Pesach Exercises in Marriage

Pesach is not just a story of the past—it's happening right now. It's a moment to step out of our own "Mitzrayim" and ask: how deeply are we really connecting?

As we reconnect to Hashem as a nation, we are also being given a powerful opportunity to reconnect in the most personal place—our marriages.

The same humility, patience, listening, and openness we bring to our relationship with Hashem can transform our relationship with our spouse.

This Pesach is a chance—not just to remember freedom—but to create it in our homes. To let go of ego, to speak more gently, to listen more deeply, and to choose connection again and again.

20 Practical Pesach Marriage Exercises:

1. Pause before responding when emotions rise.

2. Speak simply—say what you feel without exaggeration.

3. Let go of needing to be right.

4. Choose the right time for conversations.

5. Listen fully—don't interrupt.

6. Say one genuine appreciation every day.

7. Ask with real curiosity.

8. Adjust how you speak so your spouse can hear you.

9. Create emotional safety—no attacking or shutting down.

10. Share feelings, not just facts.

11. Approach problems as a team.

12. Slow down your reactions.

13. Notice when your spouse is reaching out.

14. Set aside time each day to talk.

15. Focus on your spouse's good.

16. Let go of past frustrations before speaking.

17. Be fully present—no distractions.

18. Use softer language in hard moments.

19. Reconnect after disagreements.

20. Choose closeness over winning.