

7 Things God Forbids in the Bedroom — Every Christian Must Know This

By System Import | Sermon | March 13, 2026

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Marriage is often described as the most beautiful relationship two human beings can share, a sacred union that mirrors the very relationship between Christ and His Church. It is designed to be a safe haven, a place where two people become one flesh, not just physically, but spiritually and emotionally. Yet, in our modern world, the lines often get blurred. We hear so many voices telling us what is acceptable, what is "freedom," and what is considered normal, that we sometimes lose sight of the original design. We forget that the bedroom, that space of intimacy, is not a place where "anything goes." It is a holy ground within the covenant of marriage. When we step into that space, we bring our faith, our values, and our obedience to God with us. It's not about a list of rigid rules designed to stifle joy; rather, it is about understanding the boundaries that God, in His infinite wisdom, set in place to protect love, to preserve dignity, and to ensure that intimacy remains a source of life rather than a source of pain. Many Christians struggle silently in this area, wondering if their private lives align with their public faith. They wonder if certain behaviors, attitudes, or habits are grieving the Holy Spirit, even behind closed doors. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because we believe that truth sets us free. Today, we are going to walk through seven specific things that Scripture warns us against regarding intimacy and the marriage bed. We aren't doing this to condemn anyone. We are doing this to shed light, to offer hope, and to guide us back to the purity and passion that God intended for husband and wife. God wants your marriage to flourish. He wants your intimacy to be blessed, free from guilt, and full of the joy that comes from honoring Him in every aspect of life. So, let's open our hearts and our Bibles as we explore this vital topic together.

Number 1: The Intrusion of the Third Party

When we talk about the "intrusion of a third party," our minds immediately jump to physical adultery—having an affair. And yes, that is the most obvious and destructive form of bringing someone else into the covenant. The Bible is crystal clear on this. The Seventh Commandment echoes through history: "You shall not commit adultery." But if we only look at the physical act, we are missing the deeper, more subtle spiritual battle that often takes place in the bedroom long before a physical affair ever happens. Jesus took the law and went straight to the heart of the matter in Matthew 5:28, telling us that anyone who looks at a woman with lustful intent has already committed adultery with her in his heart. This creates a standard that is about internal purity, not just external action. In the context of the marriage bed, a "third party" isn't always a physical person hiding in the closet or meeting your spouse at a hotel. It can be a memory. It can be a fantasy. It can be an

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emotional attachment to a coworker that you are bringing into your mind while you are with your spouse. God forbids this division of the heart.

Think about the concept of "One Flesh." In Genesis 2:24, we are told that a man shall leave his father and mother and hold fast to his wife, and they shall become one flesh. This is a spiritual welding. When you introduce a third party—even in your mind—you are creating a fissure in that weld. You are essentially saying, "You are not enough for me right now." This is a violation of the exclusive covenant God established. Imagine you are speaking to your best friend, pouring your heart out, but they are scrolling through their phone, laughing at a joke someone else sent them. You would feel devalued, unheard, and disconnected. Now multiply that by a thousand times. That is what happens spiritually in the bedroom when our minds drift to others. We are physically present, but spiritually absent. We are robbing our spouse of the full devotion they deserve and that God commands.

We also have to talk about the intrusion of the "ghosts of the past." Sometimes, the third party is a previous relationship that hasn't been fully released or healed. If you are comparing your spouse to an ex-boyfriend or ex-girlfriend, you are bringing a third party into your bedroom. You are allowing a shadow to dictate your current happiness. God calls us to be "new creations" (2 Corinthians 5:17). This applies to our relationships as well. When you married, you stepped into a new life. Holding onto the standards, the memories, or the experiences of a past sinful life or a past relationship is unfair to your spouse and dishonoring to God. It prevents true intimacy because you are filtering your spouse's love through the lens of someone else. You are effectively asking your spouse to compete with a memory, and that is a battle they can never win.

