

## LESSON 2

# The True Woman: A Helper by Design

### Luke 1:35-41.

*And the angel answered her ... <sup>36</sup>And behold, your relative Elizabeth in her old age has also conceived a son, and this is the sixth month with her who was called barren. <sup>37</sup>For nothing will be impossible with God.”  
...And the angel departed from her.*

*<sup>39</sup>In those days Mary arose and went with haste into the hill country, to a town in Judah, <sup>40</sup>and she entered the house of Zechariah and greeted Elizabeth. <sup>41</sup>And when Elizabeth heard the greeting of Mary, the baby leaped in her womb. And Elizabeth was filled with the Holy Spirit ...*

- **How did Mary know that Elizabeth was expecting a child?**
- **What did Mary do after she talked to the angel?**
- **Who gave Elizabeth wisdom to encourage & disciple Mary?**
- **Why do you think Mary needed to go to a woman at this important point in her life?**

## Mary & Elizabeth are examples of Titus 2:2-5!

<sup>3</sup>Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, <sup>4</sup>and so train the young women to love their husbands and children, <sup>5</sup>to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.

Guess what? Girls & guys are different!!! Look what God tells us in Genesis 1 & 2!

Genesis 1:1 In the beginning, God created the heavens and the earth.

**God is the \_\_\_\_\_ for all of life!**

Genesis 1:26 Then God said, "Let us make man in our image, after our likeness.

**Being created in God's image gives us**

\_\_\_\_\_ **! We are His image bearers. And it gives us \_\_\_\_\_ . We are to reflect His glory!**

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.

**God created male & female. Men & women are**

\_\_\_\_\_ **but** \_\_\_\_\_ .

Genesis 2:18 Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him."

**God designed woman to be a \_\_\_\_\_ !**



## Let's investigate... what exactly is a helper?

\_\_\_\_\_ Exodus 18:4 [Moses said] “The God of my father was my help, and delivered me from the sword of Pharaoh.”

\_\_\_\_\_ Psalm 10:14 But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless.

\_\_\_\_\_ Psalm 20:2 May he send you help from the sanctuary and give you support from Zion.

\_\_\_\_\_ Psalm 33:20 Our soul waits for the LORD; he is our help and our shield.

\_\_\_\_\_ Psalm 70:5 But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!

\_\_\_\_\_ Psalm 72:12-14 For he delivers the needy when he calls, the poor and him who has no helper. He has pity on the weak and the needy, and saves the lives of the needy. From oppression and violence he redeems their life, and precious is their blood in his sight.

\_\_\_\_\_ Psalm 86:17 ...you, LORD, have helped me and comforted me.



Our helper design is not a lesser design or lesser assignment!  
It's who God made us to be.

**No matter what our role...**

Daughter

Student

Wife

Friend

Employee

Mother

**...we put our own female spin on each role and job we do.**

✓ **To Do**

**1. Tell your mother, grandmother or older friend what you learned in this lesson. Ask her to pray that you will understand your creation design as a helper.**

**2. Pray Psalm 119:36-37 every day.**

*Turn my heart toward your statutes and not toward selfish gain. Turn my eyes away from worthless things; preserve my life according to your word (NIV).*

**3. Prayerfully complete this sentence: I like (or dislike) the idea of being created to be a helper because ...**

# My Journal Pages

LESSON TWO

Sample



## LESSON 3

# The True Woman: A Recipient of Redemption

### Let's Review

#### Westminster Shorter Catechism

**Q. 1. What is the chief end of man?**

**A. Man's chief end is to glorify God, and to enjoy Him forever.**

**Q. 2. What rule hath God given to direct us how we may glorify and enjoy Him?**

**A. The Word of God, which is contained in the Scriptures of the Old and New Testaments, is the only rule to direct us how we may glorify and enjoy Him.**

### Creation

*Genesis 2:18 Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him."*

**God created woman to be a \_\_\_\_\_.**

## The Fall

Genesis 3:1-13 Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden?’”

2And the woman said to the serpent, “We may eat of the fruit of the trees in the garden, 3but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’”

4But the serpent said to the woman, “You will not surely die. 5For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”

6So 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. 7Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. 8And 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. 9But the Lord God called to the man and said to him, “Where are you?”

10And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.” 11He said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?”

12The man said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” 13Then the Lord God said to the woman, “What is this that you have done?” The woman said, “The serpent deceived me, and I ate.”

**Because of the fall, woman lost her \_\_\_\_\_ to be a true helper.**

**But... God did not leave  
the man & woman in this  
hopeless condition!**

Genesis 3:14-15





The Lord God said to the serpent . . . I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel.”

### **Galatians 4:4-5**

But when the fullness of time had come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

### **Genesis 3:20**

The man called his wife's name Eve, because she was the mother of all living.

**After Adam heard the promise that the Seed of the woman would crush the head of the serpent, what did he re-name woman?** \_\_\_\_\_

**Eve means** \_\_\_\_\_

**Redemption to buy back, to pay a ransom Jesus paid the ransom and brought us back into a relationship with God!!**

