

# FINDING FREEDOM IN MARRIAGE:

Lessons from Pesach  
By Sara Freed

**A**s we prepare for the Yom Tov of Pesach, we find ourselves immersed in its powerful themes of freedom, redemption, and renewal. The story of Yetzias Mitzrayim is not just a historical account—it carries eternal lessons that can profoundly impact our lives today, including how we approach and nurture our marriages.

Pesach reminds us that true freedom is not simply the absence of constraints but the ability to live with purpose, connection, and devotion. Just as Hashem redeemed the Jewish people from both physical and spiritual bondage, couples, too, can experience their own form of liberation—breaking free from the habits, patterns, and emotional blockages that hinder intimacy and closeness.

## Leaving Mitzrayim: Breaking Free from Limiting Patterns

The Jewish people's journey from slavery to freedom did not happen overnight. It required faith, perseverance, and trust in Hashem's plan. Similarly, it takes effort and patience to free ourselves from unhealthy marriage cycles.

Every relationship develops specific patterns—some constructive, others limiting. These patterns might include how a couple communicates during conflict, how they handle stress, or how they express (or withhold) affection. Like removing chametz from our homes before Pesach, marriage requires us to identify and clear out the emotional "cha-

metz" that clutters our relationship. This could mean resisting resentment, unrealistic expectations, or needing to be correct. By doing so, we create space for fresh connections and genuine closeness.

## The Makkos: Growth Even Through Turmoil

The ten makkos brought immense suffering and turmoil to the Mitzriyim, but even for the Jewish people who observed them, there were profound lessons to be learned. With each makah, they witnessed Hashem's power and divine justice, reinforcing their emunah (faith) and trust in His plan. The makkos were not merely punishments—they were part of the redemption process, demonstrating that even in the face of adversity, Hashem was guiding them toward geulah.

In marriage, we, too, encounter challenges that can feel overwhelming. But just as the Jewish people gained strength and clarity by witnessing the makkos, couples can find valuable lessons in their struggles. Difficulties—whether they stem from miscommunication, external pressures, or personal differences—can ultimately strengthen a marriage when approached with patience, empathy, and a shared commitment to growth.

By viewing challenges not as mere hardships but as opportunities for reflection and improvement, couples can cultivate deeper resilience and connection. Just as the makkos paved the way for freedom, our trials in marriage can lead to greater understanding, trust, and ultimately, a more enduring bond.



## The Seder: The Power of Communication and Connection

One of the most beautiful aspects of Pesach is the Seder—a night filled with meaningful dialogue. We recount the story of Yetzias Mitzrayim, ask questions, and engage in conversation. The Seder reminds us that meaningful communication is central to freedom and connection.

Communication is equally vital in marriage. When couples make time to truly listen to one another, they create a safe space for vulnerability. Just as we pass down the lessons of Pesach through storytelling, couples can strengthen their relationship by sharing their personal stories—speaking about their dreams, fears, and hopes for the future. Regular, open communication creates emotional intimacy, keeping the relationship alive and vibrant.

## Bitachon and Emunah: Trusting Through the Unknown

Pesach is a Yom Tov that calls us to reflect on bitachon (trust) and emunah (faith). When the Jewish people stood at the Yam Suf, with the sea before them and the Egyptians in pursuit, they had to take a leap of faith. Likewise, in marriage, there are moments when we must step forward with trust—even when the path ahead feels uncertain.

Building a marriage of trust means believing in each other's goodness, even during difficult times. It means giving the benefit of the doubt and being dan l'kaf zechus, interpreting our spouse's actions favorably. When couples cultivate trust, they create a safe and secure environment where their bond can deepen.

## Gratitude: Seeing the Blessings Amidst the Routine

Pesach is filled with expressions of gratitude—Hallel is recited, and we sing songs of praise, thanking Hashem for His miracles. Gratitude is also a key ingredient in a thriving marriage. When couples consciously notice and appreciate one another's efforts—whether it's a thoughtful word, a small gesture, or simply being present—it strengthens their emotional connection.

Even in the busyness of life, pausing to acknowledge and thank your spouse can be transformative. A simple "thank you" or "I appreciate you" can uplift and affirm, making your spouse feel valued and loved.

## Creating Your Personal Geulah

Pesach teaches us that freedom is not only about escaping physical enslavement but also

about living with greater emotional and spiritual awareness. The same is true for marriage. True freedom in marriage comes from being able to express yourself openly, grow as individuals and as a couple, and love with authenticity and devotion.

This Yom Tov, as we sit around the Seder table and retell the story of Yetzias Mitzrayim, let us reflect on the lessons of Pesach and how they can inspire stronger, more meaningful marriages. By letting go of emotional chameitz, growing through challenges, communicating openly, and expressing gratitude, we can create a relationship that mirrors the beauty of true freedom—filled with connection, trust, and love.

Wishing you and your loved ones a meaningful and uplifting Yom Tov!

*Sara Freed is a professional relationship and marriage coach based in Monsey, New York, with over a decade of experience helping couples strengthen their relationships. Combining the timeless wisdom of Judaism with her life experience and advanced training in evidence-based coaching modalities, Sara empowers couples to move from conflict to connection. Her compassionate, practical approach equips clients with the tools and skills to transform struggling relationships into thriving partnerships. Sara is passionate about helping couples foster more profound understanding, rebuild trust, and create lasting harmony in their marriages. Website- [www.sarafreed.com](http://www.sarafreed.com)*



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