

## FORBIDDEN FRUIT STUDY NO. 3: ADAM (BLAME)

*"Let's Face It and Fix It!"*

### THE SCRIPTURE (KJV)

*"And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat." - Genesis 3:12*

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

The Root (The Starting Point)	The Secret Treasure (Matthew 6:21)	My True Colours (The Mirror) (Galatians 5:19)	The Awakening (The "Hello Me!" Statement)	Stronger Family Goal
<b>Genesis 3:12:</b> Shifting responsibility for personal actions onto another person or God, instead of owning the consequence.	<b>Self-Justification:</b> Treasuring the temporary relief of <b>being right</b> or <b>being a victim</b> more than the long-term character and peace gained through humble accountability.	<b>Blame/Deflection:</b> An innate tendency to use others (spouse, family, circumstances) as a shield to protect the ego from shame and consequence.	<b>The Acceptance:</b> "Hello Me! I see that I am <b>shifting the blame</b> because I am <b>afraid</b> of what it will cost me to take full responsibility."	<b>Accountability:</b> Protecting the <b>trust</b> and <b>maturity</b> of your household by modeling humble ownership and replacing accusation with genuine confession. <b>Stop Shifting the Blame. Start the Ownership.</b>

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

Answer these questions privately to begin your restoration.

#### 1. Shifting the Blame

Adam shifted the blame to Eve, and even subtly at God ("the woman whom thou gavest...").

**Question 1:** Who or what are you currently using as a justification for your own failure or struggle (your childhood, your spouse's habits, your financial stress)? Name that person or circumstance.

## 2. The Cost of "Being Right"

By blaming, Adam avoided immediate shame but forfeited the chance for immediate grace and restoration.

**Question 2:** Where are you sacrificing the deeper relational goal (peace, intimacy, healing) just to win a small point or to ensure that you are seen as "the victim" or "the innocent one"?

## 3. The Generational Damage

Adam's pattern of deflection immediately introduced conflict and division into the first marriage.

- **Question 3:** If you continue to deflect responsibility, how will that pattern of blame and self-justification damage your children's ability to take ownership of their own mistakes?

## 4. The "Hello Me!" Awakening

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

"Hello Me! I see that I have been **blaming** .....[The  
**person/circumstance I've been blaming]** because I have been  
feeling ..... [Entitled/Afraid/Unfairly Treated].

Today, I choose ..... [Full Responsibility/Humble Confession]  
to stop the blame, and depend on God's strength and the grace of our Lord, Jesus Christ,  
to make this change permanent."

### SECTION 3: CONCLUSION - "Blame" (Genesis 3:12)

#### The Exposure: My True Colours: Adam

In the painting **"Blame" by Alton (2025)**, we identify the **Blame/Deflection**—the innate need to use an external party as a scapegoat to avoid the consequence of a personal mistake.

#### The Awakening/Acceptance: Hello Me!

This is your "Hello Me!" moment. It is the awakening where you realize: **"I have been using blame as a tool to protect my ego at the expense of honesty and relationship."** When you accept this, the power that defensiveness had over you begins to break.

#### Transforming the 'Blame' into Family Strength

The "Hello Me!" moment turns the poison of deflection into the medicine of a healthy home built on accountability. By choosing ownership, you become a **model of integrity and maturity** for your spouse and children.

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

1. **Stop Shifting the Blame:** Identify one specific area where you recently deflected responsibility to your spouse, co-worker, or circumstance.
2. **Voice the Truth:** In your "Hello Me!" moment, tell that person or yourself: **"I am choosing to take 100% ownership for my role in this situation."**
3. **Create a Safe Zone:** Use your newfound accountability to initiate a conversation where you apologize *without* justification, proving to your family that **ownership** is now your highest priority.

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

*Prepared by Alton*

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*Published: 20<sup>th</sup> December, 2025*