

As young adults, we probably have more “extra” time than we care to admit. Here are six suggestions for how you can extend your circle of influence through service.



# Time to Serve

By Liz Stitt

A few years ago, I was working full-time and finishing an evening program to earn my Master of Business Administration degree. When I finished my MBA, I wanted to use that “extra” time for something meaningful.

The advice from a trusted professor was simple and clear—I needed to find opportunities to serve. While he knew of my Church responsibilities, he suggested I look beyond my regular circle of influence.

I started a prayerful search to know where my skills and talents were needed and where I could do the most good. I was soon led to a community center that needed mentors for their teen program.

I began mentoring a teenage girl whose family had left Somalia as refugees. Each week we practiced reading, writing, and

math skills. But beyond that, we developed a friendship and learned about each other’s cultures and dreams for the future. When she moved, I was assigned another girl. Her family had fled Myanmar, and she had been raised in a refugee camp in Thailand. Along with studying, we also discussed the challenges of life and how to respond to them.

I’ve found many other opportunities to use my skills in different ways and serve in the community.

Many of us single adults find ourselves with shifting demands on our time due to a move, graduation, or job change, among others. Often, we get a nudge from the Spirit that our single years are not just a “waiting game.” We feel a need to develop more purpose and meaning.

We probably have more “extra” time than we care to admit, so taking a minute to see how we can use that time to lift others will be a blessing to others as well as ourselves. After all, serving others is how we can show our love for God and keep our covenants to give our all to Him. ■

*The author lives in Utah, USA.*