Furthermore, this intrusion can manifest as emotional infidelity. In the digital age, this is easier than ever. You might not be physically sleeping with someone else, but if you are texting someone late at night, sharing intimate struggles that belong only to your spouse, or seeking validation from someone of the opposite sex, you are bringing that energy into your marriage. When you come together with your spouse, that emotional energy is depleted. You have given the "best" of your emotional intimacy to someone else, leaving your spouse with the leftovers. God forbids this dilution of love. In Song of Solomon, the lover says, "My beloved is mine, and I am his." There is a possessiveness in biblical marriage that is healthy and holy. It implies exclusivity. It means, "I belong to you entirely, and you belong to me entirely." There is no room for a third person, physically, mentally, or emotionally.

Practical application here is crucial. We must guard our hearts with all diligence, as Proverbs 4:23 instructs. This means we have to be honest about our thought life. If you find yourself fantasizing

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about someone else, or comparing your spouse to a fictional character or a real person, you need to repent. Not just say "sorry," but turn away. It means cutting off the source of that temptation. It means capturing every thought and making it obedient to Christ. It means looking at your spouse and choosing to love them, specifically and exclusively. It is a discipline of the mind. When we banish the "third party" from our minds and hearts, we create a safe space where our spouse feels truly seen, truly known, and truly loved. This is the foundation of trust. Without this total exclusivity, the bedroom becomes a place of insecurity rather than a sanctuary of peace. God wants your marriage to be a fortress, impenetrable by outside forces.

Let us also remember the story of Hosea and Gomer. Gomer was unfaithful, constantly running after other lovers. God used this as a picture of Israel's unfaithfulness to Him. It broke God's heart. He felt the betrayal. When we allow third parties into our marriage, we are re-enacting that betrayal. But the beauty of Hosea's story is the redemption. God told Hosea to go and love her again. If you have failed in this area, if you have allowed third parties into your mind or heart, there is grace. But the grace is there to empower you to change, to clean house, and to rededicate your bedroom as a sacred space for just the two of you and God.

Number 2: The Poison of Pornography and Lust

This is perhaps the most pervasive and destructive enemy of Christian marriages today. Pornography is not just a "bad habit" or a "men's issue"—it is a spiritual poison that God absolutely forbids. Psalm 101:3 says, "I will set no wicked thing before mine eyes." Yet, millions of Christians struggle with setting very wicked things before their eyes on screens, and then they try to carry that darkness into the marital bedroom. We must understand why God hates this. It is not because He is a prude; it is because He knows that lust objectifies, while love dignifies. Pornography teaches the brain to view a human being—made in the image of God—as a product to be consumed for self-gratification. When you consume pornography, you are training your mind to take, to use, and to discard.

When this mindset enters the bedroom, it destroys true intimacy. Instead of looking at your spouse and seeing a soul to be cherished, a person with feelings and needs, the mind polluted by pornography sees a body to be used. It creates unrealistic expectations. It demands performances that are not based on mutual love but on scripted fantasies. This places a heavy, crushing burden on the spouse. They may feel they have to compete with airbrushed images and edited videos. They feel inadequate. They feel dirty. This is the opposite of the "honor" we are called to show one another. Hebrews 13:4 states, "Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge." To keep the bed undefiled means to keep it free

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from the pollution of lustful images and the spirit of the world.

Jesus spoke of the "eye" being the lamp of the body. If your eye is healthy, your whole body is full of light. But if your eye is bad, your whole body is full of darkness (Matthew 6:22-23). Pornography fills the "body" of your marriage with darkness. It brings shame. Shame is the great separator. Adam and Eve, before the fall, were naked and "unashamed." After sin entered, they hid. Pornography brings hiding back into the marriage. You hide your search history. You hide your true thoughts. You hide your eyes during intimacy because you are fantasizing about something else. This secrecy kills the oneness God designed. You cannot have intimacy and secrecy in the same room. They cannot coexist. God forbids this secrecy because He desires you to be fully known and fully loved, not hiding in the shadows of shame.

