

FORBIDDEN FRUIT STUDY NO. 7: SORROW

"Let's Face It and Fix It!"

THE SCRIPTURE (KJV)	THE ART : <i>"Bruised"</i> (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 3:16: Experiencing the curse as the multiplication of pain (sorrow) in the most intimate areas of life: conception, parenthood, and the introduction of tension/rule in the relationship.</p>
The Secret Treasure (Matthew 6:21)	<p>Purpose: Treasuring the power of endurance and character gained through unavoidable suffering, rather than dwelling in the victimhood of the pain and consequence.</p>
My True Colours (The Mirror) (Galatians 5:19)	<p>Resentment/Bitterness: A subconscious posture of heart that allows the experience of multiplied sorrow to harden us against God and our spouse, resulting in defensiveness or self-pity.</p>
The Awakening (The "Hello Me!" Statement)	<p>The Acceptance: "Hello Me! I see that I have been allowing the multiplied sorrow of life to feed my resentment, and I must choose to trust God's purpose in this pain instead of becoming bitter."</p>
Stronger Family Goal	<p>Redemptive Partnership: Protecting the unity of your household by refusing to let unavoidable sorrow breed bitterness, choosing instead to lean into each other and God's strength in difficulty. Stop the Bitterness. Start the Bearing.</p>

Notes:

SECTION 2: INTERACTIVE STUDY (The Deep Work)

Answer these questions privately to begin your restoration.

1. The Multiplied Sorrow

God said He would "greatly multiply thy sorrow." This points to unavoidable, sharp, and persistent pain in life that is the consequence of sin entering the world.

- **Question 1:** Where are you currently experiencing a "multiplied sorrow" (a persistent, sharp pain) in your life that you believe is unfair or undeserved (e.g., in your work, a child's struggle, or a physical ailment)?

2. The New Relational Tension

The verse points to a shift from partnership to a tension characterized by "desire... to thy husband, and he shall rule over thee." This creates a conflict of wills and boundaries.

- **Question 2:** Where do you find yourself actively resisting your spouse, or where do you feel your spouse is overstepping their boundaries, causing a recurring cycle of resistance and frustration in your marriage?

3. The Corrosion of Resentment

The natural human response to persistent, multiplied pain is to allow it to turn into bitterness toward God or resentment toward those closest to us.

- **Question 3:** (a) How is the sorrow you bear (Question 1) secretly transforming into **resentment** toward the people you love (your spouse or children)?
(b) What specific form does that resentment take (e.g., withdrawal, sharp tone, passive-aggression)?

4. The "Hello Me!" Awakening

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

"Hello Me! I see that I have been allowing the **multiplied sorrow** of life to feed my **resentment**, and I must choose to trust God's purpose in this pain instead of becoming bitter."

SECTION 3: CONCLUSION - Sorrow (Genesis 3:16)

The Exposure: My True Colours: Eve

We identify **Resentment/Bitterness**—the subconscious posture that allows the unavoidable pain of the curse to harden us against the very people who should be our greatest comfort.

The Awakening/Acceptance: Hello Me!

This is your "Hello Me!" moment. It is the awakening where you realize: "**I have been choosing bitterness, thinking that my pain justifies my resentment, when in fact, the bitterness only multiplies the sorrow.**"

Transforming the 'Sorrow' into Family Strength

The "Hello Me!" moment turns the weight of sorrow into the strength of **Redemptive Partnership**. When you choose to lean on your spouse and God *through* the pain, you model resilience and deep reliance for your children.

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

1. **Stop the Claim:** Identify one way you have recently communicated that your burden is "unfair" or "yours alone," and actively stop repeating that statement.
2. **Voice the Truth:** Confess the specific **resentment** you discovered in Question 3 to God and a trusted partner, releasing the need to be justified in your pain.
3. **Start the Bearing:** Initiate a transparent conversation with your spouse about the specific sorrow you carry (from Question 1), asking them to share the burden and build unity through shared faith.

"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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