


## FORBIDDEN FRUIT STUDY NO. 7: SORROW

*"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 3:16:</b> 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.
<b>The Secret Treasure (Matthew 6:21)</b>	<b>Purpose:</b> Treasuring the <b>power of endurance and character</b> gained through unavoidable suffering, rather than dwelling in the victimhood of the pain and consequence.
<b>My True Colours (The Mirror) (Galatians 5:19)</b>	<b>Resentment/Bitterness:</b> 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.
<b>The Awakening (The "Hello Me!" Statement)</b>	<b>The Acceptance:</b> "Hello Me! I see that I have been allowing the <b>multiplied sorrow</b> of life to feed my <b>resentment</b> , and I must choose to trust God's purpose in this pain instead of becoming bitter."
<b>Stronger Family Goal</b>	<b>Redemptive Partnership:</b> 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. <b>Stop the Bitterness. Start the Bearing.</b>

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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