

You Complete Me: Biblical Womanhood as Covenant Help

2026-06-14 • PASTOR MATT ROSE



Psalm 121

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

When Genesis calls the first woman a helper, the Hebrew word is ezer. Pastor Matt showed that the word describes a corresponding strength, a counterpart, not a subordinate. The same word is used of God himself. From there he asked three questions of a woman's calling. Does she compete or complete? Is she a strong counterpart or an anxious presence? Do her words carry wisdom? Psalm 121 shows where that kind of confidence comes from. And Pastor Matt was clear: this is a calling from Scripture, not a stereotype about staying home.

To get started

- Think of a woman whose steadiness you have benefited from. What did she actually do?

Looking back at the message

This subject arrives loaded from outside the room. Let people say what they brought in with them.

- 1 Pastor Matt said helper in Genesis means a strength that corresponds, not someone beneath or someone against. How is that different from the way you have heard the word used?
- 2 Pastor Matt drew a line between being an ally, a real corresponding strength, and being merely an assistant. Where do you see that difference play out in real relationships?
- 3 Pastor Matt insisted this calling is not a stereotype but a strength Scripture itself describes. What in the message challenged or confirmed what you already believed?

OPTIONAL

Looking at the passage

Read Psalm 121 and Proverbs 31:25-26 aloud. Genesis 2:18 is short enough to read twice.

- 4 Read Psalm 121. Where does the psalm say help comes from, and what does it promise about the one who watches over you?
- 5 Proverbs 31:25 says she can laugh at the days to come. What gives a person the ability to laugh at the future instead of fearing it?
- 6 Proverbs 31:26 says wisdom and faithful instruction are on her tongue. What is the difference between good advice and faithful instruction?
- 7 Read Genesis 2:18. God says it is not good for the man to be alone. What problem is God actually solving here? OPTIONAL

Bringing it home

Anxiety is the honest one here. Do not treat it as a failure of faith.

- 8 Pastor Matt contrasted strength and dignity with control and panic. Which pair shows up more in you under pressure?
- 9 Pastor Matt was blunt that friends' advice can quietly push someone toward leaving a marriage instead of strengthening it. What advice have you been given that you are glad you did not take?
- 10 There is a difference between not being against someone and actively being for them. What would being for someone look like this week?
- 11 Anxiety in one person can set the temperature for a whole household. Is there a worry you have been carrying that has started doing that? OPTIONAL

The group together

Pastor Matt named Hannah, Mary, Rahab, Deborah, Priscilla, Lydia and Tabitha. Very different lives.

- 12 Pastor Matt named Hannah, Mary, Rahab, Deborah, Priscilla, Lydia, and Tabitha. Their callings looked nothing alike. What does that variety tell you about a single template for women?
- 13 Where does this group go for counsel, and would you want that counsel repeated back to you a year from now?
- 14 Who is someone this group could quietly strengthen rather than advise?

BEFORE YOU FINISH

Where have you been competing when you would rather be completing, and what is the first change?

You might pray about

- For confidence that rests where Psalm 121 puts it
- For words this week that carry wisdom rather than only sympathy
- For women in this group carrying an anxiety they have not named
- For a calling that looks like no one else's and is still a calling