

FORBIDDEN FRUIT STUDY NO. 6: BRUISED

"Let's Face It and Fix It!"

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

SECTION 1: THE SUMMARY TABLE

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

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."

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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.

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Published: 23rd December, 2025