

## **THOUGHT FOR THE DAY: Friday 3<sup>rd</sup> February 2023**

**By Revd Kit Gunasekera**

### **Check out races**

I find the staff at my local Sainsbury's always friendly and helpful. It makes for a nice shopping experience. The one thing that stresses me out though, is when it comes to packing. I sometimes use the self service check out but I prefer to go to a till and say hello to a cashier, and most of the time there is a que. When my turn comes, the race begins. I try hard to keep up with the cashier, filling up my bag as fast as I can, so I don't hold up the que behind me! Sometimes, I am convinced that they up the pace so they can win the race! Its specially galling when, after I have done very well to keep up and am literally just two items behind, they say "that's £48.96 please when you are ready!" I feel like saying, I am ready, can you not see how well I have kept up with you! And then there is the whole episode of trying to pay. My butter fingers... Although I can see my Nectar card, debit card and parking ticket, and actually have got my figures on them, can I pull them out of my wallet? No! I have calculated that I need to give my self 30 seconds to get all there of them out in advance and keep my mental health in tact! In that time, the Lewis Hamilton of the check out world has processed another 20 items, adding to my stress!

Of course this is all nonsense. I am over thinking it. Nobody in the queue behind me or the cashier is bothered about how fast I pack my bags or get my money out of my wallet as long as they see I am doing something. Its all my baggage, both literally and metaphorically.

That is a trivial example of course, but I wonder if the much more important things we worry about and get stressed by, is also because we over think it? How often do we find that the things we worry about actually come to pass? And when they come to pass, how often have they been as bad as we feared they would be? And if they have been as bad as we feared they would be, how often have we not been able to do anything about them?

And about those things we cannot do anything about, is it helpful to worry about them? Not sure, but here is also an alternative. "Cast all your anxiety on Jesus because he cares for you." - 1 Peter 5:7