

A Life Unleashed

A TWELVE-PART GUIDED EXPERIENCE
WITH CHRISTINE CAINE



Living Fully in the **Purpose**
God Designed For You

CHRISTINECAINE.COM/PODCAST



BEFORE YOU BEGIN

How to walk through this guide

This is not a journal to fill with empty lines. It is a companion for a season. Every entry pairs a passage of Scripture with the heart of the teaching, a few honest questions, and just enough room to respond. One episode a week is plenty. The goal is not to finish the guide, but to be changed by the God it points you to.

1.

READ THE WORD FIRST

Start with the Scripture, not the notes. Read the full passage in the Bible, then read the anchor verses included here twice.

2.

SIT WITH THE QUESTIONS

The questions are meant to be answered honestly, not quickly. Write what comes to mind first or naturally, even when it is not tidy. God is not afraid of your real answers.

3.

THEN GO DEEPER

Each entry points you to the matching episode. Watch or listen when you want the full teaching, the stories, and the pastoral heart behind the passage.

THE JOURNEY AT A GLANCE

IDENTITY Who you already are in Christ		
EP. 407	Identity Secured: What "It Is Finished" Means for You	<i>John 19:28-30</i>
EP. 408	Your Spiritual Wardrobe: What to Put On and Take Off	<i>Colossians 3:1-17</i>
EP. 409	You Are a Living Letter: Identity That Speaks	<i>2 Corinthians 3:1-3</i>
EP. 410	Identity in Community: You Belong to the Body	<i>1 Corinthians 12:12-27</i>
EP. 411	The Aroma of Christ: Living Out Your True Identity	<i>2 Corinthians 2:13-17</i>
CALLING What God is inviting you into		
EP. 412	How Jesus Calls Us to See People the Way He Does	<i>Luke 7:36-8:3</i>
EP. 413	Waiting on the Promise: When Your Calling Feels Delayed	<i>Genesis 21:1-7</i>
EP. 414	Called to Be Bold: We Cannot Stay Silent	<i>Acts 4:1-22</i>
PURPOSE How you live it out, whatever the cost		
EP. 415	Spirit-Empowered Purpose: Your Pentecost Moment	<i>Acts 2:1-21</i>
EP. 416	Purpose Through Trials: A Faith That Doesn't Fade	<i>1 Peter 1:1-9</i>
EP. 417	Purpose Requires Persistence: Don't Harden Your Heart	<i>Exodus 8:1-15</i>
EP. 418	Faith in Action: Living Out Your Purpose	<i>James 2:14-26</i>



Discovering your **Identity**

Before God ever asks you to do anything, He tells you who you are. So much of our frustration comes from striving to earn an identity God has already secured. What follows is an invitation to stop striving and start believing what is already true of you in Christ. You are chosen. You are His ambassador to the world. You belong to the body. You carry His aroma wherever you go.

"You are Christ's letter, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts."

2 CORINTHIANS 3:3

Identity Secured

What "It Is Finished" Means for You

JOHN 19:28-30

The heart of it. On the cross Jesus did not say "I am finished." He said, "It is finished." One Greek word, tetelestai, the word stamped across a bill when the debt was paid in full. Your standing before God is not a project you are still working on. It was settled at Calvary. You do not perform your way into being loved. You live from a love that is already complete.

²⁸ After this, when Jesus knew that everything was now finished, he said, so that the Scripture would be fulfilled, "I'm thirsty." ²⁹ A jar full of sour wine was sitting there; so they fixed a sponge full of sour wine on a hyssop branch and held it up to his mouth. ³⁰ When Jesus had received the sour wine, he said, "It is finished." Then bowing his head, he gave up his spirit.

JOHN 19:28-30 · CSB

REFLECT

- 1 Where are you still trying to finish something Jesus already declared finished? What would change if you stopped striving?
- 2 Name one way you have been performing for God's approval instead of resting in it. Be specific, if you can.
- 3 If your identity is secure no matter what today holds, what fear loses its grip on you?

WRITE IT DOWN

GO DEEPER

Episode 407 unpacks why "It is finished" is the foundation your whole identity is built on. Watch on YouTube or at ChristineCaine.com/Podcast.

Your Spiritual Wardrobe

What to Put On and Take Off in Christ

COLOSSIANS 3:1-17

The heart of it. Because you have been raised with Christ, you get dressed differently now. Paul names things to take off: anger, bitterness, slander, the old wardrobe of a life without God; and things to put on: compassion, kindness, humility, gentleness, patience, and over it all, love. This is not behavior modification. It is living out on the outside what God has already made true on the inside.