There is also a physiological aspect to this that aligns with scripture. We are creatures of habit. If we wire our brains to find sexual satisfaction through a screen, we are rewiring ourselves away from our spouse. We are literally training our bodies to not respond to the real, imperfect, beautiful human being God gave us. We are trading the truth of God for a lie. We are worshiping the creature (or the image of the creature) rather than the Creator. This is idolatry. In the bedroom, your focus should be on giving, on serving, on connecting. Lust focuses on "what can I get?" Love focuses on "what can I give?" The two are diametrically opposed. You cannot love your spouse sacrificially while simultaneously consuming lust selfishly. If this message inspires you, don't forget to subscribe for more Bible insights every week.

Breaking free from this requires more than just willpower; it requires a spiritual renovation. It requires the "washing of water by the word" (Ephesians 5:26). We have to replace the lies of lust with the truth of scripture. We have to see our spouse through God's eyes. Job made a covenant with his eyes not to look lustfully at a young woman (Job 31:1). That was a conscious, deliberate decision. We need to make that same covenant. It is an act of spiritual warfare to say, "No, I will not look at that. I will save all my passion, all my gaze, for the wife/husband of my youth." Proverbs 5:18-19 encourages us to rejoice in the wife of our youth, to let her love satisfy us at all times. This is the antidote to porn: finding deep, grateful satisfaction in the real person God has given you.

Furthermore, we must understand that this is a fight for the legacy of our families. The sin of lust often travels down generations. But you can be the cycle breaker. By forbidding this poison in your bedroom, you are protecting your children's future view of marriage. You are modeling what faithful, pure love looks like. God is a jealous God. He is jealous for your affection. He doesn't want you to give your strength to empty cisterns that hold no water. He wants you to drink from the fountain of living water. In marriage, your spouse is your "cistern" (Proverbs 5:15). Drink water from

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your own cistern, running water from your own well. Don't let your springs be scattered abroad. Keep the bedroom exclusive. Keep it pure. Keep it holy.

Number 3: Withholding Affection as Punishment

One of the most damaging things that can happen in a Christian marriage, and something God explicitly forbids, is the weaponization of intimacy. This happens when one spouse withholds physical affection or sex to punish the other, to manipulate a situation, or to "get even." We might think, "Well, I'm just not in the mood because I'm angry," and while valid feelings are important, using the marital bed as a bargaining chip is unbiblical. The Apostle Paul addresses this head-on in 1 Corinthians 7:3-5. He writes, "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife."

This passage is revolutionary. It completely overturns our modern concept of "my rights." Paul says, in the context of marriage, we belong to each other. When we marry, we sign away the right to use our bodies selfishly. To withhold affection as a form of control is to violate this scripture. It is an act of rebellion against the design of marriage. God designed intimacy to be a glue that holds the couple together, especially during difficult times. When we withdraw that glue, we allow the relationship to crack and crumble. Paul goes on to say, "Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control."

Notice the warning: "So that Satan will not tempt you." When you freeze your spouse out of the bedroom, you are opening the front door to the enemy. You are creating a vulnerability. A spouse who feels rejected, unloved, and physically starved is much more susceptible to the temptations of the world—whether that is an affair, pornography, or emotional detachment. By withholding affection, you are not just hurting your spouse's feelings; you are endangering their soul. You are putting a stumbling block in their path. Jesus warned sternly against causing "one of these little ones" to stumble. While usually referring to children or new believers, the principle applies: we are our brother's (and spouse's) keeper. We should not be the reason our spouse is tempted to sin.

This doesn't mean sex is demanded on command without regard for feelings or health. That would be abuse, which is also forbidden (and we will touch on that). But it means the **attitude** of withholding. It means the silent treatment. It means using the cold shoulder to manipulate behavior. "I won't be intimate with you until you buy me this, or do that, or apologize for this." That is

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transactional. That is prostitution of the marriage covenant. Grace is not transactional. God does not treat us that way. He does not say, "I will withhold my love until you are perfect." Romans 5:8 says, "While we were still sinners, Christ died for us." We are called to love our spouses as Christ loved the church. Did Christ withhold Himself? No, He gave Himself up.

