In recent weeks have we found it easier to lean towards the negative and think about what we do not have rather than looking at what we do have. Sometimes it is that we get caught up with the crowd and hear the down side of a situation. One day last week my daily calendar thought about gratitude, encouraging us to be more aware of what we have, rather than on what we are missing.

Do we, should we, can we, recognize the treasure in the simple, in what we do have? Jesus said, "For where your treasure is, there your heart will be also" Matthew 6 v 21,

For those of us with gardens and especially who love gardening the feel of the fertile soil between fingers. For the flowers, fruit and vegetables it will provide. The colour and perfume it will produce during the process is a bonus.

For people with vision a glorious sunset, how many of us have tried to capture the scene on camera? Numerous artists over many years have waited for the perfect moment when the light is at it's best and they will be there with paint and a brush ready in hand.

One of my phone contact photos is of a golden sunset taking place in Africa.

So often our human attempts of capturing the scene disappoint when we view the outcome. Possibly the Golden Sunset is intended to be enjoyed in the moment.

In recent weeks I have enjoyed from my front window the annual display of Snow Alpine flowers followed now by Iris's along with the Buddleia growing back ready for the Butterflies and over the road the wonderful colour and blossom of the Magnolia tree.

Gratitude, aware of what we have in the common and simple. A warm bed, a hot meal, clean clothes, for many a garden.

Gracious God, may we who are so rich in many ways, be thankful for what we have rather than focus on what we are missing. We pray for the many in situations far worse than our own and ask that you would give us truly grateful hearts and attitudes. In the name of Jesus Amen

Hymn Give thanks with a grateful heart number 78 in Singing the Faith and 170 in Mission Praise.