

# How do I stop those annoying, looping thoughts?

## Proverbs 23:7 (AMPC)

For as he thinks in his heart, so is he. As one who reckons, he says to you, eat and drink, yet his heart is not with you [but is grudging the cost].

## Isaiah 41:10 (AMPC)

Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice. [Acts 18:10.]

## Exodus 14:13 (AMPC)

Moses told the people, Fear not; stand still (firm, confident, undismayed) and see the salvation of the Lord which He will work for you today. For the Egyptians you have seen today you shall never see again.

## 1 Timothy 6:12 (AMPC)

Fight the good fight of the faith; lay hold of the eternal life to which you were summoned and [for which] you confessed the good confession [of faith] before many witnesses.

## Daniel 7:25 (AMPC)

And he shall speak words against the Most High [God] and shall wear out the saints of the Most High and think to change the time [of sacred feasts and holy days] and the law; and the saints shall be given into his hand for a time, two times, and half a time [three and one-half years]. [Rev. 13:1-6.]