The "debt" of love Paul speaks about in Romans 13:8 ("Owe no man anything, but to love one another") is magnified in marriage. We owe our spouses love. When we withhold it, we are like the wicked servant who was forgiven a huge debt but refused to forgive a small debt. It breeds bitterness. Bitterness is a root that grows up to cause trouble and defile many (Hebrews 12:15). A bedroom filled with the ice of silent treatment and withheld affection is a breeding ground for bitterness. It turns what should be a playground of joy into a battleground of wills. God forbids this power struggle. He calls for mutual submission. Ephesians 5:21 says, "Submit to one another out of reverence for Christ."

So how do we handle conflict? We handle it with communication, not deprivation. Scripture says, "Do not let the sun go down on your anger" (Ephesians 4:26). If there is an issue, we talk it out. We pray it out. We forgive. We don't bring the anger into the bed as a weapon. We use the bed to reconnect. Sometimes, intimacy is the very thing that breaks down the walls of pride and anger. It reminds us of our humanity and our need for one another. It softens hearts. By forbidding the withholding of affection, God is actually protecting the unity of the marriage. He is forcing us to deal with our issues rather than using passive-aggressive tactics to avoid them. We must view our bodies as instruments of grace to our spouse, not weapons of war.

Number 4: Selfishness and Self-Gratification

Our culture screams "Self-care," "Self-love," and "Do what makes YOU happy." While taking care of oneself isn't inherently evil, when this "me-first" mentality enters the bedroom, it becomes a poison that God forbids. Philippians 2:3-4 gives us the marching orders for Christian living, and it applies directly to marriage: "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." In the bedroom, this means the focus shifts from "How can I be satisfied?" to "How can I bless my spouse?"

Selfishness in the bedroom can look like many things. It can be demanding specific acts that your spouse is uncomfortable with just because it pleases you. It can be ignoring your spouse's needs or rhythms. It can be finishing the race alone and leaving your spouse behind. It can be approaching intimacy only when *you* feel like it, with zero regard for your spouse's emotional

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bank account. This turns the spouse into an object, a tool for relief, rather than a partner in communion. This is contrary to the nature of love described in 1 Corinthians 13: "Love is not self-seeking." If your love life is all about you, it's not love; it's exploitation.

God forbids this because it distorts the picture of the Gospel. Marriage is a metaphor for Christ and the Church. Did Christ come to be served? No, "The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many" (Mark 10:45). If the husband represents Christ, he should be the chief servant in the bedroom. He should be attentive, gentle, and sacrificial. If the wife represents the Church, she responds with love and honor. When both parties are racing to serve the other, intimacy becomes a beautiful dance of mutual giving. When both are selfish, it becomes a wrestling match of taking. The joy of Christian sex is found in the giving, not just the receiving.

Consider the story of Onan in Genesis 38. While the context is about levirate marriage and producing an heir, the core of Onan's sin was selfishness. He accepted the act of intimacy but refused to give the fruit of it; he used the woman for his pleasure but refused to fulfill his duty to her and his brother's line. He "spilled his seed" on the ground. God struck him dead. Why? Because he wanted the pleasure without the responsibility. He wanted to take without giving. In our marriages, we can have the "Spirit of Onan." We can want the pleasure of sex without the responsibility of caring for our spouse's heart, without the commitment to their well-being. We want the physical release without the emotional connection. God hates this selfish disconnect. If this message inspires you, don't forget to subscribe for more Bible insights every week.

Selfishness also manifests in laziness. Intimacy requires effort. It requires romance, listening, and patience. A selfish spouse is lazy, wanting the "result" without the "work." They don't want to spend time pursuing their spouse; they just want the end game. But God is a God of pursuit. Psalm 23 says, "Surely goodness and mercy shall follow me all the days of my life." The Hebrew word for "follow" there implies a pursuit, a chasing after. We should chase after our spouse's heart. We should study them. Peter tells husbands to live with their wives "in an understanding way" (1 Peter 3:7). That takes work. Selfishness says, "I don't have time for that." Love says, "You are worth the time."

