

TEACHING NOTES (underlined words indicate answers for the handout)

Becoming the Biblical Helper to Your Husband

INTRODUCTION

1. There is probably more confusion per square inch in our homes today concerning the role of the woman than we could ever imagine.

When you think about the role of the wife it is greatly influenced by our society, our parents, TV, and other women.

What is it that comes to your mind when you think about the role of the wife? ...A slave, maid, servant girl, Tarzan and Jane, prize of the cave man.

God's desire for woman is to be a Godly helper to her husband.

2. There has probably not been another subject attacked more than the role of the wife. At the end of the session I think you will see why.

Let me give you some quotes from some women who are on the leading edge that want to change the way women think about their role.

From Sheila Cronan, a major leading voice, "Since marriage constitutes a slavery from women, it is clear that the women's movement must concentrate on attacking this institution. Freedom for women cannot be won without the abolition of marriage."

From the very formal document of the Declaration of Feminism, "Marriage has existed for the benefit of man; and has been a legally sanctioned method of control over the woman...we must work to destroy it. The end of the institution of marriage is a necessary condition for the liberation of woman. Therefore, it is important for us to encourage women to leave their husbands..."

How will you decide God's will for you as a woman? It should not be our opinion but rather God's will.

3. From a biblical point of view your role as a woman is a divine call from God.

Your calling of God is what will bring you the greatest happiness.

Fulfilling your God given role is the secret to your happiness. Not clothes, money, or material things.

4. Right from the start let's look at two passages of Scripture that clearly sets the record straight as to what the wife's role should be and together what they are supposed to do.

Genesis 2:18, 20: "And the Lord God said, 'It is not good that man should be alone; I will make him a helper comparable to him.'"

20, "So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a helper comparable to him."

28, "Then God blessed them, and God said to them, 'be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves in the earth.'"

God knew that Adam needed a companion in order to be fruitful and multiply and fill the earth.

So God defined helper and gave the helper a particular purpose and mission in life.

5. The Bible uses the word help or helper many times throughout Scripture.

If you summarize the whole Bible when it refers to the wife it teaches one word.

The Bible calls her the helper.

Let me give you what God wants the woman to do when she says, "I do". There are three parts of the dream.

I. Three Ways The Bible Uses the Word "Helper".

A. A helper is one who assists someone.

They bring something to the other person that they need.

Psalms 70:5, "But I am poor and needy; make haste to me, O God! You are my help and my deliverer; O Lord, do not delay."

The psalmist was poor and needy and needed help now!

B. A helper is one who encourages someone.

Psalms 10:14, "But you have seen, for you observe trouble and grief, to repay it by Your hand. The helpless commits himself to You; You are the helper of the fatherless."

Psalms 86:17, "Show me a sign for good, that those who hate me may see it and be ashamed, because You, Lord, have helped me and comforted me."

Isaiah 41:10, "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."

The meaning – when you see your husband down, discouraged, disappointed for whatever reason, faced with failure, does not think he can do it; you bring everything that you are to that need of emotional support.

You take the courage your husband does not have and place it in the empty spot.

So God takes the courage and He puts it where there is a lack of it.

C. A helper is one who supports someone.

II Chronicles 14:11, "And Asa cried out to the Lord his God, and said, "Lord, it is nothing for you to help, whether with many or with those who have no power; help us, O Lord our God, for we rest on You, and in Your name we go against this multitude. O Lord, You are our God; do not let man prevail against You!"

25:8, "But if you go, be strong in battle! Even so, God shall make you fall before the enemy; for God has power to help and to overthrow."

Daniel 10:13, "But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia."

If your husband is threatened and he is in need or his life seems a failure then bring all your strength to protect him, put a buffer around him and support him.
HE IS YOUR MAN.

??? When you find your husband in the midst of a struggle what do you do to help him?

—

II. Being a Helper is a Biblically Prominent Position.

Being a helper is a way the wife can be most like God.

The number one ultimate helper in the Bible is God!

Let's look at three faithful helpers declared from the Scriptures:

A. The Heavenly Father is our Helper.

Hebrews 13:6, “So we may boldly say, ‘The Lord is my helper; I will not fear. What can man do to me?’ ”

B. The Holy Spirit is our Helper.

John 16:7, “Nevertheless, I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you: but if I depart, I will send Him to you.”

