

FORBIDDEN FRUIT STUDY NO.1: EVE (DESIRE)

"The Mirror of the Hidden Hunger"

THE SCRIPTURE (KJV)

"And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat." — Genesis 3:6

SECTION 1: THE SUMMARY TABLE (The 5-Point Mirror)

MY TRUE COLOURS (HELLO ME!) NO.1 - DESIRE	THE ROOT (The Starting Point)	THE SECRET TREASURE (Matthew 6:21)	MY TRUE COLOURS (See Galatians 5:19)	THE AWAKENING (The "Hello Me!" Statement)	STRONGER FAMILY GOAL
 "Desire" by Alton (2025)	Genesis 3:6: Reaching for an immediate craving without considering the long-term cost to the home.	Self-Gratification: Treasuring a "temporary high" or a "quick fix" more than God's safe boundaries.	Unchecked Desire: A hidden hunger that blinds us to the danger we are bringing into our family life.	The Acceptance: "Hello Me! I see that I am reaching for this 'fruit' because I don't trust God to provide what I truly need."	Self-Control: Protecting the peace of your household by mastering your impulses and building trust.

SECTION 2: INTERACTIVE STUDY (The Deep Work)

Answer these questions privately to begin your restoration.

1. The Visual Trap

Eve "saw that the tree was pleasant to the eyes."

* **Question1: What is something "pleasant to look at" in your life right now (social media, someone else's lifestyle, another person, or a material object) that is causing you to feel dissatisfied with what you already have at home?**

2. The "Short Cut" to Wisdom

Eve wanted the fruit to "make one wise" instantly instead of growing in wisdom through God.

*** Question 2: Where are you trying to find a "short cut" to happiness or success instead of doing the hard work of building your family the right way?**

3. The Hand-Off

The Bible says Eve "gave also unto her husband." Our choices never stay with just us; they always affect the people we love.

*** Question 3: If you continue to "eat" from this Forbidden Fruit (your specific struggle), how will it eventually damage your children or your spouse?**

4. The "Hello Me!" Awakening

*** Action Step: Write your "Hello Me!" statement here. Be honest.**

"Hello Me! I see that I have been reaching for
because I have been feeling Today, I choose
to stop reaching, and depend on God's strength and the grace of our Lord, Jesus Christ, to
make this change permanent."

SECTION 3: CONCLUSION The Unchecked Desire (Genesis 3:6)

The Exposure: My True Colours: In the painting “*Desire*” by Alton (2025), we identified the Unchecked Desire—that urgent, selfish craving of Eve that ignores the boundaries meant to protect her and others.

The Awakening/aCCEPTANCE : Hello Me!

This is your "Hello Me!" moment. It is the awakening where you realize: "**I have been reaching for what I want at the expense of what my family needs.**" When you accept this, the power that secret desire had over you begins to break.

Transforming the 'Forbidden Fruit' into Family Strength

The "Hello Me!" moment turns the poison of the desire (that 'forbidden fruit') into the medicine of a healthy home and life. By exercising self-control, you become a safe, predictable anchor for your spouse and children.

How to Act Today on Your "Hello Me!" Moment :

1. Stop the Reach: Identify one "immediate craving" (money, time, or secret habits) that is currently pulling you away from your family.
2. Voice the Truth: In your "Hello Me!" moment, tell a trusted partner or yourself: "I am choosing the safety of my family over this temporary fruit."
3. Create a Safe Zone: Use your newfound self-control to prove to your family that their security is your highest priority.

"A 'Hello Me!' moment is the end of the lie and the beginning of the legacy."

Feel Free to Share This Study With Others

Notes:

Prepared by Alton

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