The cure for selfishness is the Holy Spirit. The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23). Notice that none of these are self-centered. They are other-centered. When we walk in the Spirit, we bring that fruit into the bedroom. Gentleness replaces demand. Patience replaces haste. Kindness replaces indifference. We need to pray before we are intimate. It sounds strange to some, but praying,

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"Lord, help me to love my spouse well tonight, help me to bless them," changes the entire atmosphere. It invites God into the room and kicks selfishness out.

Number 5: Degrading and Unnatural Acts

This is a sensitive area, and one where many Christians have questions. "If we are married, isn't everything allowed?" The biblical answer is: Not if it degrades the image of God in your spouse or violates the design of the body. While the Bible doesn't give us a detailed rulebook of "Positions A, B, and C are okay, but D is not," it gives us clear principles. Romans 1 speaks about "dishonoring their bodies among themselves" and "vile affections." While primarily addressing idolatry and homosexuality, the principle of *honor* versus *dishonor* applies to all sexuality. God created the human body, and He called it good. The marriage bed is "undefiled" (Hebrews 13:4). To defile means to spoil, to pollute, to make dirty.

There are acts that are physically harmful, painful without cause, or medically dangerous. The body is the "temple of the Holy Spirit" (1 Corinthians 6:19). If an act causes physical damage or invites disease (even within marriage, through unhygienic practices), it is not treating the temple with honor. We are stewards of our bodies and our spouse's body. We are to nourish and cherish it, as Ephesians 5:29 says: "For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church." You do not "cherish" something by degrading it or treating it like a garbage dump. If an act makes your spouse feel dirty, ashamed, or less than human, it is sin. It violates the law of love.

We must also look at the conscience. Romans 14:23 says, "But whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin." If your spouse feels that a certain act is wrong, gross, or violates their conscience, and you pressure them into it, you are causing them to sin. You are forcing them to violate their own conscience. This is a grievous offense against love. The stronger spouse should not please themselves but bear with the scruples of the weak (Romans 15:1). There is no "freedom" in marriage to tyrannize the conscience of your partner. If they say "no" or "I feel that is wrong," the conversation should end there. Respect is the baseline of Christian marriage.

Furthermore, we must ask: Where did the desire for this act come from? Often, desires for "kinky" or degrading acts do not come from a natural expression of love, but are imported from the world of pornography. They are scripts learned from a godless culture that seeks to push boundaries just for the sake of shock value or extreme sensation. We are called to not be "conformed to this world" but transformed by the renewal of our minds (Romans 12:2). If we are bringing the darkness of the

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world's perversions into our holy covenant, we are conforming. We are letting the world dictate our intimacy rather than the Word. We need to examine our desires. Are they healthy? Do they promote oneness? Or do they promote a master/slave dynamic, or a user/used dynamic?

God forbids the degradation of the person. Love uplifts. Love protects. 1 Corinthians 13:5 says love "does not behave rudely." Some translations say it "does not act unbecomingly." There is a decorum, a beauty, a dignity to Christian sex. It is raw and passionate, yes, but it is never degrading. It never strips the other person of their value as a child of God. We must remember that the person we are lying next to is a daughter of the King, or a son of the King. Would you treat the King's child that way? That is the standard.

Some couples use the excuse "We are free in Christ" to justify anything. But Peter warns us, "Live as people who are free, not using your freedom as a cover-up for evil" (1 Peter 2:16). Freedom is not a license for licentiousness. True freedom is the power to do what is right, to love purely, to serve wholeheartedly. It is not the freedom to mimic the pagan practices of the culture around us. Let the marriage bed be a place of discovery and joy, but let it always remain within the bounds of safety, respect, and honor. If you have to ask, "Is this too far?" or "Is this degrading?", the Holy Spirit is likely already nudging you. Listen to that nudge.