C. Jesus Christ is our Helper.

John 14:16, “And I will pray the Father, and He will give you another Helper, that He may abide with you forever.”

Being a helper is a great and honorable position to hold.

God is helper. Let’s be the most like Him we can be.

What we want to show in this session is how by God’s design the wife is to be the helper of the husband to actively assist, encourage, and support him.

What is the highest calling?

From heaven’s point of view, being a helper is the highest calling a woman can have.

III. There Are Five Biblical Principles on How to Become the Helper of Your Husband.

A. God designed the wife to be the helper of the husband.

This was God’s design. His design and plans are always perfect.

Maybe there are times when you feel that God favors the husband over you.

Maybe you have questioned it. But listen to God’s answer.

Let’s read Genesis 1:27,28: “So God created man in His own image: in the image of God He created him; male and female He created them. Then God blessed them and God said to them, ‘Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.’ ”

Notice God made THEM, He blessed THEM, not just Adam, but both Adam and Eve are blessed of God.;

God is not showing favoritism.

Let's look at God's perfect plan and design.

1. God's principle for man and woman is to share equality of status but diversity of role.

Genesis 1:26-27, "Then God said, 'Let us make man in Our image, according to Our likeness: let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.'"

27 - "So God created man in His own image; in the image of God He created him; male and female He created them.

Genesis 2:18, "And the Lord God said, 'It is not good that man should be alone; I will make him a helper comparable to him.'"

Both are important to God, but...One of them had to be the head.

Research shows that men do not do well alone. He really needs his wife to function correctly.

Men do not live as long when they are alone.

2. God's pattern is for the woman to be comparable to the man.

Genesis 2:18 -23, "And the Lord God said, 'It is not good that man should be alone; I will make him a helper comparable to him.'"

19 - "out of the ground the Lord God formed every beast of the field and every bird of the air, and brought them to Adam to see what he would call them. And whatever Adam called each living creature, that was its name."

20 - "So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a helper comparable to him."

21 - "And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place."

22 - "Then the rib which the Lord God had taken from the man He made into a woman, and he brought her to the man."

23 - "And Adam said, 'This is now bone of my bones and flesh of my flesh; she shall be called woman, because she was taken out of man.'"

I Corinthians 11:8,9, "For man is not from woman, but woman from man. Nor was man created for the woman, but woman for the man."

The woman is the perfect complement to the man. This is why you have to be careful when you have a man working closely with a woman that is not his wife.

3. God's priority is the woman is from the man. I Corinthians 11:8

God created woman differently than the man.

4. God's purpose in His design is the woman is for the man. I Corinthians 11:9

God created the woman for him.

Women have certain things men don't have: intuition, sensitivity for others, etc.

5. God's perfection in His design is for the woman to be the completer to the man.
Genesis 2:18-23

One woman for one man. The woman's big fit is to come along side of the man and help him.

*** I am what I am because of the wife God has given me. GOD KNEW WHAT I NEEDED.

God's primary role for the wife, her calling, is to come along side of her husband and be his helper.

* Therefore, we can clearly declare by God's design, the wife is the helper of the husband and actively assists, encourages, and supports him.

As a wife, you must accept this as your divine call – THIS IS GOD'S PERSPECTIVE.

The second Biblical principle is:

We are talking about what should the wife do?

B. The wife should prioritize her energies to help her husband.

You are not just helping but you are a helper to your husband.

1. The key priority for the wife is not her children, her work, or ministry, but her husband.

Florence Littauer makes this statement: "We wives are to put our husbands first, to take care of them and please them. This principle doesn't mean that we sit at home like doormats waiting to be stepped on. It does not mean that we don't have an original thought of our own. It means that we put our husbands first, before our children, before our parents, before our friends, and before our activities."

Your primary focus is to help you husband today!

2. The key recipient of the wife's help is her husband.

How do wives help the most: ?? Cook the meals, clean the house, take care of the children.

Anyone can do that.

But you must learn to focus on his needs that no other woman can help. Such as: encouragement, sexual needs, his dreams.

The wife helps here like no other woman can help.

The husband must let the wife know how you can help.

