

WARM-UP

- Name your favorite superhero tandem. What do you like about them?
- What is one talent or skill you have that others were surprised to find out about you?
- Is there a woman who has made a significant impact on your life? Tell us about her.

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

When God created everything, He was intentional and had a purpose for each living being. Even the order by which He created things was intentional. As the Author of life itself, He is the only one who can define the identity, value, and purpose of each life—especially for human beings who are made in His very image and likeness. Though there are many misconceptions about a woman's role and value, we can look to God's Word as the only standard. Today, let's talk about true womanhood to help us appreciate God's design and live out our identity in Him.

1 | Women are equal to men in value.

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

This passage is commonly misinterpreted to mean that women were an afterthought and only serve to meet the needs of man. But the Hebrew word for "fit" actually means "suitable" or, literally, "someone who stands in front of you." This means that men and women are equal in essence and dignity. One is not more important than the other; we are both valuable in God's sight. What does Romans 12:10 say about how we are to treat one another?

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2 | Women have strength.

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

In this passage, the Hebrew word used for "helper" does not refer to an assistant, but to a "rescuer" or "helper in times of distress." God made men and women strong in different ways. We were created to complement and help one another, not to compete. Though we have different callings and roles, our one purpose is to accomplish God's mission (Romans 15:5,6). What are some ways men and women complement each other?

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APPLICATION

- What is one mindset you have about womanhood that needs to be corrected? Meditate on Genesis 2:18 this week, and pray that God will renew your mind according to His Word.
- What has God called you to do with the skills and strength He has given you? Commit to seek Him about it throughout the week.
- How will knowing that all are equal in value and dignity change the way you relate to others? What is one thing you can do this week to make others feel that they are valued by God?

PRAYER

- Thank God that we are all equally valued in His sight. Thank Him for the love that He lavished upon us through Jesus.
- Ask God for the wisdom to know what He has called you to do and the grace to pursue His calling in your life.
- Pray for wisdom and compassion to help others realize and live out their identity and purpose in God.

