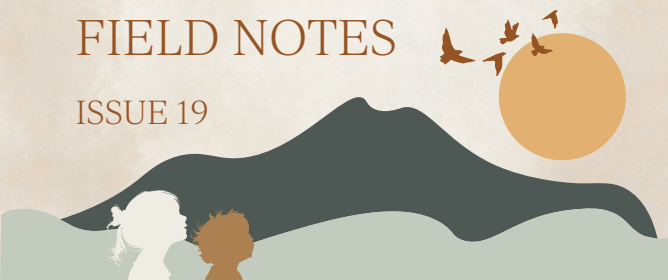


# Nat Theo Club

## FIELD NOTES

ISSUE 19



## Hummingbird

AVES (BIRDS)

### HABITAT:

Hummingbirds live in North, Central, and South America. Many live year-round in tropical areas. Some found north of Mexico migrate to have babies and find food. They like trees, shrubs, open spaces, and places with lots of flowers with sugary nectar.

### FUN FACTS:

The smallest hummingbird (and the smallest bird in the world) is the bee hummingbird found in Cuba. It is about two and a quarter inches long.



## HAVE YOU EVER HAD A VERY BUSY DAY?

What is one of the busiest days you can remember?  
How did you feel at the end of it? Were you very tired?

Yesterday, as I watched a Black-chinned Hummingbird zip around trees and hover over a small creek, I thought about how busy they are all day long. These tiny birds are the smallest birds in the world. They move all throughout the day to collect nectar from flowers and small insects to eat and feed their babies.

Hummingbirds are very active and can flap their wings around 4,200 times every minute! That means they need a whole lot of energy. Their heart can beat around 1,200 times every minute to help fuel that energy. That means their heart beats much, much faster (1,400% faster, in fact) than our hearts.

God designed hummingbirds with a great strategy to give them the energy they need. Hummingbirds practice something called torpor (tore-poor), which is a deep, deep nap. They can stop and enter into this sleepy state while lowering their body temperature up to 50 degrees Fahrenheit. This helps them save energy. It goes to show that a nap or a simple rest goes a long way!

In Matthew 11:28-29, Jesus said, "Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives."

Jesus offers us deep rest, like the hummingbirds in torpor. We can always rest our thoughts, worries, and spirits in His presence. As we do, He will fuel us up and give us all we need to live active lives for His plans and purposes.

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