

## St James News: Thought for the day – Wednesday 23<sup>rd</sup> September 2020

### Take it deeper – Revd Kit Gunasekera

I wonder how we are feeling after yesterday's announcement of a tightening of restrictions, which could last for 6 months? At the back of our minds, we probably anticipated this might happen, and there is the possibility, which we hope can be avoided, of the restrictions being tightened further. However, the last 6 months has felt a long time, and the possibility of another 6 months might seem a mountainous to many of us. We may well be feeling tired, mentally and physically.

I remember, just before the start of the lock down in March, trailing around Sainsbury's for the third time in as many days, and starting to gently panic at how sparse the store was, not only that, but also the general direction everything was heading in, started to make me feel very low. I was then reminded of this phrase 'take it deep'. I have often heard it in relation to cricket, although it may be used in other contexts. What the term means to me is for the team batting second, in a limited overs match, not to panic when chasing a big score, but to play calmly as long and as deep into their innings as possible, and at the very last moment to start hitting big shots and try and win the match. By taking it deep, the batsmen are well set, they are used to the light and to the bowlers, and it is more sustainable to bat aggressively for a shorter space of time with wickets in hand.

To those not familiar with cricket, I wouldn't lose too much sleep over trying to understand what the 'cricket speech' all means! The point is - do not panic. Stay calm. Take it one step at a time.

In that moment in Sainsbury's, I felt God say to me - "is it really time to panic? Take another look"

When those times come to us, where we may feel overwhelmed with tiredness or worry, may we remember there is always another step we can take with God. We never come to the end with Him. In Him, we can take it deeper. Sometimes, it just means resting in Him, when there is nothing else we can do, and allowing Him to carry us for a while.