

FORBIDDEN FRUIT STUDY NO. 9: LIES

"Let's Face It and Fix It!"

"8 And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden. 9 And the Lord God called unto Adam, and said unto him, Where art thou?" - GENESIS 3: 8

Painting "Hiding" (2025) by Alton.



Notes:

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

1. **THE ROOT (The Starting Point) Genesis 3:8 (The Flight):** Upon hearing God's presence, the immediate, instinctive response to guilt is **Hiding**, which is the physical manifestation of the **break and fracture** in their relationship with their Creator.
 2. **THE SECRET TREASURE (Matthew 6:21) Presence:** Treasuring the **unshakeable security** and restorative power of being fully known by God, more than the temporary, dangerous comfort of avoidance and isolation from Him.
 3. **MY TRUE COLOURS (THE MIRROR) (Galatians 5:19) Avoidance/Isolation:** A habitual pattern of retreating (emotionally or spiritually) when guilt or fear of judgment arises, using distractions or silence as a "tree" to hide behind, thus **perpetuating the relational fracture**.
 4. **THE AWAKENING (The "Hello Me!" Statement) The Acceptance:** "Hello Me! I see that my primary response to guilt is **Avoidance**, which directly perpetuates the **relational fracture** with God, and I need to stop retreating into the 'trees' of distraction."
 5. **STRONGER FAMILY GOAL Intentional Presence:** Protecting the **connection** of your household by refusing to hide problems or emotions, modeling the courage to be fully present and vulnerable with God and your family, thus healing the fracture. **Stop the Flight. Start the Facing.**
-

SECTION 2: INTERACTIVE STUDY (The Deep Work)

Answer these questions privately to begin your restoration.

1. The Call to Presence vs. The Fracture

The pattern of walking with God remained, but the response changed from welcome to flight. The sin caused the relational break, and Hiding maintains it.

- **Question 1:** What is the one thing you are currently holding onto (a sin, a resentment, a fear) that makes you feel unqualified or unwilling to enter God's **presence** right now?

2. The Habit of Hiding

Adam and Eve hid themselves **from the presence of the Lord God**. This is not just physical hiding, but a deliberate spiritual retreat.

- **Question 2:** What is your primary "tree" of **Avoidance** when dealing with God? (e.g., stopping reading the Bible, praying general prayers instead of honest ones, skipping worship/fellowship). How does this maintain the **fracture**?

3. The Lie of Isolation

The act of hiding is the lie that isolation is safer than confrontation. This isolation ensures the relational fracture cannot heal.

- **Question 3:** How does your **Avoidance** of God's presence leak into your family life? Where does your spiritual isolation cause you to withdraw or become emotionally unavailable to your spouse or children?

4. The "Hello Me!" Awakening

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

"Hello Me! I see that my primary response to guilt is **Avoidance**, and I need to stop retreating into the 'trees' of distraction and isolation and move toward the light of God's presence to repair the **relational fracture**."

Notes

SECTION 3: CONCLUSION - Hiding (Genesis 3:8)

The Exposure: My True Colours: Adam

We identify **Avoidance/Isolation**—the instinctive retreat from accountability and intimacy, which is the behavioral choice that **perpetuates the relational fracture** caused by sin.

The Awakening/Acceptance: Hello Me!

This is your "Hello Me!" moment. It is the awakening where you realize: **"I have been hiding from the confrontation I need, believing that isolation is safety, but the 'trees' I hide behind are only ensuring the permanent fracture of my spiritual and relational life."**

Transforming the 'Hiding' into Family Strength

The "Hello Me!" moment establishes **Intentional Presence** as a core family strength. By choosing to step out from the "trees" and face guilt head-on, you model the only way to heal the **fracture**—radical honesty in the light of God's restoring presence.

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

1. **Stop the Flight:** Identify the "tree" (distraction/activity) you are currently using to hide from God, and commit to abstaining from it for the next three hours.
2. **Voice the Truth:** Confess the specific area of **Avoidance** (Question 2) and the resulting **fracture** to your accountability partner, stating: **"I have been hiding from God (and you) in this area, and I am moving toward the light now."**
3. **Start the Facing:** Intentionally seek out a "cool of the day" moment with God right now—be present, ask for forgiveness for the specific sin, and sit in silence, refusing to let distraction maintain the fracture.

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

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

Notes:

If this Bible Study is a blessing to you, please share it and our info with others...God bless.

Prepared by Alton

Courtesy: (c) Alton Art. 2025 .My True Colours (Hello Me) TM.

Website: <https://www.altonart.org>

TikTok: @altonart1

Published: 27th December, 2025