


## 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)	<b>Genesis 3:6:</b> Reaching for an immediate craving without considering the long-term cost to the home.	<b>Self-Gratification:</b> Treasuring a "temporary high" or a "quick fix" more than God's safe boundaries.	<b>Unchecked Desire:</b> A hidden hunger that blinds us to the danger we are bringing into our family life.	<b>The Acceptance:</b> "Hello Me! I see that I am reaching for this 'fruit' because I don't trust God to provide what I truly need."	<b>Self-Control:</b> 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:

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