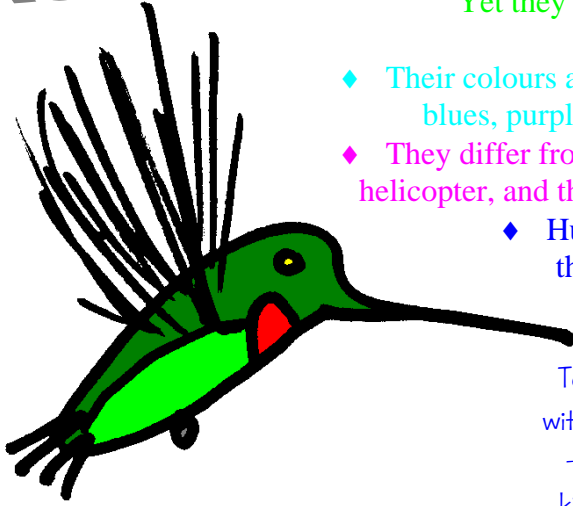


# A Real Humm-Dinger

Hummingbirds are as tiny as your little finger.  
Yet they are one of God's most beautiful creatures.



- ◆ Their colours are like the rainbow – bright iridescent reds, blues, purples, and greens that glitter in the sunlight.
- ◆ They differ from other birds because they can hover like a helicopter, and they can even fly backwards and upside-down.
- ◆ Hummingbirds are very agile in the air, because they have special wings, strong muscles, and a special feather arrangement.

To get an idea of how a hummingbird hovers, stand with your arms straight out to either side of your body – then move your arms in a figure '8' pattern. It's kind of like treading water – except it's treading air.

- ◆ Hummingbirds are always on the move so they need lots of energy – about 10,000 calories a day (compared to humans, who need only about 2,000 calories).
  - ◆ Hummingbirds constantly drink nectar and sugar water to get all that energy.
- ◆ Their little hearts also beat very quickly – over 1,000 beats per minute. (Your own heart beats about 65 beats per minute.) That's pretty good for a heart the size of a pencil eraser.



- ◆ When a hummingbird sleeps at night, it sometimes enters *torpor*, a death-like state of mini-hibernation. Its heart slows down, and its temperature drops, so it can save energy. But in that state, the hummingbird cannot flee from predators. And if it gets knocked from its perch in the trees, it cannot get a grip onto another perch.  
So it's very vulnerable when it enters torpor.

God made over 300 types of hummingbirds. Imagine the fun He must have had making them. He gave them a perfect little heart, and a pea-sized brain that does everything the hummer needs it to do. God made them beautiful, smart, acrobatic, and swift. And He put all that into a teensy package.



But even a talented little hummer must depend on God – because when he enters torpor, who do you think keeps the predators away? **God Himself !!**

If God looks after a tiny bird, imagine the care He takes with you and me.

*"I know every bird in the mountains, and the creatures of the field are mine."  
– Psalm 50:11*