

## A Helper Suitable For Him

by Deborah Biddle

Most wives would agree that being helpful to her husband is important. However, there are times when a husband's expectations for and a wife's understanding of helpfulness differ. After all, a wife needs help too, right? Of course! We all need help. And yet, the Bible clearly states that the role of the wife is to be a "helpmate" to her husband. To understand this better, let's begin at the beginning, with a look into the book of Genesis at the very first marriage?

Genesis 2:20 says that after God made the earth and all the creatures of the earth "there was no suitable helper found for Adam". So the LORD God made, or literally, built a woman from the rib he had taken out of the man, and he brought her to the man. In this, we see that woman was so essential to man that God formed and fashioned her for him. Distinct from Adam's creation, God constructed Eve as an integral part of Adam and for his specific need. We also see in Genesis 2:23 that Adam recognized Eve as one with him when he declared, "this is now bones of my bones and flesh of my flesh." He was excited to have someone to help him accomplish the purpose God had given him. I hear you saying, "that's great for husbands. But what does this really mean for wives? How do I practically live out my role as "a suitable helper" for my husband?" Well, let's take a closer look.

Suitable is defined as "right or appropriate for a purpose" and helper is defined as "one who contributes to the fulfillment of a need or furtherance of an effort or purpose". Based upon Genesis 2:18-24, we can see that God intended for the wife to support and fulfill her husband's needs. God rightly made us to supply what our husbands need in every way --- spiritually, mentally, emotionally, socially and physically. He uniquely designed woman to fill the void that exists in a man's heart and life for companionship, care and support. So your husband is the one for whom God has "rightly" made you. To clearly determine how you can better "help" your husband:

1. Pray! Pray early. Pray late. Pray often.
2. Study the Bible. Examine all the passages relative to wives, husbands, marriage and family.
3. Ask your husband what help he needs and how he would like you to help him.
4. Be ready and willing to make some changes.
5. Honestly answer the following questions and be willing and open to God's direction:
  - \* Am I helping or hindering my husband?
  - \* Do I resent or resist my God-given role of "helper" to my husband? Why?
  - \* Am I willing to turn away from doing things my way --- only applying God's Word when it suits me?
  - \* Am I willing to pray regularly for my husband? My marriage? My family?
  - \* Am I willing to stop telling my husband what he needs to do and instead, ask God to show me what I need to do to meet my husband's needs?

\* Am I willing to trust God in every area of my life, including my marriage?

Even if it seems as though your marriage is a disaster, your husband mistreats you or that he doesn't deserve your love, be assured that God knows all about you, your husband and your marriage. Trust that there is no situation too hard for the healing hands and loving arms of God.

No matter what the status of your marriage, will you take your focus off of your husband's shortcomings and concentrate on what God wants you to do? In this New Year and in the years to come, will you focus on becoming "a helper suitable for him"?