



MIND
session page

Be an Ezer Kenegdo

Genesis 2:18-24 | Session 10.40

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- In many instances, the full meaning of a passage is hard to grasp from a single translation. Having a few different versions available may help the group understand and apply today's passage.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Begin by [watching this video](#) and asking:

- What's the longest amount of time you've ever spent alone?
- When have you noticed – in yourself or others – the effects of isolation like this?
- Why do you think God created us as “social” creatures – needing to be together?
- What might drive someone to insist that they need to be alone and need no one else?

Content

Read Genesis 2:18-24, and watch the Bible Background Video before asking:

- Since in this story, we hear God say several times that it is “good,” what was God saying about what had been made?
- Using that understanding, why is it “not good” for the man to be alone?
- If you read verse 18 in different translations. as Nikki suggests, what connotations does the word “helper” have that most speak to you and why?
- Why might our English word, “helper” be insufficient to express what the writers meant here?
- What role did the animals fill and why weren’t they what the man needed?
- Why do you think the storytellers portrayed God as choosing to make the woman from the man’s rib or side?
- How is marriage reflected in the creation of man and woman, according to the writers?
- In what places could someone use this passage to justify women’s inferiority or submission and how could these same places be read in a different way?

Closure

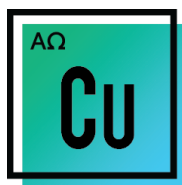
Continue by asking:

- How has your understanding of the meaning and significance of this passage changed over time, and what does that say about you?
- Why is it important for us to read well-known passages like these and challenge our assumptions about them?
- What does this story tell us about the importance of togetherness and companionship in God’s creation?

- How might we translate our need for each other into actions that help others?

Close with prayer.

Writer: Jon Parks



CURRENT

session page

Be an Ezer Kenegdo

Genesis 2:18-24 | Session 10.40

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Thoroughly review all the referenced resources for this session in advance.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

Context

Review the stories about the following individuals, as time allows:

- Mark Harris
- Anita Hill
- Brett Kavanaugh

Ask:

- In general, when women comes forward with a story of abuse, how hard or easy do you find to believe their stories and why?
- Assuming you can put political considerations aside for a moment, what does the way we treat women say about us as a society, or as Christians?
- What makes it hard for some to admit women are supposed to be "equal helpers" in our society?
- Off the top of your head, what scriptures and teachings shape the way you understand women and their role in the world?
- What events most shape our views on women in society and why?

Content

Read Genesis 2:18-24, and watch the Bible Background Video before asking:

- Practically speaking, what does it really mean to be the kind of helpmate described in this scripture?
- What makes it easy to read this scripture as a mandate for women to be submissive?
- In what ways do you think women are truly helpers to men?
- In what ways does it hurt the message of Christ when some use scriptures to disparage or control other groups of people?
- Given that this was one of the earlier passages of scriptures written, how might we interpret this passage in light of Christ's teachings?

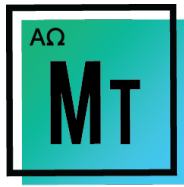
Closure

Show the group this picture and invite them to meditate on it while listening to this song. While mediating, encourage them to consider the following:

- How do I truly treat women and other people who those in power like to keep in subordinate roles?

After the music ends, invite volunteers to share their thoughts about the song, picture, or their meditation, then close in a prayer that includes a request for help in truly looking at women as helpers in God's work.

Writers: Crystal Shepherd and Steve McClain



MYSTIC
session page

Be an Ezer Kenegdo

Genesis 2:18-24 | Session 10.40

Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Materials Needed: Paper, colored markers, and pens.
- Encourage your group to listen to the FaithElement podcast ahead of the next session (Share the link via email or social media)
- Make a focal point in the room with candles, decorative cloth, cross, and two small posters with the following:

Fred Rogers often told this story about when he was a boy and would see scary things on the news: "My mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. -1 Corinthians 13:4-7

Context

Read Genesis 2:18-24, and watch the Bible Background Video before asking:

This is a reflective personal inventory experience.

Reflection

Give each person a piece of paper, a pen, and three markers. Invite the group to a time of reflection with God where they recall all the people in their lives who they help in some way, or feel they should help, listing those names on the paper, with space around each name.

Invite everyone to consider what each person needs from them currently, and list the top three next to each, using one of their colored markers. Have them consider what help is possible for them to give that would be the most useful for each need and list those in a second color of marker.

Encourage the group to consider the content on their paper, and open their hearts to God's input, thinking about each person on the paper, his or her needs, and their ability to provide help. What thoughts, feelings, or questions come to mind? As they consider this, have them listen for God to enter the conversation, asking:

- What does God seem to say?
- What is your response?

Encourage everyone to write the results of their conversation with God next to each name in a third color of marker. Once everyone is finished invite volunteers to share their reflections with the group.

Close with a prayer that includes any addressable needs that arose during this activity, lifting them as a group into God's heart and hands.

