When Your Thoughts Keep Circling

Finding Peace for the Anxious Heart · Andy Douglas

Scripture

In the multitude of my thoughts within me, your comforts delight my soul. (Psalm 94:19 · WEB)

Reflection

God can meet you in the middle of busy thoughts.

Sometimes the mind keeps returning to the same concern. You may think through it again and again, hoping that the next thought will bring peace. But instead of feeling clearer, your heart can feel more unsettled.

The writer of Psalm 94 knew what this was like.

“In the multitude of my thoughts within me…”

He does not hide what he felt. He brings it honestly before God.

But anxiety is not the end of the verse.

“your comforts delight my soul.”

God met him with comfort. Not harshness. Not shame. Comfort.

That is a beautiful promise for an anxious mind. God knows how to bring His reassurance into the places where thoughts feel restless. He can remind you that He is near, that He is faithful, and that you are held in His care.

Today, you can pause and turn towards God.

Bring Him the concern that keeps returning. Let His comfort speak gently into your heart.

Your thoughts may feel busy, but God’s presence is steady. His comfort can meet you there and lead you back towards peace.

Prayer

Father, when my thoughts keep circling, help me to turn towards You. Bring Your comfort into my anxious mind and remind me that You are near. Let Your presence steady my heart and lead me gently back into Your peace. Amen.

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