Number 6: Emotional Detachment and "Going Through the Motions"

God hates a fake. In the Old Testament, He often rebuked Israel because "This people honors me with their lips, but their heart is far from me" (Matthew 15:8, Isaiah 29:13). He didn't want their ritual sacrifices if their hearts weren't in it. He wanted *them*. The same principle applies to the marriage bed. It is possible to be physically present but emotionally checked out. It is possible to have sex as a "duty" or a "chore," checking a box off a list, while your mind and heart are miles away. God forbids this hollow imitation of intimacy. He desires truth in the inward parts (Psalm 51:6).

When we disengage emotionally, we reduce the act of marriage to a biological function. Animals have biological functions. Humans, created in God's image, are designed for *communion*. Communion involves the sharing of souls. When you "go through the motions," you are denying your spouse the gift of *you*. You are giving them your shell, but keeping your spirit locked away. This is a form of deception. You are acting as if you are one, but you are actually two separate islands. Malachi 2:15 asks, "Has not the one God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring." The verse emphasizes the union of body *and* spirit. You cannot separate them without damaging the design.

Emotional detachment often stems from unresolved conflict, boredom, or laziness. We stop trying

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to connect. We stop looking into each other's eyes. We stop talking. We just "get it over with." This kills the life of a marriage. It creates a loneliness that is deeper than the loneliness of being single. To be married and yet lonely is a terrible pain. God said, "It is not good that the man should be alone" (Genesis 2:18). Emotional detachment puts man (and woman) back into that state of aloneness, even while they are lying next to someone. It defeats the very purpose of marriage.

How do we fight this? We have to be intentional about "being present." We live in a distracted age. Our phones, our jobs, our worries constantly pull at our attention. To be present in the bedroom requires a conscious decision to shut out the world. It means looking your spouse in the eye. It means speaking words of affirmation. It means engaging your heart. Song of Solomon is filled with dialogue. The lovers are constantly talking to each other, praising each other, expressing their feelings. They are emotionally engaged. They aren't just bodies colliding; they are souls dancing. We need to recover the art of conversation and emotional vulnerability in the bedroom.

It also means dealing with the numbness. Sometimes we detach because we are hurt or burned out. If that is the case, we need to bring that to God and to our spouse. "I feel distant lately. Can we pray about this? Can we just hold each other?" Vulnerability is the cure for detachment. Admitting you are struggling to connect is actually the first step to connecting. Pretending everything is fine when it isn't is what builds the wall. God wants honesty. He wants real relationship.

Remember, God is a God of passion. He is not a stoic God. He loves with a "zeal." The Bible speaks of the "zeal of the Lord." We should have a zeal for our marriage. We shouldn't settle for a lukewarm bedroom. Jesus said of the church of Laodicea, "Because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth" (Revelation 3:16). While this refers to spiritual fervor, the principle holds: lukewarm love is nauseating. Let us strive for a love that is hot, alive, and fully present. Let us forbid the autopilot. Let us choose to love with all our heart, soul, mind, and strength.

Number 7: Bringing Past Baggage and Soul Ties

Finally, we must address the invisible burden that many couples bring into the bedroom: the baggage of the past. This includes past sexual partners, past trauma, past failures, and "soul ties" that have not been severed. God forbids us from living in the past. Isaiah 43:18-19 says, "Remember not the former things, nor consider the things of old. Behold, I am doing a new thing." When we drag the "former things" into our marriage bed, we suffocate the "new thing" God wants to do.

Soul ties are a concept often discussed in spiritual warfare, based on the idea that sexual intimacy

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creates a spiritual bond (1 Corinthians 6:16 - "he who is joined to a prostitute becomes one body with her"). If you have had previous partners and never renounced those bonds, never repented, and never asked God to break those ties, you might feel a lingering attachment or a sense of shame that haunts your current marriage. You might find yourself comparing your spouse to a past lover, or feeling like part of you is missing. This is spiritual baggage. It is like trying to run a race while dragging a corpse behind you. God wants you to cut the rope. He wants you to be free.