¹So if you have been raised with Christ, seek the things above, where Christ is, seated at the right hand of God. ²Set your minds on things above, not on earthly things. ³For you died, and your life is hidden with Christ in God... ¹²Therefore, as God's chosen ones, holy and dearly loved, put on compassion, kindness, humility, gentleness, and patience... ¹⁴Above all, put on love, which is the perfect bond of unity.

COLOSSIANS 3:1-3, 12, 14 • CSB

REFLECT

- 1 What is one thing you know you need to "take off" in this season? What has it cost you to keep wearing it?
- 2 Which piece of the new wardrobe (compassion, kindness, humility, gentleness, patience) do you feel God inviting you to put on right now?
- 3 What does it look like to practically "set your mind on things above" on an ordinary Tuesday?

WRITE IT DOWN

GO DEEPER

Episode 408 has the full teaching on getting dressed each day in who you already are in Christ. Watch on YouTube or at ChristineCaine.com/Podcast.

You Are a Living Letter

An Identity That Speaks

2 CORINTHIANS 3:1-3

The heart of it. Paul's proof of his ministry was not a piece of paper. It was transformed lives that anyone could read. As Christine puts it, a Christian is basically a walking memo from God to a lost world. Most people will read your life long before they ever read the Bible. The question is not whether you are a letter. The real question is whether your life is legible, whether people can actually make out the message of Jesus in you.

²You yourselves are our letter, written on our hearts, known and read by everyone. ³You show that you are Christ's letter, delivered by us, not written with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

2 CORINTHIANS 3:2-3 · CSB

REFLECT

- 1 If someone only read your life this week, what message about Jesus would they walk away with?
- 2 Christine says we become illegible through gossip, impatience, and unkindness. Where has your letter been hard to read lately?
- 3 You may be the only letter Jesus has sent to your street, your office, or your family. Who is reading you right now?

WRITE IT DOWN

GO DEEPER

Episode 409 explores why the world reads your life before it reads the Word. Watch on YouTube or at ChristineCaine.com/Podcast.

Identity in Community

You Belong to the Body

1 CORINTHIANS 12:12-27

The heart of it. In the body of Christ there are no non-essential parts. Christine learned this the hard way through a torn ACL, a ligament smaller than her little finger that she never knew was there, yet when it was out of place, her whole body suffered. Do not confuse a position with a place. If you do not embrace your place, you will always feel displaced. And if God has assigned you, God will find you.

¹⁸ But as it is, God has arranged each one of the parts in the body just as he wanted. ²⁷ Now you are the body of Christ, and individual members of it.

1 CORINTHIANS 12:18, 27 · CSB

REFLECT

- 1 Where have you been chasing visibility instead of embracing your place? What has that cost you?
- 2 Christine warns against confusing a position with a place. Has God set you somewhere you have been tempted to abandon?
- 3 What would it look like to serve faithfully right where you are, trusting that if God assigned you, He will find you?

WRITE IT DOWN

GO DEEPER

Episode 410 has the full ACL story and Christine's charge to embrace your place in the body. Watch on YouTube or at ChristineCaine.com/Podcast.

The Aroma of Christ

Living Out Your True Identity

2 CORINTHIANS 2:13-17

The heart of it. Whatever is in your heart diffuses out of your spiritual pores. Christine reminds us that perfume is made by the pressing and crushing of flowers, and the sweet fragrance of Christ often rises from the places where you have been broken. We are jars of clay, and we can carry His scent into every room we enter. The same gospel smells like "life" to some and like "death" to others, and that is not a reason to dilute it. It is a reason to keep carrying it, unmasked.

¹⁴ But thanks be to God, who always leads us in Christ's triumphal procession and through us spreads the aroma of the knowledge of him in every place. ¹⁵ For to God we are the fragrance of Christ among those who are being saved and among those who are perishing.

2 CORINTHIANS 2:14-15 · CSB

REFLECT

- 1 What aroma are you actually diffusing at home, at work, online? Name it honestly.
- 2 Christine says the fragrance rises from what has been pressed and crushed. Where has your own brokenness become a source of His sweetness to others?
- 3 Have you been tempted to dilute the gospel to make it more palatable? Where?

WRITE IT DOWN

GO DEEPER

Episode 411 covers the Roman triumph, the perfume of Paris, and the scent your life carries. Watch on YouTube or at ChristineCaine.com/Podcast.



Answering your Calling

Oftentimes, once you know who you are, God begins to call you out. Calling is not always glamorous, and it rarely runs on your timeline. It asks you to see people the way Jesus sees them, to keep believing when the promise feels delayed, and to open your mouth when it would be easier to stay silent. This is for anyone who has wondered whether God still remembers, still speaks, still sends. He does.

"We are unable to stop speaking about what we have seen and heard."

