SEASONED AND SENT

The Flourishing Framework

A Christian vision for flourishing in the third third of life

Flourishing is more than health, happiness, or independence. Rooted in the conviction that God continues to call and use us throughout life, this framework helps churches support older adults in living with meaning, dignity, belonging, and contribution—even amid increasing limitations.

TEN DIMENSIONS | ONE CONTINUING CALLING

1. Happiness & Contentment	Am I experiencing joy, gratitude, and satisfaction in this season?
2. Physical & Mental Well-Being	Am I supported in living as fully as possible?
3. Meaning & Purpose	Do I believe my life continues to have meaning and direction?
4. Character & Virtue	Am I continuing to grow in integrity, gratitude, and love?
5. Relationships & Belonging	Do I have caring connections, and do I feel valued and included?
6. Financial & Material Security	Do I have the resources and assistance needed to live with dignity?
7. Spiritual Vitality	Am I growing in faith through prayer, Scripture, worship, and trust?
8. Calling & Contribution	Am I finding ways to use my gifts, experience, and prayers to serve?
9. Wisdom & Legacy	Am I passing on my faith, stories, and wisdom to others?
10. Resilience & Hope	Am I finding hope and adapting faithfully through change and loss?

FROM ASSESSMENT TO MINISTRY

Use these questions to listen to older adults, identify strengths and unmet needs, and create opportunities for spiritual growth, friendship, mentoring, service, and care. Contribution includes prayer, encouragement, and presence—not only physical activity. The goal is not merely to care for older adults, but to help them continue bearing fruit.

“They will still bear fruit in old age…” — Psalm 92:14 (CSB)

Research note: Dimensions 1–6 are informed by Harvard’s Human Flourishing Program (its original Flourishing Index measures dimensions 1–5; the Secure Flourishing Index adds financial/material stability). Dimensions 7–10 are proposed additions for Christian ministry, inspired by Seasoned and Sent. This is a ministry framework, not a validated Harvard assessment.