

## FORBIDDEN FRUIT STUDY NO. 2: ADAM (FEAR/HIDING)

"The Mirror of the Protective Lie"

### THE SCRIPTURE (KJV)

*"And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself." - Genesis 3:10*

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

MY TRUE COLOURS (HELLO ME!) NO.1 - FEAR	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
 "Fear!" by Alton (2025)	<b>Genesis 3:10:</b> Responding to a mistake with <b>hiding</b> and <b>fear</b> instead of immediately accepting responsibility and seeking restoration.	<b>Self-Protection:</b> Treasuring the temporary security of a "protective lie" or secrecy more than the restorative power of God's truth and openness.	<b>Fear/Hiding:</b> A deeply ingrained tendency to run from consequences, creating a <b>barrier of secrecy</b> that prevents healing and trust in the home.	The <b>Acceptance:</b> "Hello Me! I see that I am <b>hiding</b> this because I am <b>afraid</b> of what you (God/spouse/family) will think of the <i>real me</i> ."	<b>Vulnerability/Transparency</b> : Protecting the <b>integrity</b> of your household by choosing <b>openness</b> and <b>truth</b> over the destructive cycle of secrecy and fear.

### SECTION 2: INTERACTIVE STUDY (The Deep Work)

Answer these questions privately to begin your restoration.

#### 1. The Sound of Judgment

Adam said, *"I heard thy voice in the garden, and I was afraid..."*

##### Question 1:

- What is the "sound" that currently causes you to fear exposure (a spouse asking a specific question, a child achieving a milestone you haven't, or an invitation to a truthful conversation)?
- What lie do you tell yourself about this "sound"?

## 2. The Naked Truth

Adam was afraid "*because I was naked.*" Nakedness here represents exposure, inadequacy, and vulnerability.

**Question 2:** Where are you feeling "naked" or exposed right now (financially, emotionally, relationally) and trying to cover up that vulnerability with **anger, busyness, or silence** instead of letting your family see the truth?

## 3. The Hidden Life

*The Bible says Adam "hid myself." Hiding is the physical response to fear.*

**Question 3:** If you continue to "hide" this specific struggle (your secret habit, fear, or insecurity), how will that chosen secrecy eventually erode the trust and emotional connection with your children or your spouse?

## 4. The "Hello Me!" Awakening

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

(a) "Hello Me! I see that I have been **hiding [The specific secret/issue]** .....  
..... because I have been feeling .....  
**[Fear, shame, or inadequacy].**

(b) Today, I choose **[Vulnerability/Truth/Openness]** ..... to stop hiding, and depend on God's strength and the grace of our Lord, Jesus Christ, to make this change permanent."

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Notes:

## SECTION 3: CONCLUSION - “Fear” (Genesis 3:10)

### The Exposure: My True Colours: Adam

In the painting **“Fear” by Alton (2025)**, we identify the **Fear/Hiding**—the innate need to protect oneself from the consequence of a mistake by retreating into silence or secrecy.

### The Awakening/Acceptance: Hello Me!

This is your “Hello Me!” moment. It is the awakening where you realize: **“I have been building a wall of secrecy to protect myself at the expense of my family’s trust.”** When you accept this, the power that secret fear had over you begins to break.

### Transforming the ‘Fear’ into Family Strength

The “Hello Me!” moment turns the poison of the hidden life (that ‘protective lie’) into the medicine of a healthy home built on trust. By choosing vulnerability, you become a **foundation of truth and safety** for your spouse and children.

### How to Act Today on Your “Hello Me!” Moment:

1. **Stop the Hiding:** Identify one area of secrecy (a hidden spending habit, an unaccounted-for time sink, or an unshared fear) that is currently blocking true intimacy with your family.
2. **Voice the Truth:** In your “Hello Me!” moment, tell a trusted partner or mentor: **“I am choosing to be exposed and honest for the safety and security of my family’s trust.”**
3. **Create a Safe Zone:** Use your newfound vulnerability to initiate a truthful, healing conversation that proves to your family that **transparency** is now your highest priority.

**“A ‘Hello Me!’ moment is the end of the lie and the beginning of the legacy.”**

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Notes:

*Prepared by Alton*

*Courtesy: (c) Alton Art. 2025 .My True Colours (Hello Me) <sup>TM</sup>.*

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

*Published: 19<sup>th</sup> December, 2025*