3. The key evaluator of the effectiveness of her help is her husband.

The wife should ask the husband how she can help more.

Now this could be a very shocking question since she is used to doing what she wants to do.

But ask him how are your dreams – then fast and pray to see his dreams come true.

“The hostess poured a cup of tea for a middle-aged man at her party and asked him if he took sugar. “No,” he said. “Yes,” said his wife brightly at the same moment. Then she turned accusingly to him. “But I always put sugar in your tea!” “I know,” the man replied. “I used to remind you not to. Now I just don't stir.”

Florence Littauer makes another statement: “You women may not like the fact that God made us to be helpmates for our men, but that's what God says, and He means business. We have to ask ourselves, ‘Am I really a help to my husband, or would he be better off without me?’”

??? What does a wife do that can really frustrate the husband?

The third Biblical principle is:

C. The wife has been given the position as worker of the home. Titus 2:4,5

Scripture: Titus 2:4,5, “That they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, so that the word of God may not be blasphemed.”

All of these truths are timeless and not changed by culture.

Does the Bible really reveal women to be homemakers?

What does being a homemaker mean?

1. The Greek word for home and its affairs is oikos. Titus 2:5

God gives the home as the place where the wife is to work and manage.

Chuck and Barb Snyder have this to say: ... “the home is the extension of the wife’s personality, not his. The home is her workplace. This is where she spends most of her time and energy, even if she works in the marketplace. This is where people will come in and comment on ‘her’ decorating...God tells man (in the book of Genesis) that he is to be the provider, and he tells the woman (in the book of Titus) to be the keeper or guardian of the home. So even if she is working, as the Proverbs 31 woman worked, she still has the feeling that if all is not right at home, she is not right.”

2. The Greek word ergon means work and its efforts. Titus 2:5

God says, “This is where I want you to pour in your creativity, your innovation, your personality, your color schemes, your pink bedroom.”

God takes the home out of the man’s hands.

3. The wife or helper is also to manage her maidservants.

Proverbs 31:15, “She also rises while it is yet night, and provides food for her household, and a portion for her maidservants.”

The wife is to be in charge of the household. Everything about it. She can have servants if she manages them well.

She can include the husbands input but she is in charge.

If you are really in charge what would you like to do in your home right now?

4. The helper generates profit.

Proverbs 31:16, “She considers a field and buys it; from her profits she plants a vineyard.”

She creates a profit through the home and in the marketplace.

The wife is to be creative.

5. The helper will extend her hand to the poor.

Proverbs 31:20, "She extends her hand to the poor, yes, she reaches out her hand to the needy."

She sees the needs around her and takes charge of it to do something about it.

I Timothy 5:14, "Therefore I desire that the younger widows marry, bear children, manage the house, give no opportunity to the adversary to speak reproachfully."

** It is very clear that the husband has been delegated out of the home and the woman is in charge of the home.

You are the ruler in charge. The word for ruler is despot. You are the despot of the oikos. Ruler of the home.

You are assigned to one person and one place.

You are the despot: the monarch, the absolute ruler in charge, you are the boss.

The despot is the strongest word used in Scripture as a ruler.

So how aggressively should the wife work her rule over the home?

The fourth Biblical principles is:

D. The wife is to actively manage the house under the authority of her husband as the despot of the oikos. I Timothy 5:14

1. The Greek word oikos means the home and its affairs.

The wife is in charge of the home. She can take care of all the finances if she wants to or delegate it.

She makes the decisions of the home.

This does not mean that the husband does not help.

2. The Greek word despot means to manage and oversee. I Timothy 5:14

The wife or helper is to rule the house.

The wife should manage the affairs of the house and the husband should trust her to do so.

Few men can do in a home what a woman can do.

Proverbs 31:26,27, “She opens her mouth with wisdom, and on her tongue is the law of kindness. She watches over the ways of her household, and does not eat of the bread of idleness.”

3. The wife is not a problem giver but a problem solver. Proverbs 31:26

4. The wife is not passive or independent but is proactive. Proverbs 31:27

So what can we say is the result of the wife as being the helper to the husband?

What has the head become because of you? You have brought your strength, your encouragement, your energy, your dreams.

So what is the result of the head – or the blossoming of the helper?

