



# T.R.A.I.N.

## — THE MIND DAILY —

Renew Your Mind Through Scripture,  
Reflection, and Daily Practice

*One Faithful Step at a Time*



Kent Mukui



# T.R.A.I.N. THE MIND DAILY

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A Guided Journey Toward Peace, One Thought at a Time.

**By Kent Mukui**  
*Presented by DivertMind*



# DEDICATION

To the one whose mind never seems to rest...  
To the one who lies awake replaying conversations.  
To the one who smiles on the outside while carrying battles no one else can see.  
To the one who wonders if things will ever get better.  
To the one grieving a relationship, waiting for an answer, or carrying fears that feel too heavy to explain.  
And to the one who quietly whispers,  
"God... where are You?"  
"Lord... I don't know what to do anymore."  
This workbook is for you.  
May these pages remind you that you are deeply loved, never forgotten, and never walking alone.  
One thought.  
One prayer.  
One faithful step at a time.

— Kent Mukui

# T.R.A.I.N. The Mind Daily

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This workbook shares reflections from my personal journey together with biblical principles that have helped me navigate anxiety, intrusive thoughts, loneliness, emotional pain, and difficult seasons of life.

It is written to encourage spiritual growth and personal reflection. It is not intended to diagnose, treat, or replace professional medical, psychological, or mental health care. If you are experiencing severe emotional distress or a mental health crisis, please seek support from a qualified healthcare professional.

Unless otherwise noted, Scripture quotations are taken from the New International Version (NIV). Selected passages are quoted from the English Standard Version (ESV), the New American Standard Bible, 1995 Edition (NASB 1995), and the Christian Standard Bible (CSB), where noted.

# Walk Beside Me

Before we begin...

I'd like to ask one favor.

Don't rush through these pages.

This isn't a race.

It's not a test.

You won't receive a grade when you finish.

There are no perfect answers waiting at the back of the workbook.

This journey isn't about becoming someone else.

It's about becoming more aware of what is happening inside you—and learning to invite God into those places with honesty and hope.

Some days you may read only one page.

That's okay.

Some days you may stop to journal for twenty minutes.

That's okay too.

Some chapters may stir emotions you weren't expecting.

If that happens, don't hurry past them.

Sit with them.

Pray.

Reflect.

If needed, talk with a trusted friend, pastor, counselor, or mentor.

This workbook isn't asking you to carry your burdens alone.

It's inviting you to begin noticing them differently.

One thought.

One prayer. One day at a time.

As we walk together, you'll notice that every chapter follows the same rhythm.

Not because life always follows a formula...

But because healthy rhythms help us slow down.

Every chapter includes:

## **Walk Beside Me**

A conversation between two travelers.

Not a lecture.

Not a sermon.

Just someone walking beside you.

### **Let's Notice Together**

A chance to slow down and observe what is happening inside your mind and heart.

### **What I'm Learning**

A reflection from my own journey.

Not because my story is more important than yours.

But because sometimes another person's honesty gives us permission to be honest ourselves.

### **God's Invitation**

A passage of Scripture.

Not as a quick answer.

But as an invitation to let God speak into the places that hurt.

### **Try It Today**

One simple practice.

Nothing overwhelming.

Just one faithful step.

### **My T.R.A.I.N. Journal**

A place to write.

To notice.

To pray.

To reflect.

To begin building a new rhythm.

### **Walking Together**

A few closing words before we move to the next chapter.

Not because the journey is over.

But because tomorrow we'll take another step.

Together.

So before we begin...

Take one slow breath.

You don't have to have everything figured out.

You don't have to pretend you're okay.

You don't have to impress God.

Just come as you are.

Let's begin.

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## CHAPTER ONE

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# Where Hope Begins

"Come to me, all who labor and are heavy laden, and  
I will give you rest."

— Matthew 11:28 (ESV)



## Walk Beside Me

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May I ask you a question?

When was the last time your mind was completely quiet?

Not asleep.

Not distracted.

Just...

quiet.

For many people, that question is surprisingly difficult to answer.

Maybe it is for you too.

Perhaps your mind always seems to be working.

Always solving.

Always remembering.

Always preparing.

Always worrying.

Maybe you replay conversations long after they've ended.

Maybe you imagine conversations that haven't happened yet.

Maybe one small comment stays with you for days.

Maybe loneliness follows you into rooms full of people.

Maybe grief visits when you least expect it.

Maybe you feel like no one truly understands what it's like inside your mind.

Or maybe...

You're simply tired.

Not physically tired.

Mentally tired.

Emotionally tired.

Spiritually tired.

I've come to know that kind of tired.

Over the years, God has gently been teaching me something.

Healing often begins when someone finally says,

"Me too."

Not because another person can solve all our problems.

But because being understood reminds us that we were never meant to walk alone.

For years, I searched for peace in my circumstances instead of in God's presence.

I believed peace would come when life finally settled down.

When the problems disappeared.

When relationships healed.

When finances improved.

When I became stronger.

When my faith became better.

But life rarely works that way.

There always seems to be another hill to climb.  
Another uncertainty.  
Another disappointment.  
Another season of waiting.  
Eventually, I began to wonder whether I had been looking for peace in the wrong place.  
Perhaps peace wasn't waiting at the end of my problems.  
Perhaps peace was learning to walk with God in the middle of them.  
That realization didn't change my circumstances overnight.  
But it began changing me.  
Instead of asking,  
"How do I make these thoughts disappear?"  
I began asking,  
"Lord... will You walk with me through them?"  
Those two prayers sound similar.  
But they lead in very different directions.  
One asks God to remove the struggle.  
The other invites Him into it.  
And that...  
is where this journey begins.  
Not with fixing.  
Not with striving.  
Not with pretending.  
But with walking.  
One breath.  
One honest prayer.  
One truthful thought.  
One act of surrender.  
One faithful step.  
Again.  
And again.  
And again.  
So before we turn the page...  
Take one slow breath.  
You don't have to rush.  
You don't have to prove anything.  
You don't have to have your life together before God meets you.  
He already knows where you are.  
And He is not waiting at the finish line.  
He is walking beside you, here and now.  
Let's simply begin...  
together.



## Pause Here

Before moving on, answer one question honestly.

Why did I pick up this workbook today?

- Don't write what sounds spiritual.
- Don't write what you think someone else wants to hear.
- Write the real reason.
- There are no wrong answers.

Only honest ones.



(Write your response here.)

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## Walking Prayer

Father,  
You know my thoughts better than I know them  
myself.  
You know the questions I haven't spoken aloud.  
You know the fears I try to hide.  
Thank You for meeting me exactly where I am.  
Help me slow down.  
Help me listen.  
Help me trust that You are walking with me, even  
when I cannot yet see where the road is leading.  
By Your grace, today I choose to take one faithful step.  
Walk with me.  
In Jesus' name,  
Amen.



