

**Marriage and Family: Enjoying The Journey**  
**201: Biblical Foundations-Part 2 Roles of Wives & Husbands**

**LESSON 10: Holy Helpers... What's A Wife To Do?**

**1. Christian Perspectives:**

*Genesis 1:27*

*So God created man in his own image, in the image of God he created him;  
male and female he created them.*

*Genesis 2:18-22*

*The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

*[19] Now the Lord God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. [20] So the man gave names to all the livestock, the birds of the air and all the beasts of the field.*

*But for Adam no suitable helper was found. [21] 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. [22] Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man.*

**2. Christian Principles:**

2.1 The woman was created as Helper

*Genesis 2:18*

*The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

2.2 The woman is "From" the man

*1 Cor. 11:8*

*For man did not come from woman, but woman from man;*

2.3 The woman is "For" the man

*1 Cor. 11:9*

*neither was man created for woman, but woman for man.*

2.4 The role of Helper is a High and Holy calling

- The Father is our Helper

*Hebrews 13:6*

*So we say with confidence,*

*"The Lord is my helper; I will not be afraid..."*

- The Son is our Helper

*John 14:16 NKJV*

*And I will pray the Father, and He will give you another Helper, that He may abide with you forever--*

*Hebrews 2:18*

*Because he himself suffered when he was tempted, he is able to help those who are being tempted.*

- The Spirit is our Helper

*John 16:7 NKJV*

*Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.*

## 2.5 The Helper helps her h\_\_\_\_\_

### *Proverbs 31:10-12*

*A wife of noble character who can find? She is worth far more than rubies.*

*[11] Her husband has full confidence in her and lacks nothing of value.*

*[12] She brings him good, not harm, all the days of her life.*

### 3. Christian Practices:

In Proverbs 31, the Bible gives us some of the ways a Christian wife can serve the Lord and serve her husband and family. Place a check by the ones that the wife in your family enjoys the most.

#### **Proverbs 31 Woman: Twenty Personal Traits**

- Principles \_\_\_\_\_ [10] A wife of noble character who can find? She is worth far more than rubies.  
Prudence \_\_\_\_\_ [11] Her husband has full confidence in her and lacks nothing of value.  
Persistence \_\_\_\_\_ [12] She brings him good, not harm, all the days of her life.  
Positive Attitude [13] She selects wool and flax and works with eager hands.  
Provisions \_\_\_\_\_ [14] She is like the merchant ships, bringing her food from afar.  
Preparations \_\_\_\_\_ [15] She gets up while it is still dark; she provides food for her family and portions for her servant girls.  
Purchasing \_\_\_\_\_ [16] She considers a field and buys it; out of her earnings she plants a vineyard.  
Physical strength [17] She sets about her work vigorously; her arms are strong for her tasks.  
Perception \_\_\_\_\_ [18] She sees that her trading is profitable, and her lamp does not go out at night.  
Practicality \_\_\_\_\_ [19] In her hand she holds the distaff and grasps the spindle with her fingers.  
Philanthropy \_\_\_\_\_ [20] She opens her arms to the poor and extends her hands to the needy.  
Precautions \_\_\_\_\_ [21] When it snows, she has no fear for her household; for all of them are clothed in scarlet.  
Physical beauty [22] She makes coverings for her bed; she is clothed in fine linen and purple.  
Partnership \_\_\_\_\_ [23] Her husband is respected at the city gate, where he takes his seat among the elders of the land.  
Profits \_\_\_\_\_ [24] She makes linen garments and sells them, and supplies the merchants with sashes.  
Poise \_\_\_\_\_ [25] She is clothed with strength and dignity; she can laugh at the days to come.  
Pleasantness \_\_\_\_\_ [26] She speaks with wisdom, and faithful instruction is on her tongue.  
Planning \_\_\_\_\_ [27] She watches over the affairs of her household and does not eat the bread of idleness.  
Praise \_\_\_\_\_ [28] Her children arise and call her blessed; her husband also, and he praises her  
[29] "Many women do noble things, but you surpass them all."  
Piety \_\_\_\_\_ [30] Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.  
[31] Give her the reward she has earned, and let her works bring her praise at the city gate.

### 4. Discussion Questions:

- 4.1 Spend the first few minutes catching up on your week and what is going on in your lives.
- 4.2 What is your initial response to this idea in scripture that the wife is called to be a "Helper"?
- 4.3 After studying this lesson, what is your opinion of this role of "Helper"? Do you give more value to it? Why or why not?
- 4.4 From the Proverbs 31 list above, what are some of the areas that are easiest and which areas are more difficult for the wife to demonstrate in your marriage?
- 4.5 What are some prayer requests that come to mind after studying this lesson?
- 4.6 Spend the last 10 minutes updating your "Prayer Journal" and praying for each other/