**Leaves and Lilies – a two minute meditation**

**Bible Reading**

And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today**.** [Matthew 6.28-34]

**Take two minutes out of your day and…….**

 Find a leaf, any kind of leaf.

 Get it from the salad box in the fridge, a pot plant, a hedge or a garden.

 Take the leaf and turn it over and over in your hand.

 Look at the shape.

 See the structure.

 Observe the colour.

 Feel the texture.

 And the weight.

**Prayer**

God of detail, thank you for the small things in your creation. Thank you for all the beauties I so easily miss. Thank you for shapes, for structures, for textures. Thank you for the varieties of the colour for plants great and small, common and exotic. Help me to notice your little things, and enjoy them with you. Amen.