## Tomorrow...

We'll begin by  
discovering something  
every person carries—  
even if no one else can  
see it.  
We'll discover that  
**everyone carries  
something.**  
And perhaps, in realizing  
that, you'll feel a little less  
alone.



## CHAPTER TWO

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# Everyone Carries Something

*"Come to me, all who labor and are heavy laden, and I  
will give you rest."*

— Matthew 11:28 (ESV)



## Walk Beside Me

Can I tell you something I've been learning?

Sometimes words aren't enough.

How do you explain thoughts that won't stop?

How do you explain feeling lonely in a room full of people?

How do you explain grieving a relationship while still trying to show up for work, care for your family, or simply make it through the day?

How do you put words to a battle that is happening almost entirely inside your own mind?

Sometimes...

there simply are no words.

And yet...

healing often begins when someone quietly says,

"I understand."

Or perhaps...

"Me too."



## Let's Notice Together

Take a quiet moment.

Without trying to fix anything...

**What are you carrying today?**

- 
- Don't think about what other people expect from you.
  - Think about what your heart knows.
  - Finish this sentence honestly.

**Today...**

**I feel the weight of...**

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## Which of these feels closest to your current season?

- ☐ Anxiety
- ☐ Overthinking
- ☐ Loneliness
- ☐ Relationship pain
- ☐ Separation
- ☐ Waiting
- ☐ Fear
- ☐ Shame
- ☐ Exhaustion
- ☐ Financial pressure
- ☐ Health concerns
- ☐ Uncertainty
- ☐ Something else

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## What I'm Learning

Looking back, I can see something I didn't notice then.

I was using my own strength to solve every problem that came my way.

Without realizing it, I carried everything by myself.

Every decision.

Every fear.

Every disappointment.

Every unanswered question.

I thought that was strength.

Now I'm beginning to believe something different.

Strength isn't about how much you can carry.

It's about knowing when to set it down.

It's about trusting that you don't have to have all the answers before you can find peace.

It's about believing that you are not alone—even when everything inside you says otherwise.

Somewhere along this journey, I stopped asking "How do I fix this?" and started asking "What if I just let God walk with me through it?"



## God's Invitation

*"Cast all your anxiety on Him because He cares for you."*

— 1 Peter 5:7 (NIV)

Notice that Peter doesn't say,

"Carry it a little longer."

He says,

"Cast it."

That word paints a picture of releasing something into someone else's care.

Casting doesn't mean pretending the burden wasn't real.

It means refusing to carry it alone.



## Try It Today

Today...

Instead of trying to solve everything...

Name one burden.

Just one.

Write it down.

Offer it to God.

Then ask Him for enough grace to carry today's responsibilities.

Not next week's.

Today's.



## My T.R.A.I.N. Journal

Today I'm carrying...

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How long have I carried this?

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What has it been costing me?

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What would trusting God with this look like today?

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## Prayer

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Father,  
You already know what I've been carrying.  
Some of these burdens have become so familiar that I hardly notice how heavy they are.  
Today I place them in Your hands.  
Give me courage to trust You one day at a time.  
Help me remember that I don't have to carry life alone.  
Walk with me today.  
Amen.



## Walking Together

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Thank you for being honest today.  
Honesty isn't weakness.  
It's often the beginning of healing.  
Tomorrow...  
we'll begin noticing something else.  
Not just what we're carrying...  
but how our minds respond to it.  
We'll keep walking.  
Together.

— Kent Mukui



## CHAPTER THREE

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# Waiting Outside the Door

*"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"*

Psalm 27:14 (ESV)



## Walk Beside Me

I spent years waiting.

Waiting for answers.

Waiting for change.

Waiting for someone else to move first.

Waiting for the right feeling.

I had built my life around a door that wasn't opening.

Then one day I asked myself a different question.

What if I'm waiting outside a door that was never meant to be opened by me?

What if the waiting itself was never the point?

What if I already had permission to take the next step?

That question didn't answer all my questions.

But it was a small shift in perspective...

One that slowly changed the direction I was walking.



## Let's Notice Together

Everyone waits.

The question isn't if you're waiting.

The question is...

### **Where?**

And perhaps even more importantly...

### **What has that waiting been doing to your heart?**

Some waiting draws us closer to God.

Others waiting quietly convinces us to postpone our lives.

One is rooted in trust.

The other is often rooted in fear.

Learning the difference takes time.

I'm still learning it myself.



## What God Has Been Teaching Me

One of the hardest lessons I've had to learn is this:

Waiting isn't always passive.

Sometimes waiting is active trust.

Sometimes God asks us to be still.

Other times He asks us to take the next faithful step, even while we don't have all the answers.

I've discovered that I often wanted certainty before obedience.  
God usually invited me to obedience before certainty.  
That's difficult.  
But it's also freeing.  
Because it means I don't have to know everything before taking today's next step.  
Only today's step.  
Tomorrow can wait until tomorrow.



## Let's Listen Together

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*"Wait for the Lord; be strong, and let your heart take  
courage; wait for the Lord!"*

Psalm 27:14 (ESV)

Read this verse slowly.  
Then read it again.  
Notice that David doesn't tell us to pretend waiting is easy.  
He acknowledges that waiting requires courage.  
Why?  
Because waiting often means living with unanswered questions.  
It means trusting before seeing.  
It means believing God is still working, even when nothing seems to be changing.  
That kind of waiting isn't a weakness.  
It's faith.  
Another story comes to mind.  
When Joshua stood at the edge of the Jordan River, the waters did not part while  
everyone remained safely on the shore.  
The priests stepped into the water first.  
Then God made a way.  
(Joshua 3)  
I don't know what "Jordan River" you're facing today.  
But I do know this:  
God often reveals the next step before He reveals the whole journey.



## Try It Today

Take a few quiet moments with these questions.

Don't rush.

There are no perfect answers.

Simply be honest.



## Before We Begin

On a scale of 1–10, how much does waiting feel like it's putting your life on hold today?

**1** = I'm at peace with waiting.

**10** = Waiting feels unbearable.

Today's number: \_\_\_\_\_



## Name Your Waiting

Today I'm carrying...

- ☐ A relationship to heal
- ☐ A job or career change
- ☐ Physical healing
- ☐ Financial relief
- ☐ An apology or closure
- ☐ My anxiety to decrease
- ☐ My circumstances to change
- ☐ God to speak clearly
- ☐ A decision from someone else
- ☐ Something else:

---

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## Try It Today

Take a few quiet moments with these questions.