Trauma is another heavy bag. Many people have experienced abuse or negative sexual experiences in the past. These wounds can cause fear, anxiety, or dissociation in the marriage bed. While this is not a "sin" of the victim, it is something God wants to heal. He forbids the *reign* of fear. "Perfect love casts out fear" (1 John 4:18). If fear is ruling your bedroom, it is an intruder. God does not want you to live in reaction to what happened to you ten years ago. He wants to heal you so you can live in the present freedom of His love. This often requires professional counseling and deep prayer, but the goal is always freedom. The bedroom should not be a place where trauma is re-lived, but where healing is affirmed.

Unconfessed sin is also baggage. If you have secrets from your past that you are hiding from your spouse, that guilt will act as a barrier. David said, "When I kept silence, my bones waxed old" (Psalm 32:3). Silence about the past creates distance. While you don't need to share every graphic detail, there should be no "skeletons in the closet" that threaten the relationship. Walking in the light (1 John 1:7) brings fellowship. Walking in the dark brings isolation. God calls us to the light.

The blood of Jesus is powerful enough to cleanse *any* past. This is the good news! "Though your sins be as scarlet, they shall be as white as snow" (Isaiah 1:18). You do not have to be defined by your sexual history. You can be defined by your future in Christ. But you must appropriate that cleansing. You must actively invite Jesus into those dark places of your memory and ask Him to wash them. You must declare, "I am a new creation. That old person is dead. I am alive to God and to my spouse." You must forbid the enemy from using your past to shame your present.

When we clear out the baggage, we make room for the Holy Spirit. We make room for joy. Imagine a bedroom that is not crowded with ghosts of ex-lovers, or shadows of trauma, or weights of guilt. It is empty of the bad so it can be full of the good. It is a clean slate. That is what God desires for you. He restores the years the locusts have eaten (Joel 2:25). He can restore innocence. He can restore trust. But we must be willing to let go of the baggage and trust Him with the process of restoration.

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Conclusion

We have journeyed through seven critical areas that God warns us about regarding the bedroom. From the intrusion of third parties and the poison of pornography to the weaponization of affection and the danger of selfishness; from degrading acts and emotional detachment to the heavy burden of past baggage. It might feel overwhelming. You might see yourself in some of these points. You might feel a twinge of conviction. But remember, conviction is a gift. It is the Holy Spirit saying, "There is a better way, and I want to lead you there."

God's "No" is always for the sake of a greater "Yes." When He forbids adultery and lust, it is because He wants to say "Yes" to trust and deep, unshakeable security. When He forbids selfishness and withholding, it is because He wants to say "Yes" to the joy of giving and the comfort of unity. When He forbids degrading acts and detachment, it is because He wants to say "Yes" to honor and profound spiritual connection. His boundaries are not walls to keep you in a prison; they are guardrails to keep you on the road of life, preventing you from plunging off the cliff of destruction.

Your marriage bed is a holy altar. It is a place where covenants are renewed, where life is created, and where the love of God is mirrored in the love of a husband and wife. Don't let the world trample on that holy ground. Don't let the enemy steal the joy that belongs to you. Fight for your purity. Fight for your intimacy. Fight for each other. It takes work, yes. It takes humility, absolutely. But the reward is a marriage that weathers the storms, a love that grows sweeter with time, and a testimony that points the world back to the faithful love of Jesus Christ.

If you have failed in these areas, know this: God is the God of the second chance, the third chance, and the millionth chance. His mercies are new every morning. Start today. Sit down with your spouse. Pray together. Confess to one another. Wash the slate clean with the Word of God. Invite the Holy Spirit to be the guest of honor in your home and in your bedroom. Let His light drive out every shadow. You can have the marriage God designed. It is within reach because Christ is within you.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.