



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.

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