

Genesis 2:18 - The Lord God said, "It is not good for the man to be alone. I will make a **helper** suitable for him."

Genesis 2:20 - But for Adam no suitable **helper** was found.

The Hebrew word translated as "helper" is ***ezer***.





# *The* Help



## Other places **EZER** is used in the Old Testament

Psalm 33:20 - We wait in hope for the Lord; he is our **help** [ezer] and our shield.

Psalm 115:11 - You who fear him, trust in the Lord—he is their **help** [ezer] and shield.

Psalm 70:5 - But as for me, I am poor and needy; come quickly to me, O God. You are my **help** [ezer] and my deliverer; Lord, do not delay.

Psalm 121:1-2 - I lift up my eyes to the mountains—where does my **help** [ezer] come from? My **help** [ezer] comes from the Lord, the maker of heaven and earth.



***EZER*** is used 21 times in the Old Testament

- Twice in Genesis 2 to refer to the creation of Eve.
- 1 time to explain that the Hebrew people would not be considered a help to Egypt (Isaiah 30:5)
- 1 time to explain how the Prince of Jerusalem would be removed and taken to Babylon, and his helpers scattered to the wind (Ezekiel 12:14)
- **All other times “helper” was used as a descriptor of God’s salvation, deliverance, rescue, and help toward mankind.**



