

A SUITABLE HELPER

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When Jesus was confronted with the question of marriage and divorce he answered by taking them back to the beginning when God created man and marriage.

“Some Pharisees came to him to test him. They said, is it lawful for a man to divorce his wife for any and every reason? “Haven’t you read, he replied, that at the beginning the Creator made them male and female, and said, for this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh? So they are no longer two, but one. Therefore what God has joined together, let man not separate” (Mt. 19:3-6)

For one to understand successful marriage, one needs to understand the purpose of marriage. To understand God’s purpose, we need to go back to the beginning of creation.

“The Lord God said, ‘It is not good for the man to be alone, I will make a helper suitable for him. “(Gen. 2:18)

This scripture reveals:

1. It is not good for man to be alone.
2. No man can survive alone.
3. The construction or built of a man does not allow for maximization of one’s potentials and fulfillment all by oneself.
4. Every man needs a suitable helper.
5. The man does not just need a helper, but a suitable helper, a helper that is fit, a help meet, a helper that perfectly fits.
6. The ideal wife should fit the husband perfectly.

In this study, we are going to strive to understand the term “suitable helper”.

21 THINGS YOU MUST KNOW ABOUT THE SUITABLE HELPER.

1. The helper that is fit is supposed to suit him and not seize him. Many women like to seize authority from the husband and take charge of his life and leadership of the home. This is wrong. Every domineering attitude and character should be destroyed to enable the wife play her role in the husband’s life.

2. She is supposed to complement the man and not compound his life. God saw the man needed help, hence the woman to help the man. By implication, the wife is to fill the vacuum in the man’s life. The wife is to help the man in the areas of weakness. But many wives instead of complimenting have become problems themselves, thereby, compounding the man’s life. Every wife is to be a problem solver to the husband, a burden bearer to the husband.

3. She is supposed to complete the man's life and not complicate it. The man is not complete without the wife. The wife is to fill the gap in the man's life and take care of the things the man cannot take care of.
4. The suitable helper is supposed to make the husband's life sweeter and not bitter. She is in his life to add spices to it. Therefore, every wife should do what is necessary to make the husband's life sweet and not bitter.
5. The suitable helper is supposed to help the husband fulfill his dream and not destroy it. The first duty of a wife is her husband. Your husband is your assignment. His dream and vision becomes your dream also. You as a wife must understand that you are in your husband's life to help him succeed in the pursuit of his God-given assignment. Your role is a supportive role. You're personal vision must be in line with your husband's vision and not contrary. Contrary vision will bring conflicts.
6. The suitable helper is supposed to help the husband maintain focus and not to lose focus by distractions. There is always the tendency to be distracted from one's vision in life. The duty of the wife as a suitable helper is to help the husband at such times to focus on his assignment. The wife therefore is not to become a distraction to the husband through her nagging, wrong habits and character.
7. Wives are supposed to be burden bearers and not a burden to their husband's. Understand your role and play it well. Help your husbands to be what he is called to be.
8. The wife is supposed to help the husband cool of and not put the heat on him. When the husband is under pressure, the wife is supposed to help the husband. Every wife should know how to help her husband at such times. When a man is under pressure, he does not perform well at work nor think clearly. He does not need pressures from the wife but encouragement.
9. The suitable helper is a tension reliever and not a tension builder.
10. The suitable helper is supposed to be a psychiatrist and counselor to the husband. Every husband must be humble enough to receive counsel from his wife. Every man needs somebody to share his feelings, frustration and dreams. The wife should be able to play her supportive role with her care and counsel.
11. The suitable wife is supposed to satisfy the husband sexually and keep him from spilling his water of life on the streets.

"Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be your alone, never to be shared with strangers. May your fountain be blessed and may you rejoice in the wife of your youth. A loving doe, a graceful deer -- may her breast satisfy you always, may you ever be captivated by her love. Why be captivated, my son, by an adulteress? Why embrace the bosom of another man's wife?" (Prov. 5:15-20)

Lack of sex has led many marriages to collapse. Betting with sex is evil. Giving yourself to your husband only after he has met your need or because you want something from him is very wrong. If you are doing that, you are no different from the street prostitutes who sell their bodies for money. Your duty is to make your husband happy. Sex is not only for making babies. It is for strengthening the bond of love between husband and wife.

12. The help meet is designed to be supportive and not subtractive.

13. The good wife is supposed to be an addition and not a minus.

14. The suitable helper is a keeper of home and not a trouble maker. Read Psalm 113:9; Prov. 31:10-31.

Every good wife is supposed to take charge of the house keeping maintenance. It is sad to note that the woman who is supposed to be organizing and keeping the home is the one scattering and disorganizing the home.

15. The suitable helper is a builder and not a destroyer.

“The wise woman builds her house, but with her own hands the foolish one tears her’s down” (Prov. 14:1)

16. The suitable helper is to tidy up things and not make them untidy.

17. A suitable helper should adapt to the man’s life and vision.

18. A suitable helper should be a good company to the man.

19. The suitable helper is not to compete with the husband.

20. The wife is to help the husband accomplish his assignment and not to hinder it.

21. The suitable helper joins forces with the husband to procreate.

CONCLUSION

Check yourselves wives to be sure you are a suitable helper to your husband. If you are not, then go to work on yourself immediately. Husband, allow your wives to perform their duties in your life and home.

WORD OF WISDOM

1. **It takes God to change people.**
2. **Quarrelling does not change people or situations.**
3. **Becoming more like Christ is the pathway to marital bliss.**
4. **Your children are the blessings and responsibilities of your marriage.**
5. **Your children's habits and character depends on your investment of love, time and money into their lives.**
6. **Time and effort invested in making yourselves compatible is a good investment that will definitely pay off in the end.**
7. **The liveliness of your family altar determines how far your marriage will receive God's support.**
8. **Invest love and time in helping one another overcome your weaknesses.**
9. **Give allowance for failure knowing that you too do fail sometimes, and you will always want your spouse to understand and bear with you.**
10. **Say and do unto your spouse what you will have her say and do unto you.**