Don't rush.

There are no perfect answers.

Simply be honest.



## Before We Begin

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- ☐ God to speak clearly
- ☐ A decision from someone else
- ☐ Something else:

---

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## How long have I been waiting?

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Today I'm carrying...

- ☐ Weeks
- ☐ Months
- ☐ Years
- ☐ I've lost track



## What Kind of Waiting Is This?

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- ☐ Active Waiting

I'm trusting God while continuing to take faithful steps.

- ☐ Passive Waiting

I'm postponing life until circumstances improve.

- ☐ Fear-Based Waiting

I'm afraid of making the wrong decision.

- ☐ Faith-Based Waiting

I believe God is asking me to wait.

- ☐ I'm still not sure.



## My Jordan River

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What step do I believe God may be inviting me to take?

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What's keeping me from taking that step?

- ☐ Fear
- ☐ Uncertainty
- ☐ Feeling unprepared
- ☐ Fear of rejection
- ☐ Waiting for perfect clarity
- ☐ Other

If I truly believed God was with me...  
What would I do differently this week?

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## One Faithful Step

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Instead of asking,

**"When will everything change?"**

Ask,

**"What is one faithful step I can take today?"**

My next step is...

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When will I take it?

- ☐ This morning
- ☐ This afternoon
- ☐ This evening
- ☐ Before I go to bed



## My T.R.A.I.N. Journal

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What door have I been standing outside?

---

What am I waiting for?

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Has God asked me to wait...  
or have I been waiting because I'm afraid?

---

What is one faithful step I will take today?

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## Prayer

Father,

Waiting is difficult.

Sometimes I grow discouraged because I can't see what You're doing.

Teach me the difference between waiting on You and waiting because I'm afraid to move.

Give me courage to trust You with today's step, even if tomorrow is still unclear.

Help me remember that Your presence is with me, whether the door opens today or much later.

In Jesus' name,

Amen.



## Walking Together

Maybe the door you're waiting on won't open today.

Maybe it will.

Either way...

God has not stopped walking with you.

Neither has hope.

Thank you for letting me walk beside you today.

We'll take tomorrow's step...

tomorrow.

— Kent Mukui

## A Quiet Thought to Carry With You

Waiting with God is never wasted time.



## CHAPTER FOUR

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# The Thought Didn't Begin the Battle

*(T — Track the Trigger)*

*"Search me, O God, and know my heart! Try me and  
know my anxious thoughts!"*

Psalm 139:23 (ESV)



## Walk Beside Me

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### Can I tell you what began to change everything for me?

I stopped fighting every thought.

I started paying attention to them.

Not believing them.

Not following them.

Just...

noticing them.

I wanted to understand where they were coming from.

What happened first?

What was I feeling before the thought arrived?

What had my heart experienced...

before my mind began telling its story?

I slowly discovered that the thought was often the second thing.

Something else usually came first.

A trigger.

A memory.

A disappointment.

A fear I hadn't named.

A wound I hadn't noticed.

That discovery changed the way I understood my mind.

It became the first step of what I now call **T.R.A.I.N.**



## Let's Notice Together

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Before we move on, let's slow down.

You don't need to solve anything right now.

Just notice.

Think about a recent moment when your thoughts suddenly became louder.

Can you remember what happened just before?

Perhaps someone said something.

Perhaps you remembered something.

Perhaps nothing dramatic happened at all.

Maybe you were simply tired.

Or lonely.

Or overwhelmed.

Sometimes our thoughts are like waves.

But waves usually begin with something beneath the surface.

Learning to notice that has changed the way I respond to myself.  
Instead of asking,  
"What's wrong with me?"  
I now ask,  
*"What happened just before my thoughts became loud?"*  
That simple question has become one of the kindest gifts I can give myself.



## What God Has Been Teaching Me

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God has been teaching me that awareness is not weakness.  
It's wisdom.  
I believed that noticing my triggers meant I wasn't trusting  
God enough.  
Now I see something different.  
When David prayed,  
*"Search me, O God... and know my anxious thoughts,"*  
he wasn't pretending those thoughts didn't exist.  
He welcomed God into them.  
That encourages me.  
Because if David could be honest with God...  
Maybe I can be too.  
Noticing my triggers doesn't excuse my reactions.  
It simply helps me understand where I need God's grace.  
Awareness is often the first step toward transformation.



## Let's Listen Together

---

*"Search me, O God, and know my heart! Try me and know my  
anxious thoughts!"*

Psalm 139:23 (ESV)

Read this verse slowly.  
Then read it again.  
This isn't the prayer of someone who has everything together.  
It's the prayer of someone who trusts God enough to be honest.

David doesn't ask God to search him because God lacks information.  
He asks because he wants God to reveal what he cannot clearly see on his own.  
Maybe that's today's invitation.  
Not to fix every anxious thought.  
But to bring it into the light with God beside you.



## Gentle Practice

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### Before We Reach for an Answer, Let's Notice the Question

Take a quiet moment.  
There are no right or wrong answers.  
Simply notice what comes to mind.

### Check In

Today I'm carrying...

- ☐ Peaceful
- ☐ Restless
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Emotionally tired
- ☐ Hopeful
- ☐ Other: \_\_\_\_\_

### Trace It Back

Think about one recent moment when your emotions became stronger.

What happened first?

What emotion came next?

- ☐ Fear
- ☐ Anxiety
- ☐ Sadness
- ☐ Anger
- ☐ Loneliness
- ☐ Shame
- ☐ Other: \_\_\_\_\_

What thought followed?

---

Now ask yourself:

Was the thought the beginning...  
or was it the response?

---



## The Pattern

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Many of us experience something like this:

**Trigger → Thought → Emotion → Reaction**

Instead of focusing only on the thought, begin one step earlier.

What was the trigger?

Complete your own pattern.

**Trigger**

---



**Thought**

---



**Emotion**

---



**Reaction**

---



## This Week's Gentle Practice

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For the next seven days...

don't try to change your thoughts immediately.

Simply notice them.

Every time your emotions become stronger...

pause and ask one question:

**"What happened just before this?"**

That's enough.

No judgment.

No pressure.

Just awareness.

Because awareness prepares the way for wisdom.

## Introducing T.R.A.I.N.

---

Today we've taken the first step.

### **T — Track the Trigger**

Before changing a thought...

notice what happened before it.

Before judging yourself...

become curious.

Before reacting...

pause.

Sometimes the smallest pause creates room for God's peace



## My T.R.A.I.N. Journal

Today's trigger

What emotion followed?

What thought followed?

What truth do I already know?

One faithful step I can take today



## Prayer

Father,

Thank You for caring about every part of me.

