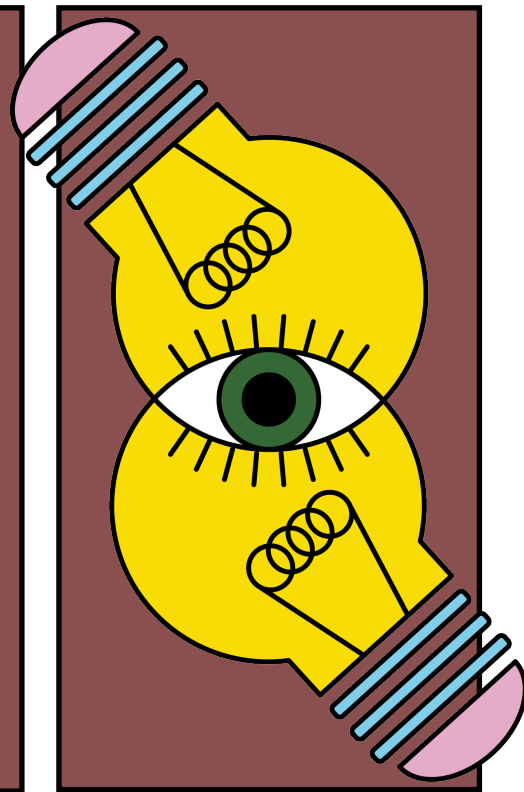


Individual Gratitude, Communal Responsibility

Repair the World

Today is the 26th annual MLK Day of Service. Dr. King's moral leadership continues to resonate today on topics of racial justice and poverty. His legacy of action and learning, organizing and advocacy, and love for humankind lives on through contemporary activists in the Movement for Black Lives and beyond. This year and every year, we honor him through learning and action.



We are grateful to Repair the World, a partner organization, for creating this activity.



#gratitudedays

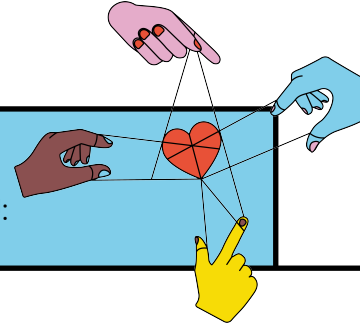
Days of
Gratitude

m²

gratitudedays.com



In Reverend Dr. Martin Luther King Jr.'s sermon "The Three Dimensions of a Complete Life," he lays out the claim that a complete life has three dimensions¹:



Length

"The inward concern for one's own welfare"

Breadth

"The outward concern for the welfare of others"

Height

"How we reach towards the divine"

In the morning prayer, Birkot HaShachar, we give gratitude for a Divine 'Who removes sleep from my eyes and slumber from my eyelids.' We are reaching out to the Divine out of concern for our own welfare, giving gratitude for the ability to see and the gift of waking up each and every morning and being alive.

Later on in the sermon, Dr. King writes: "An individual has not started living until [they] can rise above the narrow confines of [their] individualistic concerns to the broader concerns of all humanity."

Can we hold both of these ideas together? Daily gratitude for being alive, and, we are not truly alive if we are not expressing a deep concern for the welfare of others? Concern for all of humanity is a tall task, especially in a society that encourages rugged individualism, so maybe we can start off with a smaller slice to grow over time and ground our concern for humanity in relationships.

Cindy Greenberg, [Repair the World](#)'s President and CEO, wrote: "Service, especially service that is done alongside our non-Jewish neighbors, is a powerful way to build relationships and uproot our internalized biases that inform our everyday decisions about where we live, shop, dine, and who we interact with. Truly serving side by side is an equalizer that begins to create real change on the ground."²

Write down a list for one or both of the prompts below:

Ways that I add the welfare of others (breadth) to my daily routine:

Opportunities to find gratitude in caring for those outside of my social group:

1.

1.

2.

2.

3.

3.

Find opportunities to volunteer virtually and in person with Repair the World this MLK Weekend and beyond.

¹ [The Three Dimensions of a Complete Life](#) // Rev. Dr. Martin Luther King Jr. // April 9, 1967

² Comment on [Mitzvah Day: Good, But \(Maybe\) Not Tikkun Olam](#) // 4/18/2018