

# created to be his help meet

**created to be his help meet** is a phrase rooted in biblical scripture, often interpreted to describe the complementary role of a wife in relation to her husband. This concept has been influential in shaping traditional views on marriage, gender roles, and family dynamics. Understanding what it truly means to be "his help meet" involves exploring its historical context, theological significance, and practical application in contemporary relationships. This article delves into the origins of the term, its interpretation within Christian teachings, and how it informs modern perspectives on partnership and mutual support. Additionally, it examines common misconceptions and highlights the importance of balance, respect, and shared responsibility in marriage. The following sections provide a comprehensive overview of the phrase "created to be his help meet," offering insights into its enduring relevance and implications.

- Historical and Biblical Origins of the Phrase
- Theological Interpretations and Significance
- Practical Applications in Marriage and Relationships
- Common Misconceptions and Clarifications
- Modern Perspectives on Being a Help Meet

## Historical and Biblical Origins of the Phrase

The phrase "created to be his help meet" originates from the biblical book of Genesis, specifically Genesis 2:18, where God declares, "It is not good for the man to be alone; I will make a helper suitable for him." This passage highlights the creation of woman as a complementary partner to man, emphasizing companionship and mutual support. The term "help meet" is derived from an older English translation of the Bible, where "meet" means suitable or fitting. The original Hebrew word used, "ezer," translates to "helper," but it carries a connotation of strength and partnership rather than subordination.

## Context Within Genesis

In the Genesis narrative, the creation of woman as a help meet addresses the man's solitude, indicating that human beings are designed for relational connection. The woman is fashioned from the man's rib, symbolizing equality and closeness rather than inferiority. This foundational story sets the stage

for understanding marriage as a union based on mutual need and support, rather than dominance and submission.

## **Language and Translation Nuances**

The phrase "help meet" comes from the King James Version of the Bible and reflects the linguistic choices of its time. Modern translations often render the term as "suitable helper" or "helper corresponding to him," which better captures the intended meaning of partnership. Understanding these nuances is essential for interpreting the phrase accurately and appreciating its depth.

## **Theological Interpretations and Significance**

The concept of being "created to be his help meet" has been the subject of extensive theological discussion, particularly within Christian traditions. It is viewed as a divine design for marriage, where husband and wife complement each other's strengths and weaknesses. Theologically, the help meet is not merely a subordinate role but a vital, empowering position that reflects God's intention for human relationships.

## **Complementarity and Equality**

Theological perspectives emphasize that the help meet complements her husband, providing support that enables both partners to flourish. This complementarity suggests a balance of roles rather than inequality. Both husband and wife are seen as created in the image of God, each contributing uniquely to the relationship. The help meet's role is to assist and enhance the husband's life, but this assistance is mutual and reciprocal.

## **Role in Spiritual Partnership**

Within many Christian teachings, the help meet also serves as a spiritual partner, encouraging and strengthening her husband's faith and moral character. This spiritual dimension underscores the importance of shared values and goals in marriage, where both partners work together to fulfill God's purpose for their union.

## **Practical Applications in Marriage and Relationships**

Understanding the phrase "created to be his help meet" extends beyond theological interpretation into practical application in daily married life. It informs how couples view their roles, responsibilities, and interactions.

A help meet supports her husband emotionally, physically, and spiritually, fostering a nurturing environment for the family.

## **Supportive Partnership**

Being a help meet involves providing encouragement, wisdom, and assistance in decision-making. This partnership approach encourages open communication and mutual respect, where both spouses value each other's contributions. The help meet often manages household responsibilities, but this role is part of a broader team effort.

## **Shared Responsibilities**

Marriage as described by this concept involves shared responsibilities and joint problem-solving. The help meet supports her husband not by taking over but by collaborating. This teamwork strengthens the relationship and promotes unity.

## **Qualities of a Help Meet**

- Faithfulness and loyalty
- Wisdom and discernment
- Patience and understanding
- Encouragement and empathy
- Strength and resilience

## **Common Misconceptions and Clarifications**

The phrase "created to be his help meet" has sometimes been misunderstood or misused to justify unequal or oppressive marital roles. Clarifying these misconceptions is important to uphold the integrity of the original biblical intent and promote healthy relationships.

## **Subordination vs. Partnership**

One common misconception is that the help meet is a subordinate or inferior role. However, biblical and theological scholarship emphasizes equality and mutual respect. The help meet complements the husband without diminishing her

value or autonomy.

## **Gender Roles and Flexibility**

Another misunderstanding involves rigid gender roles. While traditional interpretations emphasize distinct roles for husband and wife, many modern theologians advocate for flexibility based on individual strengths and circumstances. The core principle remains partnership and mutual support.

## **Modern Perspectives on Being a Help Meet**

In contemporary society, the idea of being "created to be his help meet" continues to influence Christian marriage counseling, relationship coaching, and personal development. It is often reframed to emphasize mutual respect, shared goals, and partnership rather than hierarchy.

## **Empowerment Within Marriage**

Modern interpretations encourage women to embrace their role as help meets with confidence and empowerment. This includes pursuing personal growth, education, and career aspirations while maintaining a supportive marital relationship.

