



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.

*<sup>1</sup>(The LORD is my shepherd, I shall not be in want. <sup>2</sup>He makes me lie down in green pastures, he leads me beside quiet waters, <sup>3</sup>he 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. <sup>21</sup>So 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. <sup>22</sup>Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.*

*<sup>23</sup>The 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."*

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

*<sup>25</sup>The 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.’<sup>7</sup> For this reason a man will leave his father and mother and be united to his wife,<sup>8</sup> 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.

*"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. 9So 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:** Ask the students to summarize in one sentence what the lesson was about. Then have them give three main points covered in the lesson. An example is below.

Theme: God created a helper for the man.

1. In all that God had created there was no helper that was right for the man.
2. God caused the man to go into a deep sleep and he made a woman from one of the man's ribs.
3. God planned for the man and woman to come together in marriage and have children.

- ★ **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.

• **Further Understanding:** Investigation/Reasoning Skills

**The Biblical Roles of Men and Women**

In today's society the roles of men and women are being confused. The Bible makes it clear that men and women have been given different roles, which are both essential to a healthy family. Having different roles doesn't mean that men and women are unequal. Both man and woman were created in the image of God and are equal in his sight. If men and women have the same roles to fill then one of them would unnecessary. You don't need two people to fulfill the same role.

God lays out in the Bible different functions for men and women. Have the students summarize and consider the meaning of the three scriptures below and then discuss the questions.

- 1 Corinthians 11:3 says, *Now I want you to realize that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God.*
- Ephesians 5:25 says, *Husbands, love your wives just as Christ loved the church and gave himself up for her to make her holy.*
- Ephesians 5:22-23 says, <sup>22</sup> *Wives, submit to your husbands as to the Lord.* <sup>23</sup> *For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.*

Discussion Questions:

1. What is the relationship between the Father and the Son (Jesus)? They are one God but their roles are different. The Son puts himself under the Father's authority.
2. What does it mean for a woman to submit to her husband? She willingly and freely puts herself under his leadership. This is what we are all to do with Christ.
3. How is a woman both equal to a man but under his headship? Both stand equal before God but their roles are different. The husband is the one who is the leader of and therefore responsible for the family. The woman is to willingly put herself under her husband's leadership, trusting him.
4. Why is it important that a family have a leader or a head? Without a leader, a family won't have someone who is responsible for it and makes decisions for its good. It will drift without direction.
5. Why can't there be two leaders in a family? The leaders would be in conflict with one another if they can't agree on something. There wouldn't be someone who would be held responsible for the well-being of the family.

6. What happens if a woman tries to be the leader of the family? Since it is contrary to God's design, the family will be out of order and never function in a way that brings honor to God. The man will never become the leader that God intends him to be.
7. How is the husband called to love his wife? He is to love his wife in the way that Christ loves us. He is to give of himself sacrificially for her good. He puts what is best for her and the family above his own interests.
8. How is a man able to love his wife in that way? Since we are all motivated by self-interest the only way a husband can love his wife that way is through Christ. The love of Christ has to be transforming him so that he can love his wife in a selfless manner.

## JOURNAL

The journal is passed out at the end of class for the students to complete at home. It has six readings that answer a digging deeper question. It would be beneficial for the teacher to work through the journal readings also.

**Digging Deeper:** What is God's design for marriage?

Reading 1: Mark 10:1-12 In a marriage, two become one flesh.

When was marriage instituted? What is God's design for marriage? What is the cause of divorce? What is the problem with divorce?

Reading 2: Malachi 2:10-16 Marriage is a covenant that is not to be broken.

Why was God not paying attention to the people's offerings? What is God's feeling towards divorce? Why?

Reading 3: Ephesians 5:22-33 In a marriage, men and women have different roles.

What does it mean to submit? Why are wives to submit to their husbands? In what way are husbands to love their wives? What is the difference between love and respect? If God commands women to respect their husbands, what does that mean men need? If God commands men to love their wives, what does that mean women need? Why do men and women need to be treated differently?

Reading 4: 1 Peter 3:1-7 In a marriage, men and women should relate rightly to one another.

What are women called to do in terms of their husbands? What does that mean? What is the result of their doing that? What are husbands called to do in terms of their wives? What does that mean? What is the result of their doing that?

Reading 5: Proverbs 31:10-12 In a marriage, partners bring good to one another.

Why is a wife of noble character so valuable? How can spouses bring one another good? What is the result of their doing that? How can spouses bring one another harm? What is the result of their doing that?

Reading 6: Proverbs 5:18-23 A Marriage Story

Ask your parents about how they met and became a couple. Ask them about what God has done in their lives, their struggles and the value of the one-flesh relationship. If your parents are divorced, ask about the problems that they have encountered as a result and why it falls short of what God desires.