your kids to come up with something. Read the article and let your inspiration take the lead.

Adapted from a blog post by Sharon Egan, [parentingforhappyfamilies.com/](http://parentingforhappyfamilies.com/)

Dr. Martin Luther King Jr., an iconic pastor, human rights activist and leader in the American civil rights movement has, and will forever, impact the world not only as a whole but if we allow him to, on us as individuals.

When I think of Dr. King, the following 3 words immediately come to my mind:

Dream  
Believe

## Persevere

Dr. King's dream of having peace and equality for all was one in which he believed so deeply in that he persevered through the very worst of times, having hope and faith every step of the way.

What are your dreams?  
as a parent?  
for your family?  
for yourself?

Your dreams can become your reality! But first, you must believe.

Do you believe in yourself? What we say to ourselves is a reflection of what we believe which then becomes our truth. If you tell yourself, "I'm a terrible parent" or "I have no more patience to give!" then guess what?

Do you believe in your children? Your children believe about themselves what they believe that you believe about them. Even if you say you believe in your kids, your words and your actions may be telling a different story. Have you ever told your child he is irresponsible? Are you always there with loving reminders for your child?

Persevering through the many challenges of raising children is not easy but so important to do if your dreams are to become a reality.

And if you are parenting alone, the challenge is magnified, greatly testing your ability or willingness to persevere!

Dr. King showed great strength and perseverance, but he had the help of many others right alongside him.

Let's learn from Dr. King! Let's band together as parents and support one another to reach the dreams we have for ourselves and for our families.

What will you do with your family and others to make MLK Day be a "Day On, Not A Day Off?"