

# FANOSA

(a check-in with your spouse to engage in emotional intimacy)

Take turns as each spouse checks in with the other using the framework below. After the first spouse is finished, the second spouse checks in. Do not interrupt or correct each other, simply love your spouse well by actively listening to what's on their heart and asking clarifying questions, when appropriate. Praying together with your spouse is encouraged before starting.

**F**eeling – share how you're feeling (tired from a long day, worried about an upcoming event, deflated following an argument, unsettled, content, disconnected from your spouse or God)

**A**ffirm – this is your opportunity to encourage your spouse for something small or large they've done recently (making dinner, helping kids with a homework, doing something well at work)

**N**eed – ask for something you need, without expectation that you'll receive it (help planning an event, sexual intimacy, talk through expectations)

**O**wn – take ownership of your part or something you've done without justifying or blaming, and *ask* God and your spouse for forgiveness (“Will you forgive me for...?” *rather than* “I hope you'll forgive me...” or “Forgive me for...”)

**S**obriety – think about your biggest “ditches” that you tend to run to and desire freedom from, and share how you've done since the last check in (rage, sarcasm, passivity, negative interpretation, control, lust, laziness)

**A**bide – share how you've been spending time with God, what He is teaching you, and actions you've taken recently to honor him, your spouse, your family, and others. Also, share any ways in which you've shared the gospel.

2 Timothy 2:22

“So flee youthful passions and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.”