Westminster Svorler Catechistry

Q15: What was the sin by which our first parents fell from the state in which they were created?

Answer: The sin by which our first parents fell from the state in which they were created was their eating of the fruit that God had forbidden.

"So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden."

Genesis 3:6-8 (ESV)