

Open It!

Describe a relationship that God has used for good in your life.

Read It!

Genesis 2:18-23

Discuss It!

Look back through Genesis 1. What does God consider good?

What does God identify as **not** good (2:18)?

What is the problem with man being alone (2:18)?

How do you picture a helper (1:18)? Is the helper over, under, or alongside the one needing help?

How do other English translations complete this phrase (2:18)?
"I will make for him a..."

Who is the helper in these verses?

See Psalm 10:14; 27:9; 28:7; 30:10; 33:20; 37:40; 38:12;
40:17; 70:4-5; 86:17; 115:11; 118:7; 121:2; 124:8; 146:5.

What kind of help does man need (2:15; 1:26-28)?

What do you think God wants Adam to understand about his need for a suitable helper after naming all the living creatures (2:19-20)? And, why?

What does this passage teach us about the importance of relationships?

How has God used relationships with people, including your spouse to help you grow?

Live It!

Reflect. How are you living life alone? Why is this not good?

Pray, seek help, take steps to repair a damaged relationship.

Give Thanks. Express gratitude to someone, especially your spouse, for the gift they have been to you.

Understanding Our Story from the Beginning

The Creation of Woman

Genesis 2:18-23

Sunday, February 15, 2026

Point of the Passage

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

Consider the Words of the Lord

The Lord God said, "It is not good that the man should be alone."

Genesis 2:18

Consider the Words of the Lord

The Lord God said, "...I will make him a helper fit for him."
Genesis 1:18 (ESV)

Marvel at The Work of the Lord

The Search for a Suitable Helper – Genesis 2:19-20

The Making of a Suitable Helper - Genesis 2:21-22