ACTS 4:20

Help Me See

How Jesus Calls Us to See People

LUKE 7:36-8:3

The heart of it. Simon looked at the woman all night and never once saw her. Looking and seeing are not the same thing. In a selfie culture, with the camera always turned toward ourselves, it is little wonder we struggle to see anyone else. One moment of truly seeing became part of Christine's calling: standing in an airport in Greece, she saw a poster of a missing girl, the same age and name as her own daughter, and that moment helped launch A21, her global anti-trafficking organization. When you walk with Jesus, when you truly see someone, you cannot unsee them. That is where calling begins.

⁴⁴Turning to the woman, he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has washed my feet with her tears..." ⁴⁷"Therefore I tell you, her many sins have been forgiven; that's why she loved much."

LUKE 7:44, 47 • CSB

REFLECT

- 1 Who have you been looking at but not truly seeing, at home, at work, in your everyday path?
- 2 Christine names compassion fatigue as a real thing. Are you running on empty? What are the ways you feel refilled and refreshed by God?
- 3 Ask God: who do You want me to really see this week? Write down the name that comes to mind.

WRITE IT DOWN

GO DEEPER

Episode 412 tells the full Sophia story and Christine's call to see people the way Jesus does. Watch on YouTube or at ChristineCaine.com/Podcast.

Waiting on the Promise

When Your Calling Feels Delayed

GENESIS 21:1-7

The heart of it. Unlike the food in our pantry, the promises of God have no expiration date. God made a promise to Abraham in Genesis 12 and kept it in Genesis 21, twenty-five years later, when it was not one bit more possible than the day He first spoke it. Christine reminds us that our due dates and God's appointed times rarely match up, and God is always right. Sarah laughed twice: once in doubt, once in joy. Delay is not denial. Your calling is not late. It is being kept for the appointed time.

¹The Lord came to Sarah as he had said, and the Lord did for Sarah what he had promised. ²Sarah became pregnant and bore a son to Abraham in his old age, at the appointed time God had told him.

GENESIS 21:1-2 · CSB

REFLECT

- 1 Where have you put an expiration date on a promise God never did? What have you quietly given up on?
- 2 Christine distinguishes your due date from God's appointed time. Where are you tempted to force in your own strength what only God can do?
- 3 Which laugh are you carrying right now, the laugh of doubt or the laugh of faith? What would move you toward the second?

WRITE IT DOWN

GO DEEPER

Episode 413 traces Abraham and Sarah's 25-year wait and the God who keeps His promises. Watch on YouTube or at ChristineCaine.com/Podcast.

Called to Be Bold

We Cannot Stay Silent

ACTS 4:1-22

The heart of it. Peter and John were ordinary, unschooled men, and the thing the rulers could not explain was their courage. They took note that these men had been with Jesus. That is the whole secret. You do not need a seminary degree to talk about what Jesus has done in you or for you. When you have truly been with Him, you simply cannot help but speak of what you have seen and heard.

¹³When they observed the boldness of Peter and John and realized that they were uneducated and untrained men, they were amazed and recognized that they had been with Jesus... ²⁰"for we are unable to stop speaking about what we have seen and heard."

ACTS 4:13, 20 · CSB

REFLECT

- 1 If you asked the people in your life how they see Jesus in you, what do you think they would say?
- 2 Is the fear of being disliked keeping you silent about what God has done for you?
- 3 Is there someone in your life who has "seen and heard," who lives for Jesus in a way that inspires you?

WRITE IT DOWN

GO DEEPER

Episode 414 is Christine on holy boldness and the witness no argument can explain away. Watch on YouTube or at ChristineCaine.com/Podcast.



Living out your Purpose

Purpose is identity and calling put into motion. It takes supernatural power, because you were never meant to do this in your own strength. It is often refined in trials, because a faith that has not been tested is a faith that cannot be trusted. It requires persistence, a refusal to spend one more night with the things God is ready to remove. And in the end, real faith shows up in real action. This is where the whole journey lands: a life fully unleashed, lived as God designed.

"As the body without the spirit is dead, so also faith without works is dead."

JAMES 2:26

Spirit-Empowered Purpose Your Pentecost Moment

ACTS 2:1-21

The heart of it. The disciples had walked with Jesus for three years, watched the miracles, taken communion with Him, seen Him raised. And still He told them to wait for power. If they needed the Holy Spirit to be witnesses, how much more do you? You need supernatural power from a supernatural God to live out the purpose He has given you. Pentecost was the great equalizer: the Spirit poured out on sons and daughters, young and old, every background. Holy Spirit power is the privilege of every believer, including you.

¹When the day of Pentecost had arrived, they were all together in one place. ²Suddenly a sound like that of a violent rushing wind came from heaven... ⁴Then they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them.

