

# Christine Caine

Life & Leadership  
PODCAST



## Special Episode | Leadership, Spiritual Formation, and What to Look For in a Mentor

WITH CHRISTINE CAINE

### SHOW NOTES

In this episode, host Christine Caine offers a vulnerable and passionate look at what it means to live on mission in every season. She shares the heart behind the Propel Cohorts, the value of spiritual formation, and why mentorship isn't about finding someone to imitate—but becoming more like Jesus. Christine speaks directly to women across every generation, stage, and calling, encouraging them to rise, lead, and be transformed. If you've ever longed for growth, clarity, and deep spiritual community—this episode is for you.

### THE HEART BEHIND PROPEL COHORTS

Christine shares how years of global ministry and a hunger to mentor led to the creation of Propel Cohorts, a space that integrates leadership, spiritual formation, Scripture, and calling.

### MENTORSHIP THAT LEADS TO JESUS, NOT IMITATION

Christine opens up about her own journey of mentorship and how true spiritual leaders point you toward Christ, not themselves.

### A PLACE FOR EVERY WOMAN

Whether you're a college student, stay-at-home mom, CEO, or ministry leader—Christine unpacks how Propel Cohorts are designed for women in every sphere.

### THE HOLY SPIRIT STILL LEADS

This isn't just a leadership program—it's about cultivating a life that's deeply rooted in the Spirit and formed through obedience.

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### IT'S NEVER TOO LATE TO START

From women in their 20s to their 70s, Christine shares stories of transformation and reminds listeners that if you're breathing, God's not finished with you yet.

### DISCUSSION QUESTIONS

#### QUESTION 1:

Christine talked about how mentorship should make you look more like Jesus. How does that change the way you think about mentors?

#### QUESTION 2:

What are some areas in your life that need spiritual formation more than information?

#### QUESTION 3:

Christine emphasized that no one person can give you everything. How can you build a circle of people who sharpen different parts of your growth?

#### QUESTION 4:

In what ways have you been tempted to idolize a mentor or leader instead of following Jesus through their example?

#### QUESTION 5:

How might the Holy Spirit be nudging you to say "yes" to deeper growth, community, or mission in this season?

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### **PRAYER PROMPT:**

Lord, thank You for calling us to live fully formed, fully alive lives in You. Teach us to seek mentors who lead us closer to Your heart, and help us discern the voices shaping us. May we be women of wisdom, led by Your Spirit, rooted in truth, and bold in our calling. Form us not just for our own growth, but for the sake of those we're called to love and lead. In Jesus' name, Amen.