Teach me to notice my thoughts without fear and my emotions without shame.

Help me slow down long enough to recognize what is happening inside me before I react.

Give me wisdom to see my life through Your truth.

Walk with me today.

In Jesus' name,

Amen.



## CHAPTER FIVE

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# The Story Your Mind Keeps Telling

*(R — Recognize the Pattern)*

*"For as he thinks within himself, so he is."*

Proverbs 23:7 (NASB 1995)



## Walk Beside Me

---

### Can I tell you something I've noticed?

Some thoughts feel so familiar...

they seem to know exactly where to find us.

The details change.

But the voice...

stays the same.

I used to believe those thoughts were simply describing reality.

They felt real.

And because they felt real, the emotions attached to them felt real too.

Often, they came so quickly and so intensely that I didn't slow down long enough to notice what I was feeling, sit with it for a moment, or allow it to pass.

Instead, I reacted to the emotion as though it were telling me the truth.

Without realizing it, I was allowing that story to keep me stuck.

Perhaps you've experienced something similar.

A difficult moment happens.

Almost immediately, your mind finishes the sentence before you've even had time to think.

It's almost as if your mind has walked this road before.

In many ways...

it has.



## Let's Notice Together

---

Imagine walking through a field every day.

The first time, you leave only a few footprints.

The second time, the grass bends a little more.

After weeks...

There's a trail.

After months...

There's a path.

After years...

it becomes the road you naturally follow.

Our minds work much the same way.

The thoughts we repeat most often become the roads we travel most easily.

That doesn't necessarily make them true.

It only makes them familiar.

Sometimes we mistake familiarity for truth.

Recognizing that difference is one of the first steps toward renewing the mind.



## What God Has Been Teaching Me

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One of the greatest discoveries I've made is this.

My mind loves familiar stories.

Even when those stories hurt me.

Sometimes I returned to worry because it felt familiar.

Sometimes I returned to fear because it felt predictable.

Sometimes I returned to shame because I had rehearsed it for years.

God has been patiently teaching me that recognizing a pattern isn't the same as being trapped by it.

I can notice an old road...

without continuing to walk down it.

That realization gave me hope.

Not because the old thoughts disappeared.

But because I finally realized I wasn't required to follow every one of them.



## Read It Slowly

---

*"For as he thinks within himself, so he is."*

Proverbs 23:7 (NASB 1995)

Read the verse three times.

Don't rush.

Let it settle.

The first time, ask yourself,

**What word stands out to me?**

The second time, ask,

**What does this teach me about the influence of my thoughts?**

The third time, ask,

**What story have I been believing that God may be inviting me to release?**

Now write the verse in your own words.

---

---

---



## Let's Listen

---

*"Do not conform to the pattern of this world, but be transformed  
by the renewing of your mind."*

Romans 12:2 (NIV)

Notice something beautiful.

Paul doesn't tell us to pretend our old thoughts never existed.

He speaks about **renewal**.

Renewal is gentle.

Renewal is patient.

Renewal is daily.

One truthful thought.

One prayer.

One faithful step at a time.

That encourages me.

Because it reminds me I don't have to become a different person overnight.

I simply need to keep walking with God today.



## Gentle Practice

---

### Follow the Trail

Look through the list below.

Don't choose the one you wish weren't there.

Choose the one that quietly follows you most often.

#### Familiar Stories

- ☐ I'm not enough.
  - ☐ Something bad is going to happen.
  - ☐ Nobody really understands me.
  - ☐ I'm always going to struggle.
  - ☐ I'm too broken.
  - ☐ I'll never change.
  - ☐ I have to control everything.
  - ☐ If I fail, I'm worthless.
  - ☐ God has forgotten me.
  - ☐ I'm alone.
  - ☐ People always leave.
  - ☐ Other:
- 

### Follow the Trail

When did this story first begin?

---

What experiences strengthened it?

---

### Has it always told the truth?

- ☐ Yes
- ☐ No
- ☐ Sometimes
- ☐ I'm not sure

### Familiar or True?

Write F beside thoughts that are simply familiar.

Write T beside statements that reflect God's truth.

- \_\_\_ I am loved with an everlasting love.
- \_\_\_ I'm not enough.
- \_\_\_ God has not given me a spirit of fear.
- \_\_\_ I'll never change.
- \_\_\_ Nothing can separate me from God's love.
- \_\_\_ I'm alone.

### A Different Road

Choose one familiar story.

Write it below.

#### **The story I've been believing**

Now write one truth from Scripture that speaks to it.

**The truth God invites me to believe**

---

---



## This Week's Gentle Practice

---

For the next seven days...

don't try to win every battle in your mind.

Simply notice the stories that return.

Each time one appears, gently ask yourself:

**Is this familiar...**

**or is it true?**

Then pause.

Invite God into that moment.

That's enough for today.

## Introducing T.R.A.I.N.

---

### **R — Recognize the Pattern**

Not every thought is new.

Some thoughts are familiar guests.

Yes...

just guests.

They may knock on the door.

They may even linger for a while.

But they don't have to make your mind their home.

When the same guests keep returning, they reveal a familiar pattern.

Recognizing that pattern isn't about condemning yourself.

It's about becoming free enough to choose a different path.



## My T.R.A.I.N. Journal

The pattern I notice most often

---

When does it usually appear?

---

What has this story been costing me?

---

What truth is God inviting me to believe instead?

---



## Walking Prayer

Thank You for patiently showing me the stories I've carried for so long.

Give me courage to recognize them without shame.

Help me distinguish between what is familiar and what is true.

Lead me onto the path that reflects Your love, Your grace, and Your truth.

Renew my mind, one step at a time.

In Jesus' name,

Amen.



## Walking Together

You may notice that recognizing a pattern doesn't make it disappear overnight.

That's okay.

Recognition isn't the finish line.

It's the beginning of freedom.

Tomorrow we'll discover what comes next.

Once we recognize the old story...

We can begin aligning our minds with something stronger.

Not wishful thinking.

Truth.

Thank you for letting me walk beside you.

— **Kent Mukui**

## A Quiet Thought to Carry With You

Not every familiar thought deserves a permanent home in your mind.



## CHAPTER SIX

---

# When Truth Feels Hard to Believe

*(A — Align With Truth)*

*"Then you will know the truth, and the truth will set  
you free."*

John 8:32 (NIV)



## Walk Beside Me

### Can I confess something?

There were seasons when I knew the truth...

yet I struggled to believe it.

I assumed that if I simply memorized more verses, everything would change.

What I've discovered is something gentler.

God wasn't inviting me to collect more information.

He was inviting me into a relationship where truth would slowly become more believable than fear.

