According to recent figures, volunteers provided approximately $187.7 billion in services throughout the U.S. in 2019. Without these volunteers, many non-profit organizations would not be able to stay afloat. While volunteering helps these organizations, researchers have found that being a volunteer offers many additional benefits:

- People who volunteer in general are happier because they feel they are part of something bigger. Their own lives have a purpose that is bigger than themselves.
- Volunteers say they feel better physically, mentally and emotionally.
- Volunteers feel a deeper connection to their community and to others.
- Volunteers experience less stress and worry.
- Volunteers who serve with the purpose of helping others live longer.
- Volunteers over the age of 50 are less likely to develop high blood pressure.

Prayer: Thank you for the leadership and vision of Martin Luther King, Jr. in the struggle for equality and dignity for all human beings. Help us to listen to his words. Grant us the courage and strength to live out our commitment to create peace and justice in our world.

Find volunteer opportunities:
MLKDay.gov
nationalservice.gov