Follow-Up Activities

Flourishing, Surviving or Both?

Discuss the parts of the P.E.R.M.A. model of flourishing and some of the ways the Bible speaks about flourishing. Then, answer the following questions:

1. **Stewarding:** Identify specific ways you include each aspect of the model in your life. Identify 1 or 2 items for growth.

2. **Facilitating:** Identify specific ways you support your spouse in being able to include each aspect of the model in their lives. Identify 1 or 2 items for growth.

3. **Joining:** Identify specific ways you include each aspect of the model in your couple relationship. Identify 1 or 2 items for growth.