I began to realize that knowing and practicing are not always the same thing

As James writes,

*"But be doers of the word, and not hearers only..."*

— James 1:22 (ESV)

God wasn't asking me to know more.

He was inviting me to trust enough to live what I had already been shown.

That journey is still unfolding.

Maybe...

yours is too.



## Let's Notice Together

Before we look at Scripture together...

Let's slow down.

Think about the familiar story you recognized in the last chapter.

What was it?

Now ask yourself a different question.

If that story isn't completely true...

What might God be inviting me to believe instead?

Don't rush to answer.

Just notice.

God is never threatened by honest questions.

Sometimes the beginning of faith isn't certainty.

Sometimes it's honesty.



## Bring Your Questions

One of the things I love about Scripture is that God never pushes away sincere questions.

David asked them.

Job asked them.

Habakkuk asked them.

Even the father who brought his son to Jesus prayed,

*"I believe; help my unbelief!"*

Mark 9:24 (ESV)

Perhaps you've prayed that too.

Take a moment to write one honest question you've been carrying.

---

---

Now imagine Jesus sitting beside you.

Not correcting you.

Not rushing you.

Simply listening.

What do you hope He knows about your heart today?

---

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---



## What God Has Been Teaching Me

I've learned that truth doesn't usually shout.

It often whispers.

Fear says,

"You're alone."

Truth quietly reminds me,

"I will never leave you nor forsake you."

Fear says,

"Nothing will ever change."

Truth says,

"My mercies are new every morning."

Fear says,

"You're not enough."

Truth reminds me,

"My grace is sufficient for you."

The louder voice isn't always the truer voice.

I've had to learn to slow down long enough to hear what God is saying.

Sometimes the truth doesn't immediately feel true.

That doesn't make it less true.

It simply means my heart is still learning to trust what God has already spoken.



## Read It Slowly

*"Then you will know the truth, and the truth will set you free."*

John 8:32 (NIV)

Read the verse three times.

The first time...

simply listen.

The second time...

notice which word stands out.

The third time...

ask yourself,

**"What truth do I most need today?"**

Now rewrite the verse in your own words, as if Jesus were speaking personally to you.

---

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---



## Let's Listen

---

Notice something beautiful.

Jesus doesn't simply say,

"Truth exists."

He says,

"You will know the truth."

Knowing is relational.

It's personal.

Truth isn't merely information.

It's something we grow into as we walk with Him.

That's encouraging.

Because it means God isn't asking you to become someone different overnight.

He's inviting you to keep walking with Him today.

One truthful step at a time.



## Gentle Practice

---

### The Truth I Need Today

Read these truths slowly.

Don't choose the one that sounds nicest.

Choose the one your heart needs most today.

☐ I am deeply loved by God.

☐ I am never alone.

- ☐ God's grace is enough for today.
- ☐ I am forgiven in Christ.
- ☐ God has not forgotten me.
- ☐ God is still at work in my life.
- ☐ I am not defined by my feelings.
- ☐ My future is safely held in God's hands.
- ☐ Another truth God is reminding me of:

---

Why does this truth speak to you today?

---

---

## Two Voices

Think about one situation you're facing.

On the left, write what fear is saying.

On the right, write what God's Word says.

Fear Says

God's Truth Says

---

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---

**Now pause for a moment.**

**Which voice has been shaping your decisions recently?**

- ☐ Fear
- ☐ Shame
- ☐ Guilt
- ☐ God's truth
- ☐ I'm still learning to recognize the difference.



## **Speaking Truth Gently**

---

Sometimes it helps to speak God's truth aloud, allowing our hearts to hear again what our minds may have forgotten.

Read these slowly.

Not as empty words.

As reminders.

God loves me—not because I'm perfect, but because He is faithful.

I am not defined by my worst moment.

God's grace is enough for today.

I don't have to believe every thought that enters my mind.

God is with me, even when I cannot feel Him.

My future is in God's hands, and He is trustworthy.

**Which one felt hardest to believe?**

---

**Which one brought the most hope?**

---

**Now write one truth you want to carry with you this week.**

---

---



## This Week's Gentle Practice

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Choose one verse.

Read it each morning before checking your phone.

Sit quietly for one minute.

Then simply pray,

**"Lord, help me see myself and this day through Your truth."**

**At the end of each day, write one place where you noticed God's truth.**

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

## Introducing T.R.A.I.N.

---

Today we continue the journey.

### **A — Align With Truth**

Before believing every feeling...

return to what God has already spoken.

Recognizing the pattern is important.

But recognizing alone doesn't change us.

Eventually...

We need a new direction.

That direction is God's truth.

The truth that reminds us who He is...

and who we are because of His love.



## My T.R.A.I.N. Journal

The fearful thought I noticed today

---

The truth God is inviting me to believe

---

One Scripture I want to carry this week

---

One faithful step I will take today

---



## Walking Prayer

Father,

Thank You that Your truth is stronger than my fear.

When fear feels louder than Your promises, remind me that Your voice has not changed.

Teach me to recognize Your truth even when my feelings are slow to catch up.

Renew my mind.

Steady my heart.

Help me walk with You one truthful step at a time.

In Jesus' name,

Amen.



## Walking Together

Truth rarely changes us all at once.

It changes us quietly.

One conversation with God.

One verse remembered.

One fearful thought surrendered.

One faithful step.

Perhaps today you don't feel completely different.

That's okay.

Jesus often compared spiritual growth to a seed.  
Seeds don't become trees overnight.  
They quietly grow beneath the surface long before anyone sees the fruit.  
Perhaps God is doing something similar in you.  
Keep walking.  
Tomorrow we'll discover another beautiful step.  
Not only learning God's truth...  
but learning to invite Him into the middle of every struggle.  
Thank you for letting me walk beside you.

— Kent Mukui

## A Quiet Thought to Carry With You

Truth doesn't become powerful because you feel it. It is powerful because God has spoken it.



## CHAPTER SEVEN

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# You Were Never Meant to Fight Alone

*(I — Invite God)*

*"Cast all your anxiety on Him because He cares for  
you."*

1 Peter 5:7 (NIV)



## Walk Beside Me

---

Can I tell you something I've been learning?  
I thought faith meant becoming stronger.  
Now I'm beginning to understand something different.  
Faith isn't pretending I don't need help.  
Faith is remembering that I do.  
Every day.  
Every conversation.  
Every burden.  
Every fear.  
Every step.  
Maybe you've longed for someone to truly understand you...  
but didn't know how to put your feelings into words.  
Maybe you've wanted to call someone you love...  
only to realize the relationship isn't what it used to be.  
Maybe you've felt emotionally exhausted...  
to the point where even ordinary tasks felt heavier than they should.  
Maybe you've smiled on the outside...  
while your heart quietly carried more than anyone knew.  
Maybe your prayers have sounded more like sighs than sentences.  
If that's where you are today...  
you're not alone.  
You never have been.  
And you never will be.



