



CREATION AND THE BEGINNING OF HUMAN HISTORY

#23 – God Gave the Man a Helper Genesis 2:20-25

PICTURES NEEDED

- 23-1 Adam and Eve
- 23-2 Marriage

REVIEW (Before Teaching Lesson)

- **Journal Review:** Ask students to share an important truth that they learned from their journal readings at home that week. Share some of your own insights.
- **Previous Lesson Review:** (Use the visual from the last lesson to aid in review) What was man formed from? What grew in the garden? What was man to do with the garden? What one thing wasn't man to do? What would happen if he did that? What did Adam do with the animals?
- **The Big Question Review:** What happens when God is our shepherd? Let the students give their answers to the question.
- **Bible Verse Review:** Psalm 23:1-3
When God is our shepherd, we have everything we need.

¹(The LORD is my shepherd, I shall not be in want. ²He makes me lie down in green pastures, he leads me beside quiet waters, ³he restores my soul). He guides me in paths of righteousness for his name's sake.

LESSON CONTENT

Note: The Bible verses included in the lesson are from the NIV 1984 edition. The wording of the questions is derived from that version. If another version of the Bible is used, questions may need to be adapted.

God had given the first man a perfect environment to live in. When Adam was created he was in a right relationship with God, his environment, and the animals, but he still wasn't complete. God had said that it wasn't good for the man to be alone. God first brought all the animals to Adam to name, after that he made a helper for him.

Genesis 2:20-25 (picture 22-1)

But for Adam no suitable helper was found. ²¹So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. ²²Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

²³The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."

²⁴For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

²⁵The man and his wife were both naked, and they felt no shame.

Why did God create the woman? There was no suitable helper for Adam and he needed one. The word for helper in Genesis is the same word that is used elsewhere in the Old Testament to describe the relationship of God coming to help man or a king coming alongside to help another king. Psalm 70:5 says, *Yet I am poor and needy; come quickly to me, O God. You are my help and my deliverer; O LORD, do not delay.*

Thinking about the meaning of the word helper, what does that mean in a marriage relationship? The wife comes alongside the husband to help him so that both can fulfill their design and become all that God desires for them. They are equal before God but have different roles. One is the leader; the helper supports the leader.

How did God create the woman? He made her from a rib that he took from Adam.

How is that different from how God created other living things? He spoke other things into existence and made them from the dust of the ground.

What is the importance of a man being created a man and a woman being created a woman? They are both made in the image of God, but they are not the same. They are equal in status before God but are distinct. God had a purpose in creating distinctions between them. He has a different design for men than he has for women.

What special relationship did God institute at creation between a man and a woman? (picture 23-2) God created one man and one woman to live together in marriage. There is something very special about the marriage relationship that causes men and women to more fully reflect God's image and to fulfill the command to fill the earth.

What does God call the marriage relationship? God calls marriage a “one flesh” relationship.

What does a one flesh relationship mean? If you are one flesh with someone that means that you are united with them in a way that can't be broken.

In a one flesh marriage relationship a man and a woman become united in purpose. Whatever one does affects the other. For a one flesh relationship to work the way God intends, both the man and the woman have to give up selfish interests and do what is best for the other and the marriage. Once a man and a woman are joined together in marriage, they cannot be what they were before, two separate individuals going their own ways. They become linked together in a special way and their focus has to change. Other relationships may come and go but a one-flesh relationship is to endure for a lifetime.

What would happen if you were to break a one flesh relationship? If you were to break a one flesh relationship it would be like tearing your own body apart. It would leave a terrible wound and the body would never be the same again.

Illustration: To illustrate this take a yellow ball of clay for the man and a blue one for the woman and blend them together into one ball. The ball begins to become green and the yellow and blue clay cannot be separated out again.)

Mark 10:6-8 says, *“But at the beginning of creation God `made them male and female.’⁷ For this reason a man will leave his father and mother and be united to his wife,⁸ and the two will become one flesh. So they are no longer two, but one.*

Why is God’s design for marriage good? God designed a man and a woman to be different from one another. He created them to come together in marriage to bring honor to him and establish a secure family in which to raise children. When a man and a woman are joined together under God and are committed to one another in a lasting one-flesh relationship, both families and society benefit.

