Welcome to this series of Bible lessons focusing on women in Scripture.
Throughout this series, we will explore the biblical roles, responsibilities, and examples of women. The Bible presents both good and bad examples of women some were godly and others ungodly, some were true prophets and others false. It is wise for every woman to learn from both types before turning to study the male prophets and servants of God.

This is because the spiritual journey and calling of a woman differ from that of a man. In eternity, rewards will not be handed out based on gender comparisons, but each according to their race men compared with men, and women compared with women.

Even in earthly athletics, men and women are not placed in the same race. If they were, most of the rewards would likely go to men due to physical differences. That’s why athletes compete within their categories. The one who wins among the women receives the same honor as the one who wins among the men.

> *“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.”*

> 1 Corinthians 9:24 (ESV)

Why Start with Eve?

Today, we begin by looking at Eve, the first woman. There are valuable lessons we can draw from her life both positive examples to follow and mistakes to avoid.

1. Eve Was Created as a Helper First Not Primarily as a Wife or Mother

The Bible tells us that Eve was created to be a “helper fit for” Adam.

> *“But for Adam there was not found a helper fit for him.”*Genesis 2:20 (ESV)

> *“Then the Lord God said, ‘It is not good that the man should be alone; I will make him a helper fit for him.’”*Genesis 2:18 (ESV)

Notice that God did not say Adam needed a wife or a mother for his future children. The primary reason for Eve’s creation was to assist Adam in the work God had already given him. The role of “wife” or “mother” came later. The first divine assignment for the woman was to help.

2. Her Help Was Not Through Physical Strength, but Wisdom

Eve was not created with physical power like animals such as oxen or camels, which assist through labor. She was created with intellect, emotional sensitivity, and wisdom to complement Adam. This tells us her help was meant to be strategic and intelligent, not brute-force labor.

Women were not given muscular bodies like beasts of burden, but were given refined minds and relational strengths to support God’s work in ways men cannot. This remains true to this day every woman is born with this helper nature, designed by God.

Understanding Your Role as a Helper

Every woman must recognize that her first God given calling is to help, not merely to marry or bear children. When God looks at a

woman, He sees a helper first, not a wife or mother.

Therefore, the most important question a woman can ask is:
“How can I use the helper role God gave me to serve Him effectively in my environment?”

If God has placed you in a position whether in church, family, or workplace where your voice is received more easily than a man’s, ask yourself:
“What help is needed here that I am uniquely equipped to give?”

This help is often in the form of discernment, prayer, organization, correction, and nurturing, not physical effort.

Example: Eve in the Garden of Eden

Imagine that when Eve came into Adam’s life, she helped him organize or categorize animals in a more structured way, complementing Adam’s strength in naming them. Such organization could help with memory and management.

This illustrates how a woman’s insight and intellect can enhance

what a man is already doing.

The Church Needs Women Helpers

Even in the church today, many systems and ministries appear godly but are inefficient or stagnant. Women with wisdom and spiritual insight can be the difference makers. A discerning woman doesn’t just observe problems she prays, strategizes, and acts.

Don’t wait for someone else to fix the issue. If you see a flaw in the church or ministry, it may be your divine appointment to address it not by delegation, but by doing.

A helper is not one who is helped, but one who helps.

And you can’t do that if you don’t know the Word of God. Scripture is the source of discernment. Without it, a woman may unknowingly destroy instead of build, like Eve did when she fell into deception.

Where Eve Went Wrong

Eve began as a helper, but when she stepped out of God’s boundaries and sought knowledge apart from His instruction, she ended up helping to tear down what God had built.

To this day, humanity feels the consequences of her choice.

Likewise, any woman who neglects the Word and acts without discernment may be unknowingly undermining God’s work. The enemy often targets women first not because they are weak, but because their role as helpers makes them powerful channels, for either good or harm.

The Holy Spirit as the Ultimate Helper

Even God Himself demonstrated the value of a helper. After Jesus ascended, He sent the Holy Spirit not as someone to be helped, but as the Helper of believers.

> *“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself*

> *intercedes for us with groanings too deep for words.”*Romans 8:26 (ESV)

So ask yourself:

- Are you helping others in their weaknesses?
- Are you strengthening the church where it is lacking?
- Are you interceding for others in prayer?
- Are you acting on the Word of God to make improvements?

Help First, Then Everything Else

The role of a helper is not secondary. It is foundational. If you embrace this role and become a strategic, spiritual, and faithful

helper in God’s kingdom, God honors you, and your reward in heaven will be great. Why? Because you have fulfilled the original purpose for which He created women.

This is the first foundation in understanding the biblical role of women. As we continue this series, we will explore the lives of other women in Scripture learning from their successes and failures.

Do not miss the next lesson.

> *“She opens her mouth with wisdom, and the teaching of kindness is on her tongue.”*
> Proverbs 31:26 (ESV)

May the Lord bless you richly as you walk in the path of true service.

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