## Let's Notice Together

---

Before we rush toward an answer...  
Let's slow down.  
Think about the last time your mind felt overwhelmed.  
What did you do first?  
Did you immediately begin solving the problem?  
Did you replay every possible outcome?  
Did you carry it quietly?  
Or did you bring it to God?  
There is no judgment here.  
Just notice.

Many of us have spent years carrying burdens before we ever think about sharing them with the One who invited us to come. Perhaps today can become the beginning of a different rhythm.



## Before We Begin

---

Take a quiet moment.

How are you feeling about inviting God into your struggles?

- ☐ It feels natural.
  - ☐ I want to, but I'm not sure how.
  - ☐ I've become used to carrying things by myself.
  - ☐ I feel like I should be stronger first.
  - ☐ Something else:
- 

On a scale of **1–10...**

How much are you carrying alone today?

My number: \_\_\_\_\_



## Bring Your Heart

---

Sometimes we think prayer has to sound impressive.

As though God is waiting for carefully chosen words.

But when I read the Psalms...

I see something very different.

David celebrated.

David questioned.

David wept.

David rejoiced.

David admitted fear.

David confessed sin.

David expressed hope.

He brought his whole heart to God.

Perhaps that's today's invitation.

Not to pray perfectly.

Simply to pray honestly.

**What burden have you been carrying by yourself?**

---

---

If you could speak openly to God right now...

without trying to sound strong...

**What would you say?**

---

---



## What's Keeping You From Inviting God?

- ☐ I feel like I should be stronger.
  - ☐ I've prayed before, and nothing seemed to change.
  - ☐ I don't know what to say.
  - ☐ I feel guilty.
  - ☐ I'm ashamed of my thoughts.
  - ☐ I think God must be disappointed in me.
  - ☐ I'm simply used to carrying everything alone.
  - ☐ Something else:
- 

**Which one feels most true today?**

---

Now ask yourself one gentle question.

**If Jesus were sitting beside me right now...**

**What might He say?**

---



## What God Has Been Teaching Me

For years...

I invited God into the parts of my life that seemed spiritual.

Church.

Bible reading.

Prayer.

But I often forgot to invite Him into my anxious moments.

My lonely moments.

My confused moments.

My ordinary Tuesdays.

God has gently reminded me that He isn't interested in only part of my life.

He wants all of it.

Even the places I feel embarrassed to show Him.

Especially those places.

Nothing I bring to God surprises Him.

Nothing I hide from Him helps me.

I've discovered that peace often begins...

not when my circumstances change...

but when I stop carrying them alone.



## Read It Slowly

*"Cast all your anxiety on Him because He cares for you."*

1 Peter 5:7 (NIV)

Read this verse slowly.

Notice one small word.

**All.**

Not some.

Not only the big worries.

Not only the spiritual ones.

All.

Read it again.

This time ask yourself:

## What anxiety have I been holding instead of handing to God?

---

Read it one more time.

Which word stands out today?

**Cast All**

**Anxiety**

**Him**

**Cares**

**You**

Why?

---



### Let's Listen

---

Sometimes we think inviting God means asking Him to remove every difficulty immediately.

Sometimes He does.

Often...

He gives us something even deeper.

His presence.

Sometimes the greatest miracle isn't that our circumstances change immediately.

Sometimes the miracle is discovering that we are no longer facing them alone.

The greatest promise of Scripture isn't an easy life.

It's that we never walk through life by ourselves.



### Gentle Practice

---

#### Open Hands

Sit quietly for one minute.

Rest your hands open in your lap.

Take one slow breath.

Now imagine placing one burden into God's hands.

Complete these sentences.

Today I'm placing...

---

Into God's hands.

Because...

---

Now quietly pray:

*Lord, I release this burden to You.*

*I cannot carry it alone.*

*Teach me to trust that You care for me.*

Take another slow breath.

Sit quietly for a moment.

Notice what changes.



## This Week's Gentle Practice

---

Every time you notice yourself worrying this week...

pause.

Take one slow breath.

Pray one simple sentence.

**"Lord, I don't want to carry this alone."**

Nothing complicated.

Just an invitation.

At the end of the week, spend a few moments reflecting.

- Did I become more aware of God's presence?
- Did I carry my burdens differently?
- Did I pray sooner than I normally would?
- What surprised me?

---

## Introducing T.R.A.I.N.

---

Today we continue the journey.

### I — Invite God

Before trying harder...

invite God closer.

God isn't waiting for you to become stronger before He walks with you.

He is already near.

The invitation isn't for Him to come closer.

It's for us to become more aware of His presence.



### My T.R.A.I.N. Journal

---

What burden have I been carrying alone?

---

What would it look like to place it in God's hands today?

---

One prayer I want to keep repeating this week

---

One faithful step I'll take today



### Walking Prayer

---

Father,

Thank You for never asking me to carry life by myself.

Teach me to bring every fear, every question, every joy, and every burden to You.

Help me remember that prayer isn't about perfect words.

It's about walking with You.

When I begin carrying more than You ever intended...

gently remind me to place it back into Your hands.

Today I choose to trust that You care for me.

Help me live like that's true.

In Jesus' name, Amen.



## Walking Together

Perhaps your circumstances haven't changed today.  
Maybe they will.  
Maybe they won't.  
But something else can change.  
You no longer have to carry them alone.  
The goal isn't to carry less because life suddenly becomes easier.  
The goal is to carry differently because you no longer carry alone.  
Tomorrow we'll take the final step of the T.R.A.I.N. journey.  
We'll discover what it means to choose the next faithful thought...  
and then the next faithful step.  
Thank you for letting me walk beside you.

— Kent Mukui

## A Quiet Thought to Carry With You

Peace often begins the moment we stop carrying alone what God has invited us to share with Him.



## CHAPTER EIGHT

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# Just Take the Next Step

*(N — Next Right Thought)*

*"Your word is a lamp to my feet and a light to my path."*

Psalm 119:105 (ESV)



## Walk Beside Me

---

May I ask you one more question?

After everything we've explored together...

What is the next faithful step God is inviting you to take?

Not the next ten steps.

Just the next one.

I've discovered that one of the easiest ways to become overwhelmed is trying to live tomorrow before today has even begun.

I wanted the whole picture.

Every answer.

Every outcome.

Every conversation.

I thought that if I could just see far enough ahead...

I'd finally have peace.

Instead...

I became exhausted trying to carry a future that had not yet arrived.