What happens when people follow God’s design for marriage? Whenever people follow God’s design there is blessing both for the individual and for the larger society. This is how God designed marriage to work from the beginning. He is the author of marriage and has a plan for it to benefit both the married couple and society.

What happens when society says that women can marry women and men can marry men? It isn't a marriage in God's eyes and it goes against his good design and what he has put in place. When society redefines what marriage is, it defies God and his authority. Rebellion against God never brings blessing. In the next lesson we will see that wanting to do something other than what God says to do brings destruction.

LESSON WRAP-UP

- **Overview Questions:** Why did God make the woman? How did God make the woman? What is God's plan for a man and a woman?
- **Thought Questions:** In terms of commitment how is the marriage relationship different from other relationships? Why does the marriage relationship have to be different? What happens to families when couples don't view marriage as a lifetime commitment? What happens to society when couples don't view marriage as a lifetime commitment?
- **Prayer:** Thank God that his plan is always a good one. Thank him for how he designed a man and woman to come together and make a stable family and therefore society. Pray for the families in your church that the marriages would be strong in the Lord and that they would contribute to the well-being and stability of society. Pray for couples who haven't followed God's good design that they would experience God's forgiveness and healing.
- **The Big Question: What is special about the marriage relationship?**
Let the students give their answers to the question. Share the memory verse. Ask how it answers the question.
- **Memory Verse: Mark 10:6-8** In marriage, a man and a woman become one flesh.

6("But at the beginning of creation God `made them male and female.' 7`For this reason a man will leave his father and mother and be united to his wife,) 8and the two will become one flesh. 'So they are no longer two, but one.

Questions: When was marriage established? What does it mean to become one flesh?

ACTIVITIES (Completed after the lesson)

Any age appropriate activity can be included which fits into the class time. The activities with a star are included on the class notes.

- ★ **Lesson Notes:** Have the children answer the two questions individually or as a group.
What did you learn from this lesson? How can you put into practice what you learned?
- ★ **Memory Verse:** Read the memory verse on the cover of the class notes and then have the students fill in the blanks in the verse.
- ★ **Activity Page: Crossword Puzzle**
Instructions: Fill in the crossword puzzle with the correct relationships.
Husband -What a man becomes when he marries a woman.
Wife - What a woman becomes when she marries a man.
Father - What a man becomes when he has a child.
Mother - What a woman becomes when she has a child.
Leader - What God designed the man to be in a marriage.
Helper - What God designed the woman to be in a marriage.
Offspring - The children that come from a marriage.
Parent - The relationship of a mother or father to the child

★ **This Week's Big Question:** Have the students fill in the blanks for the way the memory verse answers the big question.

In marriage, a man and a woman become one flesh.

★ **Coloring Page:** Color the lesson picture.

- **Craft:** One flesh

As a reminder that God designed a man and a woman to come together in marriage make a paper couple.

Materials: cover stock paper, transparency, or yellow and blue tissue paper, scissors, crayons or colored pencils

Preparation: Print off craft 23 figures on cover stock paper and the colored squares on a transparency.

Instructions: Make one figure to look like a man and the other to look like a woman. Cut out the heart in center of each figure. Punch the end of the scissors in the heart where the lines cross. Cut along the straight lines to the edges of the heart. Then cut out the heart. Tape a square of the blue transparency or tissue behind the man and a yellow one behind the woman. Fold the page together so that the tape side is inside. The heart should now show green for both the man and the woman.

- **Game:** Three-legged Race

As a reminder that a man and woman are designed to come together in marriage in a one-flesh relationship and become united in purpose, run three-legged races.

Instructions: Divide the group into pairs. Use strips of rag to tie the right leg of one child to the left leg of the other. Let the pairs practice walking together to see how they can function as one. Then run different types of races. Talk about the difficulties of being tied together with someone else in a race and solutions to make it easier.

JOURNAL

The journal is passed out at the end of class for the students to complete at home. It has six poetic readings and related Bible verses. It would be beneficial for the teacher to read through and be familiar with its content.