## **Mutual Growth and Development**

The help meet is viewed as a catalyst for mutual growth, where both spouses encourage each other's development emotionally, spiritually, and intellectually. This perspective fosters a dynamic and evolving partnership.

## **Practical Tips for Couples**

- Communicate openly about expectations and needs
- Respect and appreciate each other's unique contributions
- Work together to set and achieve common goals
- Support each other's personal and spiritual growth
- Maintain patience and understanding during challenges

# Frequently Asked Questions

## **What does the phrase 'created to be his help meet' mean?**

The phrase 'created to be his help meet' originates from the Bible, specifically Genesis 2:18, and refers to a woman being created as a suitable helper or companion for her husband, emphasizing partnership and support in marriage.

## **Is 'help meet' a common biblical term?**

The term 'help meet' is a traditional translation found in older versions of the Bible, such as the King James Version. Modern translations often use phrases like 'helper suitable for him' to convey the same meaning.

## **How is the concept of 'help meet' interpreted in modern Christian relationships?**

In modern Christian contexts, 'help meet' is often understood as a partnership where both spouses support and complement each other's strengths and weaknesses, promoting mutual respect and teamwork rather than a hierarchy.

## **Does 'created to be his help meet' imply inequality between husband and wife?**

No, many theologians argue that 'help meet' signifies complementary roles rather than inequality, highlighting cooperation and mutual dependence in marriage rather than superiority or inferiority.

## **How can couples apply the principle of 'help meet' in everyday life?**

Couples can apply this principle by communicating openly, supporting each other's goals, sharing responsibilities, and working together to face challenges as a united team.

## **Are there cultural differences in understanding the phrase 'created to be his help meet'?**

Yes, interpretations vary widely across cultures and denominations, with some viewing it as a call for traditional gender roles, while others emphasize equality and partnership within marriage.

## **Can 'help meet' be understood outside of marriage?**

While traditionally associated with marriage, the concept of being a supportive helper or companion can also apply to friendships, family relationships, and other partnerships based on mutual support.

## **What are some common misconceptions about being 'created to be his help meet'?**

Common misconceptions include the idea that it means a woman should be submissive or subordinate. In reality, it emphasizes partnership, respect, and mutual support rather than domination or passivity.

## **How do different Bible translations affect the understanding of 'help meet'?**

Different translations vary in wording, with some emphasizing 'helper suitable for him' while others say 'help meet,' affecting interpretations by highlighting either the functional role or the suitability and companionship aspect of the relationship.

## **Additional Resources**

### **1. *Created to Be His Help Meet* by Debi Pearl**

This book offers guidance for women seeking to build strong, God-centered marriages by embracing biblical roles. Debi Pearl emphasizes the importance of submission, respect, and supportive partnership in marriage. Through practical advice and scriptural references, it encourages wives to become nurturing helpmeets to their husbands.

### **2. *Help Me Be a Help Meet* by Debi Pearl**

A companion to "Created to Be His Help Meet," this workbook provides exercises and reflections for women to apply the principles in their daily lives. It focuses on character development, communication skills, and building a loving, obedient heart. The book is designed to foster personal growth in alignment with biblical teachings.

### **3. *Respectfully Yours* by Debi Pearl**

This book explores the power of respect in a marriage and how wives can cultivate a respectful attitude toward their husbands. It discusses the impact of respect on intimacy, communication, and family harmony. The author provides practical tips for overcoming challenges and strengthening the marital bond through respect.

### **4. *Love and Respect* by Dr. Emerson Eggerichs**

Based on the biblical principle that love and respect are essential to a successful marriage, this book explains why wives need respect and husbands need love. Dr. Eggerichs offers insights into the "crazy cycle" of conflict

and how couples can break free through understanding each other's core needs. It is a popular resource for couples seeking healthier relationships.

5. *The Excellent Wife* by Martha Peace

Martha Peace outlines the qualities of a godly wife, emphasizing submission, kindness, and wisdom. The book provides biblical counsel on how wives can support their husbands and nurture their families. It is a practical guide for women striving to live out their faith in marriage.

6. *The Helpmeet's Journey* by Mary A. Kassian

This book takes readers through the biblical concept of the helpmeet, examining its historical and theological foundations. Kassian challenges modern misconceptions and encourages women to embrace their God-given roles with joy and confidence. The book is both informative and inspirational for those interested in biblical womanhood.

7. *Training Your Husband* by Michael and Debi Pearl

Though written for wives, this book encourages women to lovingly influence their husbands' behavior and spiritual growth. The Pearls share strategies for communication, correction, and encouragement within marriage. Their approach is rooted in biblical principles and aims to foster mutual respect and growth.

8. *Fascinating Womanhood* by Helen Andelin

A classic book that explores traditional femininity and how women can attract and maintain their husbands' love and admiration. It offers practical advice on demeanor, communication, and homemaking skills. The book has influenced many women seeking to strengthen their marriages through timeless principles.

9. *The Power of a Praying Wife* by Stormie Omartian

This book emphasizes the transformative power of prayer in a marriage. Stormie Omartian encourages wives to pray specifically for their husbands' needs, character, and spiritual well-being. It offers heartfelt prayers and guidance for women who want to support their husbands through faith.

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