Then, little by little, God began teaching me something beautifully simple.

He rarely gives me the whole map.

He gives me enough light for the next faithful step.

Because trust grows one step at a time.

I've learned that peace doesn't come from knowing everything that lies ahead.

Peace grows as I walk with the One who already knows the way.

Not next year.

Not next month.

Not even tomorrow.

Just today.

And somehow...

today is enough.



## Let's Notice Together

---

Think about something you've been carrying recently.

Where does your mind usually go?

Weeks ahead?

Months ahead?

Years ahead?

Fear loves writing stories about a future that hasn't happened.

Faith gently brings us back to today.

What decision have you been trying to solve all at once?

**If you only needed to take one faithful step today...**

**What might that step be?**

---

---



## Before We Begin

---

Take a quiet moment.

**How often do you feel overwhelmed because you're trying to solve everything at once?**

- ☐ Almost every day
- ☐ Sometimes
- ☐ Occasionally
- ☐ Rarely

On a scale of **1–10...**

How much are you carrying alone today?

My number: \_\_\_\_\_



## The Map and the Lamp

---

Imagine trying to walk through the night carrying a map of the entire country.

The map contains far more information than you need.

It may even leave you feeling more overwhelmed.

Now imagine holding a small lamp.

The lamp doesn't show you every mile of the journey.

It simply gives enough light for your next step.

That's how God often leads us.

Not by revealing everything.

But by faithfully giving us enough light for today.

Which feels more possible right now?

- ☐ Trying to understand the whole journey.
- ☐ Trusting God with today's step.

What makes it difficult to trust the lamp instead of demanding the whole map?



## What God Has Been Teaching Me

One of the kindest things God has been teaching me is this:

I don't have to carry tomorrow.

Jesus said,

*"Therefore, do not worry about tomorrow, for tomorrow will worry about itself..."*

1 Peter 5:7 (NIV)

For years I thought Jesus was simply telling me not to worry.

Now I hear something gentler.

He's inviting me to stay where His grace already is.

Yesterday no longer needed me.

Tomorrow isn't asking anything from me yet.

Today is where God has promised His presence.

Today is enough.

I've discovered that peace often comes...

not after I've solved everything...

but after I've simply taken the next faithful step.



## Read It Slowly

*"Therefore, do not worry about tomorrow, for tomorrow will worry about itself..."*

1 Peter 5:7 (NIV)

Read the verse slowly.

Notice what God promises.

A lamp.

Not a floodlight.

A lamp gives enough light for the next step.

Not the entire journey.

Read the verse again.

This time ask yourself,

What step is God lighting for me today?

---

Now rewrite the verse in your own words.

---

---

---



## Let's Listen

---

Sometimes we ask God,  
*"Please show me the whole plan."*  
Often He gently replies,  
*"Walk with Me today."*

Faith has never been about knowing everything.  
It has always been about trusting the One who does.  
Perhaps that's why God so often gives us enough light for today...  
and the grace to trust Him with tomorrow.



## Gentle Practice

---

### One Faithful Step

Complete this sentence.  
Today...

The next faithful step I can take is...

---

What might make that step difficult?

---

Who could encourage me as I take it?

---

Choose when you'll take that step.

- ☐ This morning
- ☐ This afternoon
- ☐ This evening

### Put Tomorrow Down

What burden are you carrying today that actually belongs to tomorrow?

---

If you gave yourself permission to leave tomorrow in God's hands...  
what would change today?

---

Write one sentence releasing tomorrow.

---

Today I choose to trust God with...

---



### This Week's Gentle Practice

---

Every morning before looking at your schedule...

pause.

Take one slow breath.

Ask one simple question.

**"Lord, what is my next faithful step today?"**

Write your answer each morning.

**Monday**

---

**Tuesday**

---

**Wednesday**

---

**Thursday**

---

**Friday**

---

**Saturday**

---

**Sunday**

---

At the end of the week, look back.  
What surprised you?

---

## Introducing T.R.A.I.N.

---

Today we complete the journey.

### **N — Next Right Thought**

Before trying to solve everything...

take one faithful step.

After noticing the trigger...

recognizing the pattern...

aligning with truth...

and inviting God...

choose one faithful thought.

Then live it.

One day at a time.



## Celebrate the Journey

### **T — Track the Trigger**

What have you learned about what often starts your anxious thoughts?

---

### **R — Recognize the Pattern**

What familiar story have you begun to notice?

---

### **A — Align With Truth**

What truth has become especially meaningful to you?

---

### **I — Invite God**

What burden have you begun placing into God's hands?

---

### **N — Next Right Thought**

What faithful step are you choosing today?

---

What are you most thankful for as you finish this journey?

---



## My T.R.A.I.N. Journal

My next faithful thought

---

My next faithful step

---

One promise from God I'm carrying today

---

One way I will trust Him today

---



## Walking Prayer

Father,

Thank You for being the light on my path.

When I become overwhelmed by tomorrow...

bring me back to today.

Help me trust that Your grace will meet me in each faithful step.

Teach me to walk with You instead of running ahead without You.

Thank You for Your patience.

Thank You for Your presence.

One step at a time.

In Jesus' name,

Amen.



## Walking Together

We've walked a long way together.

You noticed your triggers.

You recognized old patterns.

You learned to align your heart with God's truth.

You invited Him into your burdens.

And today...

you chose your next faithful step.

You don't have to remember every page of this workbook.

Just remember this.

Keep walking with God today.

He has never asked you to finish the whole journey in one day.

Only today's step.

Tomorrow...

His mercy will be new again.

Thank you for letting me walk beside you.

— **Kent Mukui**

## A Quiet Thought to Carry With You

You don't need the whole map. You only need enough light for the next step.



## CHAPTER NINE

---

# Keep Walking

*"He who began a good work in you will carry it on to completion until the day of Christ Jesus."*

Philippians 1:6



## Walk Beside Me

---

If you've made it this far...

Thank you.

Maybe you finished this workbook in one weekend.

Maybe it took you several weeks.

Perhaps there were days when you could only read one page.

Perhaps some chapters made you smile.

Others may have been more difficult.

Maybe you've written things in these pages that you've never shared with another person.

If so...

Thank you for trusting me enough to walk this journey with you.

But before you close this workbook...

There's one more thing I'd like to tell you.

You don't have to become a different person overnight.

Growth rarely works that way.

More often...

it happens through one conversation...

one prayer...

one faithful step at a time.



## Let's Look Back

---

When we first met...

Perhaps your thoughts felt overwhelming.

Maybe you felt anxious.

Lonely.

Confused.

Discouraged.

Or simply tired.

Today...

Perhaps some of those struggles are still there.

