



Black Bear

URSIDAE

HABITAT:

Live in the United States (in at least 40 of the 50 states), Canada, and Mexico. Forests and mountains.

FUN FACT:

Black bears have their name because settlers first saw them in the eastern United States, where they are black colored. But black bears can be black, brown, cinnamon, blue/gray, and even white (these are called “Spirit Bears”). Listen to episode 9 of Nat Theo to learn more.



WHAT DO YOU FIND WHEN YOU FLIP OVER ROCKS?

One day last summer, my family and I were driving through the foothills of the mountains when I spotted a black bear walking down a grassy hillside. We pulled our car over and set up our spotting scope to get a good look at the beautiful bear. As he made his way down the hillside, he stopped at each rock and flipped it over with his strong paws. What do you think he was looking for? He was searching for something you’re probably looking for when you flip over rocks: insects! Bears are omnivores, which means they eat both plants and animals or, in this case, insects.

That day, I noticed the bear’s careful attention. He did not stop or become distracted. Instead, he looked under each rock, not wanting to miss a thing.

Bears spend a lot of time finding food. Although bears don’t truly hibernate (listen to Nat Theo Episode 23), they take long winter naps. Before winter, they store fat by eating a lot of food. This process is called hyperphagia. During this time, a bear can eat up to 20,000 calories daily! For comparison, they usually only eat around 5,000 calories a day.

Like a bear flipping over every rock to see what’s beneath it, we can eagerly search God’s Word, expecting to find good things! God’s Word is full of life. Matthew 4:4 says, “People do not live by bread alone, but by every word that comes from the mouth of God.”

Just like the bear I watched that day did not leave any rock unturned, we can carefully read God’s Word, paying attention to details, and finding all the wonderful treasures inside it.

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