Standing before God at the end of your life – how would you feel if God gave you a master plan of what He wanted to accomplish through your husband?

He has strategically placed you along side of your husband to accomplish only the things that only with your help he can accomplish. How would he feel?

Are you too busy with your own plans?

Look at the fifth Biblical principle:

E. The wife is to give of her life to her husband so that he will be known in the gates.

Or he will be known for his greatness, she makes him what he is.

Look at Proverbs 31:22-24, “She makes tapestry for herself; her clothing is fine linen and purple. Her husband is known in the gates, when he sits among the elders of the land. She makes linen garments and sells them, and supplies sashes for the merchants.”

Her husband is the center piece of Proverbs 31.

He became great because of his wife’s influence.

He becomes a different man than you could ever imagine.

The wife gets everything she wants, the husband’s love overflowing.

And the husband gets everything he could dream of – her respect.

God’s method always works.

When she give of her life look what happens:

1. The wife earns her husband's trust.

Proverbs 31:11b, "The heart of her husband safely trusts her."

2. The wife contributes to his good.

Proverbs 31:12, "She does him good and not evil all the days of her life."

Then look and see what the children do.

Proverbs 31:28,29, "Her children rise up and call her blessed: Her husband also, and he praises her; many daughters have done well, but you excel them all."

She receives her husband's praise.

What is the one thing you as a wife could do right now as helper that would be a great deal to your husband? _____

*** Behind every great man there is a greater woman...and a surprised mother-in-law.

IV. Four Practical Ways You Can Improve Your Role As Helper.

A. You must practice communicating respect and admiration for your husband.
Ephesians 5:33

Listen to the way the Amplified Bible says it, "However, let each man of you (without exception) love his wife as (being in a sense) his very own self; and let the wife see that she respects and reverences her husband – that she notices him, regards him, honors him, prefers him, venerates and esteems him; and that she defers to him, praises him, and loves and admires him exceedingly.

What are some things you can do as a wife that will honor and respect your husband?

1. A wife should never criticize her husband in public or tear him down in private.
2. A wife should always compliment her husband in public and build him up in private.

B. You must pursue your own spiritual growth.

1. This is important even if your husband is not the spiritual leader he should be.

2. You must not harbor resentment toward your husband if he is weak in this area.

C. You should seek to enlist the help of godly women for encouragement, support, and accountability.

Ex. Ask them what they have done to show respect and encouragement to their husbands.

D. You should rejoice regularly that God has called you to be the helper of your husband.

When you help your husband “do it heartily, as to the Lord and not to men.”
Colossians 3:23

Do it as unto the Lord.

About three hundred years ago, a man lost his job in a customs house. He went home, broken-hearted, to tell his wife Sophia. To his astonishment, she only beamed at him. “Now you can write your book.”

He answered, “Yes and what will we live on while I’m writing?”

Sophia quickly went to her drawer and took out a cache of money. “I’ve always known that you are a man of genius.” She said. “I knew that someday you would write an immortal masterpiece. So from every week of the money you have given me for housekeeping, I have saved something. Here is enough to last a whole year.”

That amazed husband went to his study and began writing. His name was Nathaniel Hawthorne. His book was *The Scarlet Letter*.

We may not know exactly what God wants for your husband, but as the wife you have the privilege of helping him achieve God’s goals in his life.

CONCLUSION

As we come to the end of this session, I think it would be appropriate to make another personal pledge to each other concerning the wife’s role as the helper to her husband.

Are you willing to embrace this responsibility?

Listen to it first. Wife: I commit to you that I will respond to God’s call on my life to be your helper. I ask for your forgiveness for the times I have failed you and not been the helper that the Lord expects me to be. I hereby pledge to be an active helper who serves you with all of my abilities and with all my heart.

And now the husband: I commit to you that I will respond to God's call on my life to honor you as my helper. I ask for your forgiveness for the times I may have taken advantage of you as my wife or not expressed my sincere appreciation for how you manage our home. I hereby pledge to share my life more fully with you so that we can "run the race" as a wonderful team.

Wives, you may kiss your husband and turn him into your prince.

A Proverbs 31 woman is not great just because of what she did, but because of what became of her husband because of what she did.