That's okay.

The purpose of this workbook was never to remove every struggle.

It was to remind you that you don't have to face those struggles alone.

Sometimes growth is quiet.

Sometimes the greatest changes happen where no one else can see them.

A seed grows beneath the soil long before anyone notices the first leaf.

Perhaps that's what God has been doing in you.

Take a quiet moment to look back.

When you first opened this workbook...

**What were you hoping for?**

---

**What has changed since then?**

**Even small changes matter.**

---

**What has encouraged you the most?**

---



## Celebrate the Journey

---

If you forget everything else...

I hope you'll remember these five simple steps.

### **T — Track the Trigger**

Slow down.

Notice what happened.

---

### **R — Recognize the Pattern**

Ask yourself,

"Have I walked this road before?"

---

### **A — Align With Truth**

Let God's truth become louder than fear.

---

### **I — Invite God**

Don't carry what God never asked you to carry alone.

---

### **N — Next Right Thought**

Take today's faithful step.

Tomorrow can wait.

---

You don't have to practice these perfectly.

Some days you'll remember all five.

Other days you'll only remember one.

That's okay.

One faithful step is still a step.

---



### **My T.R.A.I.N. Reminder**

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When life becomes loud...

Remember these questions.

### **T — Track the Trigger**

What happened just before my thoughts became loud?

### **R — Recognize the Pattern**

Have I walked this road before?

### **A — Align With Truth**

What does God say is true?

### **I — Invite God**

Lord, I don't want to carry this alone.

### **N — Next Right Thought**

What is one faithful step I can take today?

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What is one faithful step I can take today?  
Which step has become most meaningful to you?

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## Signs of Growth

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Growth isn't always dramatic.  
Sometimes it looks like this.

- ☐ I notice my triggers sooner.
  - ☐ I pause before reacting.
  - ☐ I recognize familiar patterns.
  - ☐ I remember God's truth more quickly.
  - ☐ I invite God into difficult moments more often.
  - ☐ I take one small step instead of trying to solve everything.
  - ☐ I'm becoming gentler with myself.
  - ☐ I feel less alone.
  - ☐ I have more hope than I once did.
  - ☐ Something else:
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Which one encourages you the most today?

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## When You Have Hard Days Again

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Because you will.

So will I.

There will be mornings when your thoughts feel loud again.

Days when fear returns.

Moments when loneliness feels familiar.

Times when you wonder whether you've made any progress at all.

When those days come...

Please don't decide that you've failed.

Growth isn't measured by never struggling again.  
Growth is learning where to turn when you do.  
Perhaps you'll return to this workbook.  
Perhaps you'll simply remember one sentence.  
That's enough.  
Keep walking.

## Keep Growing

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This workbook may be ending...  
but your journey is not.  
As you continue walking...  
Consider returning to these pages whenever life becomes overwhelming.  
Take a few moments each day to notice God's kindness, even in small things.  
Invite one trusted person to walk beside you.  
Keep talking with God honestly.  
Keep taking one faithful step at a time.  
And remember...  
God is patient.  
You can learn to be patient with yourself too.



## A Letter From My Heart

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Before we say goodbye...  
I'd like to speak to you personally.  
If you've ever felt broken...  
you're not alone.  
If you've ever wondered whether God still sees you...  
He does.  
If you've ever wondered whether you're too far gone...  
you aren't.  
If you've wondered whether hope is still possible...

it is.

I don't know your whole story.

But I know the One who does.

And He has not stopped walking with you.

Some of these pages were written during seasons when I was learning these lessons myself.

I wasn't writing as someone who had everything figured out.

I was writing as someone who needed God's grace every single day.

I still do.

Maybe that's why this workbook exists.

Not because I've arrived.

Because I'm still walking.

And perhaps...

We're walking together.

## What I'm Taking With Me

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As you finish this journey...

Take a quiet moment to reflect.

One thing I've learned about myself is...

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One truth I want to carry with me is...

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One burden I'm choosing to leave with God is...

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One faithful step I'll take next is...

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## Keep Walking

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When life becomes loud again...

remember.

Slow down.

Notice.

Listen.

Pray.

Take the next faithful step.

Then repeat.

Again.

And again.

And again.

Growth isn't usually built through giant leaps.

It's built through ordinary days faithfully lived with God.

One step at a time.



## A Blessing for the Road

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May the Lord give you peace when your thoughts feel loud.

May He remind you that you are deeply loved.

May His truth become more familiar than your fear.

May His presence become more real than your worries.

May His grace meet you every morning.

May you discover that even your slowest steps still matter.

And may you never forget...

you are never walking alone.

Amen.

**Kent Mukui**



## Keep Walking

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*"Because of the Lord's faithful love we do not perish, for His mercies never end. They are new every morning; great is Your faithfulness."*

— Lamentations 3:22–23 (CSB)



## Continue the Journey

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### Let's Keep Walking Together

If you've made it this far...

Thank you.

It has been a privilege to walk these pages with you.

My hope isn't that you remember every exercise or every chapter.

My hope is that you'll remember one simple truth:

You don't have to walk alone.

This workbook was never meant to be the end of the journey.

It's simply the beginning.

If you'd like to continue walking together, here are a few ways we can stay connected.



## Continue Reading

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### Take Back Your Thoughts

This workbook introduces the T.R.A.I.N. framework.

In my book, I share more of my personal journey, the lessons God has been teaching me, and practical ways I've learned to walk through anxiety, intrusive thoughts, loneliness, waiting, and difficult seasons with Him.

My prayer is that it encourages you to keep walking with hope, one faithful step at a time.



## Stay Connected

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Since you've downloaded this workbook, you're already part of the DivertMind community.

From time to time, I'll send encouragement, reflections, and updates as new resources become available.

You'll also be the first to hear about:

- New workbooks
- Book updates
- Articles and reflections
- Coaching opportunities
- Resources for difficult seasons

I promise not to fill your inbox with noise.

Only things I genuinely hope will encourage your walk with God.



## Walk Togetherer

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Sometimes a workbook is enough.

Sometimes we need another person to walk beside us for a season.

If coaching becomes available and you feel it would help, I'd be honored to walk alongside you.

Until then...

Let's keep taking one faithful step at a time.



## One Final Thank You

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Thank you for trusting me with your story.

More importantly...

Thank you for allowing God to meet you in these pages.

My prayer is that long after you've finished this workbook...

You'll continue discovering His faithfulness one day at a time.

Not because this workbook has all the answers.

But because it gently points us back to the One who does.

Keep walking.

One faithful step.

One honest prayer.

One day at a time.

You're never walking alone.

With gratitude,

Kent Mukui

Founder, DivertMind