



## By the Numbers: What Have Your Parents Done for You?

**7,665.** The number of meals your parents made for you by the time you were seven. And how did you repay them? By throwing the food all over the floor, no doubt!

# The Example of the Savior

The Savior said, “The works which ye have seen me do that shall ye also do” (3 Nephi 27:21). In other words, the Savior has invited us to follow his example.

The Savior gave us the ultimate example of honoring his parents as he hung on the cross. Think of the excruciating pain the Savior must have felt. The previous twenty-four hours had been torture and misery and now he was suffering one of the cruelest deaths possible. Yet even still, he honored his mother. The scriptures record, “Now there stood by the cross of Jesus his mother. . . . When Jesus therefore saw his mother, and [John, the Apostle], he saith unto his mother, Woman, behold thy son! Then saith he to the disciple, Behold thy mother! And from that hour [John] took her unto his own home” (John 19:25–27).

Even in that moment of supreme agony, Jesus was concerned about what would happen to his mother after he died. He showed honor to her by making sure her needs were met.

## HONORING YOUR PARENTS

“There come thundering to our ears the words from Mount Sinai: ‘Honour thy father and thy mother.’ . . .

“How do you honor your parents? I like the words of William Shakespeare: ‘They do not love that do not show their love.’ There are countless ways in which you can show true love to your mothers and your fathers. You can obey them and follow their teachings. . . .

“Be honest with your mother and your father. One reflection of such honesty with parents is to communicate with them. Avoid the silent treatment. . . . If you are [late], make a telephone call. . . .

“Don’t wait . . . before you say, ‘I love you, Mother; I love you, Father.’ Now is the time to think and the time to thank. I trust you will do both. You have a heritage; honor it.”—President Thomas S. Monson<sup>4</sup>



## By the Numbers: What Have Your Parents Done for You?

**600.** That’s the number of hours of sleep your parents lost during your first year of life. (That doesn’t count the lost sleep while your mother was uncomfortable at night during her pregnancy.)



**2,920**  
hours  
of sleep  
per year

**2,320**  
hours  
of sleep  
per year

**Before you  
were born**

**After you  
were born**