



GUIDED BIBLE STUDY

A Helper Suitable for Him

Speaker: John & Mercedes

Highlighted Scripture

Genesis 2:18 (NIV)

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

Ephesians 5:25–28 (NIV)

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

Ecclesiastes 4:9–10 (NIV)

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Discussion Questions

- 1. What does Genesis 2:18 teach us about God’s design for companionship and community?**
- 2. In what ways do your strengths and weaknesses complement those of your spouse or close relationships?**

- 3. Why do you think it's sometimes hard to accept help, even when we need it?**
- 4. How can we better encourage, strengthen, and empower those God has placed in our lives?**

Reflection Challenge

- **Take time this week to thank God for the helpers He's placed in your life—spouses, family members, or friends.**
- **Reflect on an area where you've resisted receiving help. Ask God to give you humility and gratitude to let others in.**
- **If you're married, pray together with your spouse for unity and grace to use your strengths to serve one another.**

Prayer Prompt

"Father, thank You for creating us for companionship and for giving us helpers who strengthen and support us. Help us to love one another with patience, humility, and grace. Teach us to appreciate the gifts You've given us in our relationships and to walk in unity as one. May our love for each other reflect Your love for us. In Jesus' name, Amen."

