

## FORBIDDEN FRUIT STUDY NO. 6: BRUISED

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

<p><b>THE SCRIPTURE (KJV)</b></p> <p><i>"And I will put enmity between thee and the woman, and between thy seed and her seed; <b>it shall bruise thy head, and thou shalt bruise his heel.</b>" - Genesis 3:15</i></p>	<p><b>THE ART : “Bruised” (2023) by Alton.</b></p> 
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### SECTION 1: THE SUMMARY TABLE

MY TRUE COLOURS (HELLO ME!)	FIVE DISCUSSION POINTS
<b>The Root (The Starting Point)</b>	<b>Genesis 3:15 (The Bruise):</b> The prophecy that we (the Seed) will experience painful wounds ( <b>bruised heel</b> ) from the enemy, revealing a personal, specific <b>Repeating Pattern of Conflict</b> in our lives.
<b>The Secret Treasure (Matthew 6:21)</b>	<b>Perseverance:</b> Treasuring the <b>lesson learned</b> through the pain of the wound more than the temporary relief of avoiding future conflicts.
<b>My True Colours (The Mirror) (Galatians 5:19)</b>	<b>The Repeating Pattern of Conflict:</b> The daily small sins (impatience, withdrawal, control) are the symptoms of the spiritual war replicating itself within the individual and the family.
<b>The Awakening (The "Hello Me!" Statement)</b>	<b>The Acceptance:</b> "Hello Me! I see that the pain I feel (my bruised heel) is a warning signal pointing me toward the specific 'Forbidden Fruit' I keep picking, which feeds the conflict."
<b>Stronger Family Goal</b>	<b>Mastery of Self:</b> Protecting the <b>legacy</b> of your household by identifying and <b>eliminating</b> the specific repeating pattern of sin (the heel bruise) through self-control and the Spirit's power. <b>Stop the Wound. Start the Healing.</b>

**Notes:**

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

Answer these questions privately to begin your restoration.

### 1. The Bruised Heel (The Painful Symptom)

The **bruised heel** is the constant, painful injury—the consequence that keeps reappearing in your life (e.g., constant lack of trust, financial stress, persistent anger). It is a symptom of the Repeating Pattern of Conflict.

- **Question 1:** What is the most painful, recurring wound (bruised heel) in your life right now? When did this specific pattern of pain first start showing up?

### 2. The Repeating Pattern (The Individual Conflict)

The global conflict shows up as a predictable, destructive pattern in your home. This pattern is the specific "Forbidden Fruit" (e.g., fear, jealousy, control) that you repeatedly choose in moments of stress.

- **Question 2:** Trace the last major argument or conflict you had with your spouse or child. What was the predictable action or reaction you had that fueled the **Repeating Pattern of Conflict**?

### 3. The Power of Ownership

You cannot overcome the wound by just treating the pain; you must stop the pattern that causes the injury. The first step is taking ownership of your specific part.

- **Question 3:** What specific choice (the "Forbidden Fruit") did you make in the last 24 hours that you know contributed to the tension or conflict in your home? (Be honest: yelling, silent treatment, avoiding communication?)

### 4. The "Hello Me!" Awakening

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

"Hello Me! I see that my **bruised heel** is caused by my **Repeating Pattern of Conflict** which is .....[**Specific Pattern of Sin/Forbidden Fruit**].

Today, I choose .....[**Vigilance/Self-Mastery/Specific Righteous Act**] to stop the pattern, and depend on God's strength and the grace of our Lord, Jesus Christ, to walk in healing."

*Notes*

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## SECTION 3: CONCLUSION - Bruised (Genesis 3:15)

### The Exposure: My True Colours: You

We identify the **Repeating Pattern of Conflict**—the realization that your failures are predictable injuries caused by the spiritual war replicating itself in your specific weaknesses.

### The Awakening/Acceptance: Hello Me!

This is your "Hello Me!" moment. It is the awakening where you realize: **"I have been fighting the pain of the bruise instead of fighting the pattern that keeps causing the bruise."**

### Transforming the 'Bruise' into Family Strength

To heal the heel, you must rely on the **Head-Crusher's** power to give you the strength to break the specific, ingrained pattern of sin. Your mastery of this pattern becomes your family's legacy of discipline and hope.

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

1. **Stop the Pattern:** Identify the specific trigger that leads to your most common **bruised heel** (e.g., exhaustion, confrontation, financial news).
2. **Voice the Truth:** Confess the specific pattern to a trusted partner: **"I am specifically targeting the pattern of [Specific Sin/Fruit] because it is bruising me and our family."**
3. **Start a New Pattern:** Commit to practicing the opposite virtue (e.g., gentleness instead of harshness) the very next time that specific trigger occurs.

*"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*

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