

LESSON 2:



LESSON TWO

The True Woman: A Helper By Design

Luke 1:35-41.

And the angel answered her . . . ³⁶And 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. ³⁷For nothing will be impossible with God." . . . And the angel departed from her.

³⁹In those days Mary arose and went with haste into the hill country, to a town in Judah, ⁴⁰and she entered the house of Zechariah and greeted Elizabeth. ⁴¹And 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?



What resource did Elizabeth have to disciple Mary?



Why do you think Mary needed to go to a woman at this pivotal point in her life?



Mary and Elizabeth are examples of Titus 2:3-5

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

We ought to have an intentional, deliberate approach to female discipleship because men and women are different . . .

When God created man, Moses tells us, He created them “male and female” (Genesis 1:27).

This universal, creational reality has implications for discipleship.

(Ligon Duncan, *Women's Ministry in the Local Church*, p. 40)

Girls and guys are different

— Genesis 1-2

Genesis 1:1.

In the beginning, God created the heavens and the earth.

God is the _____ for all of life.

For from him and through him and to him are all things. To him be the glory forever! Amen.

—Romans 11:36

**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 and female. Men and 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 _____.

What does a helper do????

The helper design is fascinating. The Hebrew word translated helper, ezer, is frequently used to refer to God as our Helper. These passages give insight into the function of an ezer.

_____ 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.**

Continued ➡

_____ 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 vio-
lence he redeems their life, and precious is their blood
in his sight.

_____ Psalm 86:17: ...you, Lord, have
helped me and comforted me.



What does all of this mean?

The helper design was not and is not a lesser design or an inferior assignment. It does not mean that woman is less capable.

Woman's helper design is not so much what we do but rather who we are. It is not the only aspect of what we are; but it is an essential part of our essence.

Our design should not be confused with our position in Christ. Our position is identical to man's position: "there is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus" (Galatians 3:28).

Continued ➡

Neither should our design be confused with our various roles. Our roles change: Daughter, student, wife, friend, employee, employer, mother, etc. Our helper design places its stamp upon each role. This design is integrated into all of the various roles a woman may have at any given time. Often those roles will overlap a man's role, or function. In other words, in many situations men and women may do much the same thing. But our design equips us to bring a unique perspective to that role. We put our own female spin on the particular task, and that is as it should be. Our helper design is intrinsic to who we are as women. *(from By Design, p. 14)*



Ask the Holy Spirit to teach you about your creation design.

The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned . . . But we have the mind of Christ

(1 Corinthians 2:14, 16).

The Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you

(John 14:26).

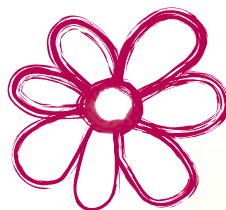


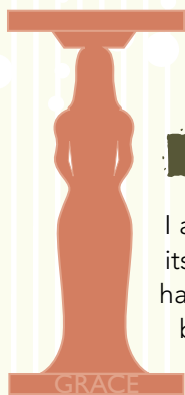

✓ **To Do**

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 . . .
4. Read the story below. How is your own story like or unlike Paige's story?





PAIGE'S STORY

I am a covenant child. According to the Scriptures, that in itself should indicate what my life and spiritual pilgrimage have been like. Truly, I am among all people most blessed.

I am the child of Christian parents, Christian grandparents, and Christian great-grandparents. Like Timothy, I have been taught God's Word since infancy. And, as Moses commanded, I was taught at the table, on the road, in my bed, and everywhere in between. I can't remember a time when I did not know that God loved me and that the Lord Jesus died for me and that we were therefore obviously to love and obey Him in return.

My older brother, with seven-year-old evangelistic zeal, asked Jesus into my heart when I was four. The following year I was having a heart-to-heart with Daddy as he was tucking me in bed and hearing my prayers. He explained that God loved me more even than he did and that I needed God even more than I needed him. I knelt with Daddy that night and told my heavenly Father that my life was His.

But this is not all. I am a covenant child—which means that I am also a child of the church. When an infant is baptized, the congregation affirms that they will all be godparents to the baby. My congregation took their vow quite seriously. I had more surrogate moms, dads, grandmoms, and granddads than I knew what to do with, and they lovingly tended me as one of their own. Psalm 92:13 tells us that children planted in God's house will flourish, and flourish I did. We are told that we must come to the kingdom as a little child, so what a blessing for me to come as a child—understanding from the first what it means to be a child of the King.

My simple but genuine faith was carefully cultivated by my godly parents and shepherding church, both giving faithful instruction. I have not struggled significantly with doubting God's truth, because I have been surrounded by living examples of His love and obedience to His Word in all walks of life.