

## “HUMMINGBIRDS AND HUMANS”

Hummingbirds abound where we live. They are miniature marvels in many respects. For instance, did you know that the wings of medium-sized hummingbirds beat about 20–25 beats per second and the wings of the smallest beat 70 beats per second? They can fly at speeds up to 50 miles per hour for short distances; can also fly backwards, and are the only group of birds able to do so! They feed on the nectar of plants and consume up to five times their own body weight in nectar each day. Hummingbirds are continuously hours away from starving to death, and are able to store just enough energy to survive overnight.

Recently I went shopping for new hummingbird feeders. The saleslady said, “Mix one part sugar and one part water. Hummingbirds need the energy that sugar gives them because they flap their wings so fast using lots of energy.”

I bought two feeders. In one I put sugar water and in the other several small packets of a popular sugar substitute. The birds came – hovered and drank flitting away and soon returning to drink again and again. The sugar water disappeared, the sugar-substitute water didn't! There was no energy boost in artificially sweetened water. I knew that and now my small-fry feathered friends do also.

I've learned several lessons from my experiment with hummingbirds. (1) You can't fool hummingbirds! (2) Taste is not everything – just ask hummingbirds; (3) My flying bullets need “fly power” generated from genuine energy producing stuff.

We human “birds” like hummingbirds, need to replenish our energy regularly also, not on sweets but healthy food. What is true in the physical realm is also true in the realm of the spiritual. We Christians need to regularly renew our spiritual energy from the feeder of God's Word and there is no substitute!

Jeremiah shares his experience, which will be ours as well when we do what he did: “Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart.” (Jeremiah 15:16) Christians do not have wings to flap but we need the energy that God's Word gives us or we will flop!

(Humm, I wonder if there are any diabetics among hummingbirds? I guess that's a subject for another time.)

JdonJ