

FORBIDDEN FRUIT STUDY NO.11: NAKED

"Let's Face It and Fix It!"

"And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?" - Gen 3:11

Bible Art: See Painting entitled "Naked" on [TikTok](#).

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

- 1 **THE ROOT (The Starting Point) Genesis 3:11 (The Command):** The realization of sin causes shame ("naked"), but God's confrontation directly links the feeling of shame to the **breaking of a known, specific command** ("whereof I commanded thee").
- 2 **THE SECRET TREASURE (Matthew 6:21) Authenticity:** Treasuring the **freedom and lightness** that comes with radical, immediate disclosure of guilt more than the heavy burden of shame and secrecy.
- 3 **MY TRUE COLOURS (THE MIRROR) (Galatians 5:19) Secrecy/Isolation:** A compulsive, subconscious pattern of covering up mistakes, sins, or weaknesses, specifically to avoid the direct **confrontation and accountability** for breaking a known rule.
- 4 **THE AWAKENING (The "Hello Me!" Statement) The Acceptance:** "Hello Me! I see that I am reacting to my shame by choosing **Secrecy**, and I must stop hiding from the light and embrace the healing power of immediate disclosure and accountability for the command I broke."
- 5 **STRONGER FAMILY GOAL Radical Disclosure:** Protecting the **trust** of your household by refusing to hide problems or sins, thus modeling the courage to walk in the light and seek restorative accountability for broken rules. **Stop the Cover-Up. Start the Disclosure.**

SECTION 2: INTERACTIVE STUDY (The Deep Work)

Answer these questions privately to begin your restoration.

1. The Question of Shame ("Who told thee...?")

God's first question challenges Adam's new condition of shame ("naked"). Shame is the feeling that **I am** bad; guilt is the feeling that **I did** bad. Shame makes you hide.

- **Question 1:** What is the one truth about your current character or behavior that you are most actively working to hide from your spouse, friend, or accountability partner? (What makes you feel "naked"?)

2. The Confrontation of the Command ("Hast thou eaten...?")

God moves from the emotional symptom (shame) to the factual transgression. This is the **confrontation** regarding the specific, broken rule.

- **Question 2:** Name one specific, clear command or agreement (biblical or marital) that you knowingly broke or bent recently. What was the exact command, and what was the transgression?

3. The Lie of Secrecy

The moment Adam felt shame, he sewed fig leaves and hid. **Secrecy** is the "fig leaf" we use to justify isolation and avoid the direct confrontation and accountability God calls us to.

- **Question 3:** Where does your **Secrecy** manifest most physically? (e.g., hiding your phone, avoiding certain conversations, doing certain things only when you are alone). What protective excuse do you use for this secrecy?

4. The "Hello Me!" Awakening

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

"Hello Me! I see that I am reacting to my shame by choosing **Secrecy**, and I must stop hiding from the light and embrace the healing power of immediate disclosure and accountability for the command I broke, specifically

..... [Name the command/rule from Question 2]."

SECTION 3: CONCLUSION - Naked (Genesis 3:11)

The Exposure: My True Colours: God

We identify **Secrecy/Isolation**—the compulsion to cover up mistakes and shame, specifically to avoid the necessary **confrontation** that brings accountability.

The Awakening/Acceptance: Hello Me!

This is your "Hello Me!" moment. It is the awakening where you realize: "**I have been using Secrecy to protect myself from the confrontation over a broken command, but all I've done is isolate myself and destroy the trust that could have healed me.**"

Transforming the 'Shame' into Family Strength

The "Hello Me!" moment establishes **Radical Disclosure** as a core family strength. By choosing to

walk in the light and face the confrontation directly, you model that true strength comes not from avoiding consequences, but from accepting them and seeking restoration.

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

- 1 **Stop the Cover-Up:** Identify one "fig leaf" (excuse or behavior) you use to maintain secrecy, and commit to abandoning it immediately.
- 2 **Voice the Truth:** Confess the specific **secret** (from Question 1) *and the broken command* (from Question 2) to your trusted partner or accountability partner right now, without minimizing or deflecting.
- 3 **Start the Disclosure:** Initiate a new habit this week of immediately disclosing any minor error or broken boundary to your partner *within 30 minutes* of it happening, practicing speed over shame.

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

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: 28th December, 2025