Writer: Joy Yee



MEDIA

session page

Be an Ezer Kenegdo

Genesis 2:18-24 | Session 10.40

Before the Session

- Have the Bible Background Video ready to view.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Start by asking:

- When you hear someone use the word 'helper', what do you think of first?
- Why do you think males have the most car accidents?
- If we were able to place "helpers" in cars to help people cut down on traffic incidents, what do you think they'd be like?

Play the Helper in the Car video and ask:

- Who is your "helper in the car" sometimes and how do they make you feel while driving?
- When it comes to dealing with the 'helper' in the car, what do you think Jesus would do?

Content

Read Genesis 2:18-24, and watch the Bible Background Video before asking:

- Why is it not good to be alone?
- How would you define 'helper' after Nikki's video?
- Why do you think it is so important for otherwise intelligent Christian Caucasian males to stress 'helper' in such a very limited fashion?
- Why do you think the editors of Genesis presented all the animals as coming to Adam?
- Why do you think the poetic image of taking a rib from Adam to form Eve is important to the original hearers?
- How do you feel about Nikki's statement that "the greatest gift God gave us was one another," and why?

Closure

Play the [Circle video](<https://www.youtube.com/watch?v=9m9Ai6cU-IU>) and ask:

- Why do simple little jobs mean a lot to certain people feeling alone?
- What are some practical ways we could be 'helpers' to those who feel alone?
- How can we be more open to opportunities to do such things as they arise?
- In what ways do little acts of kindness change the world?

Close in prayer.

Writer: Jon Self



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Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Provide some string and a ring of some sort for every two members of the group, and have something to use as a countdown timer. (See Context)
- Have the Bible Background Video ready to view.
- Listen to the FaithElement podcast for this session.

Intro

Play this [Coach Carter clip](#) and ask:

- What did you think of what these guys did for their teammate?
- What does it mean that they either failed or found success as a team?
- What would happen to a team if someone thought they were better than everyone else and why?

Context

Have everyone sit in a circle, and pick one person to start the game by saying "and then God made..." followed by anything they wish. The next person in the circle must then say the same thing, including what the previous person said. During each person's turn, they must say what everyone else has said, plus add their new word to the list. If someone can not remember or makes a mistake, they are eliminated from the game. Continue until only one person remains, then ask:

- Why was it so hard to remember all of the things said before you?
- Back in the book of Genesis, why did God call all of Creation "good?"
- What do you think God called "very good" and why?
- What is so special about people compared to the rest of God's creations?
- Why do some people draw worth distinctions between men and women?

Content

Read [Genesis 2:18-24](#), and watch the Bible Background Video before asking:

- Why did Adam need a helpmate?
- Why was it not good for Adam to be there with God alone?
- In light of this, how would you respond to someone who claimed they did not need other people, just themselves and God?
- Why do you think the story shows God putting Adam in charge of all the animals?
- What do you think of Adam's response when he met Eve in this story?
- In what ways was the bond between mates even stronger than the bond one has with parents?

Closure

Play the Phonut video and ask:

- What would you have done if you saw someone leave their phone?
- What reward did this guy get for helping someone else?
- Why would this video have been just as effective if he would have gotten no reward at all?
- At what points are we willing to help people if it means we get to gain something as well?
- Why are we less sometimes likely to help someone if we don't get a reward?
- What kinds of things happen in your life that give you the impression that we were created to help each other?
- What kinds of things can you do on a regular basis that would make you a better helper for everyone around you?

Close this session in prayer.

Writer: Don Breeden



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Before the Session

Facilitator: In advance of the session

- Have the Bible Background Video ready to view.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context (From the Media Session Page)

Start by asking:

- When you hear someone use the word 'helper', what do you think of first?
- Why do you think males have the most car accidents?
- If we were able to place "helpers" in cars to help people cut down on traffic incidents, what do you think they'd be like?

Play the Helper in the Car video and ask:

- Who is your "helper in the car" sometimes and how do they make you feel while driving?
- When it comes to dealing with the 'helper' in the car, what do you think Jesus would do?

Content (From the Mind Session Page)

Read Genesis 2:18-24, and watch the Bible Background Video before asking:

- Since in this story, we hear God say several times that it is "good," what was God saying about what had been made?
- Using that understanding, why is it "not good" for the man to be alone?
- If you read verse 18 in different translations. as Nikki suggests, what connotations does the word "helper" have that most speak to you and why?
- Why might our English word, "helper" be insufficient to express what the writers meant here?
- What role did the animals fill and why weren't they what the man needed?
- Why do you think the storytellers portrayed God as choosing to make the woman from the man's rib or side?
- How is marriage reflected in the creation of man and woman, according to the writers?
- In what places could someone use this passage to justify women's inferiority or submission and how could these same places be read in a different way?

Closure (From the Youth Session Page)

Play the Phonut video and ask:

- What would you have done if you saw someone leave their phone?
- What reward did this guy get for helping someone else?
- Why would this video have been just as effective if he would have gotten no reward at all?
- At what points are we willing to help people if it means we get to gain something as well?
- Why are we less sometimes likely to help someone if we don't get a reward?
- What kinds of things happen in your life that give you the impression that we were created to help each other?
- What kinds of things can you do on a regular basis that would make you a better helper for everyone around you?

Close this session in prayer.