A close up of pink flowers

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Mother's Day is a time when we honor and celebrate the women who have played such important and integral roles in our lives. It’s not an exaggeration to say that none of us would be here today if not for our mothers.

Here are five facts about how mothers use their time every week:

1. Mothers spend an average of 14 hours per week on household chores such as cooking, cleaning, and laundry, according to a survey by the Bureau of Labor Statistics.
2. Mothers spend an average of 6 hours per week driving their children to activities and appointments, according to a survey by Pew Research Center.
3. Mothers spend an average of 4.6 hours per week helping their children with homework, according to a survey by the National Center for Education Statistics.
4. Mothers spend an average of 2.7 hours per week volunteering at their children's schools, according to a survey by the National Center for Education Statistics.
5. Mothers spend an average of 7 hours per week caring for their children, including activities such as playing, reading, and helping with personal care, according to a survey by Pew Research Center.

**Honor Your Mother with Respect (Exodus 20:12, Ephesians 6:2-3)**

**Honor Your Mother with Time (Ephesians 5:15-17)**

**Honor Your Mother with Love (John 13:34)**

**Honor Your Mother’s Sacrifice (1 John 3:16)**

**Thank you moms! Today and every day.**