ACTS 2:1-2, 4 • CSB

REFLECT

- 1 Where are you trying to live out your purpose in your own strength? What would it mean to ask for a fresh filling of the Spirit today?
- 2 Christine says we can be strangely selective about what we let the Spirit do. Where have you kept Him at arm's length?
- 3 What is one thing God has called you to that you know you cannot do without His power?

WRITE IT DOWN

GO DEEPER

Episode 415 has the full teaching on Pentecost and the power available to every believer. Watch on YouTube or at ChristineCaine.com/Podcast.

Purpose Through Trials

A Faith That Doesn't Fade

1 PETER 1:1-9

The heart of it. Faith is forged in the furnace. Gold is purified by holding it over the hottest part of the fire until the hidden impurities rise and can be skimmed away, and the hotter the fire, the more precious the gold. Trials do not make your faith genuine; they prove that it is. A faith that has not been tested is a faith that cannot be trusted. Remember, your mindset in a trial determines the impact of the trial. Your Goldsmith is the Creator of the universe, and He loves you. He is refining, not destroying.

⁶ You rejoice in this, even though now for a short time, if necessary, you suffer grief in various trials
⁷ so that the proven character of your faith, more valuable than gold which, though perishable, is refined by fire, may result in praise, glory, and honor at the revelation of Jesus Christ.

1 PETER 1:6-7 • CSB

REFLECT

- 1 Is there a trial in your life God might be using to refine you? Pray about it specifically below.
- 2 Christine says your perspective can change even when your circumstances do not. What truth do you need to fix your mind on today?
- 3 Zechariah calls us "prisoners of hope." What would it look like to be held captive by hope instead of by fear this week?

WRITE IT DOWN

GO DEEPER

Episode 416 is Christine on the refiner's fire and the faith that comes out stronger. Watch on YouTube or at ChristineCaine.com/Podcast.

Purpose Requires Persistence

Don't Harden Your Heart

EXODUS 8:1-15

The heart of it. Freedom was on the table, and Pharaoh chose one more night with the frogs. God was willing, able, and ready to remove the plague, and Pharaoh said, "Tomorrow." Christine asks the searching question: what are the frogs in your life that God has been ready to remove, but you have been unwilling to hand over? You will never change what you are willing to tolerate. You do not have to wait for tomorrow when freedom is offered today in Christ Jesus! Choose life.

⁹ Moses said to Pharaoh, "...When should I appeal on behalf of you... that the frogs be taken away...?"

¹⁰ "Tomorrow," he answered. Moses replied, "As you have said, so that you may know there is no one like the Lord our God."

EXODUS 8:9-10 · CSB

REFLECT

- 1 Name your "frogs." What are the things God is ready to remove that you keep choosing to live with?
- 2 Where are you saying "tomorrow" when God is offering freedom today? What makes today feel safer to stay the same?
- 3 Deuteronomy 30:19 says, "Choose life." What is one choice you can make today that will change your tomorrow?

WRITE IT DOWN

GO DEEPER

Episode 417 is Christine's testimony of trading the frogs for freedom, without waiting one more night. Watch on YouTube or at ChristineCaine.com/Podcast.

Faith in Action

Living Out Your Purpose

JAMES 2:14-26

The heart of it. In a world full of fake everything, James teaches the difference between fake faith and real faith. Saving faith begins with Jesus, and it always bears fruit in the way you live. Works do not earn your salvation; they show the evidence of it. Christine tells of standing on a bungee bridge, having talked it up for months, then choking when it came time to jump. It is one thing to say you trust; it is another to leap. Real faith always shows up in what you actually do. If you were on trial for following Jesus, would there be enough evidence to convict you?

¹⁷ In the same way faith, if it does not have works, is dead by itself... ¹⁸ Show me your faith without works, and I will show you faith by my works. ²⁶ For just as the body without the spirit is dead, so also faith without works is dead.

JAMES 2:17-18, 26 • CSB

REFLECT

- 1 Where is one area of your faith you would like to grow in action? What do you think would happen if you did?
- 2 Christine asks whether there would be enough evidence to convict you of following Jesus. What is the evidence in your life?
- 3 Name one concrete act, this week, where you will let your faith show up in what you do, not just what you say.

WRITE IT DOWN

GO DEEPER

Episode 418 tells the bungee-jump story and Christine's charge to live a faith the world can see. Watch on YouTube or at ChristineCaine.com/Podcast.

THE SENDING

Now go and live

Unleashed

You have walked through who you are, what you are called to, and how you are meant to live it out. None of it was meant to stay on the page. Identity that stays hidden, calling that stays quiet, and purpose that never moves are not what God unleashed you for. So take what He has stirred and put it into motion. Before you close this guide, write down what you refuse to keep saying "tomorrow" about.

MY RESPONSE

The one thing God is asking me to step into, starting now:

