

# God's Design for Girls & Women

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

GENESIS 2:18 (NIV)

In the beginning, when God created the first woman, in the original Hebrew language, He called her Ezer Kenegdo, which means, "helper". This name means warrior (Genesis 2:18 NIV). This name is used in the Old Testament to refer to the warrior heart of God! God has made you mighty, to reflect Him, and the Bible teaches that females do this in a unique way, according to God's design. As girls and women, we have been empowered to carry God's light to the world with our distinct flair!

Did you know you grow your strength and courage when you practice doing the things that make you feel strong? Sometimes that means doing things even when you feel afraid!

List some activities that make you feel strong in your spirit. Some examples might be prayer, Bible reading, art, dance, sports, public speaking, teaching or learning. The more you do the things that make you feel strong, the bigger your courage gets. You were made to live bravely!

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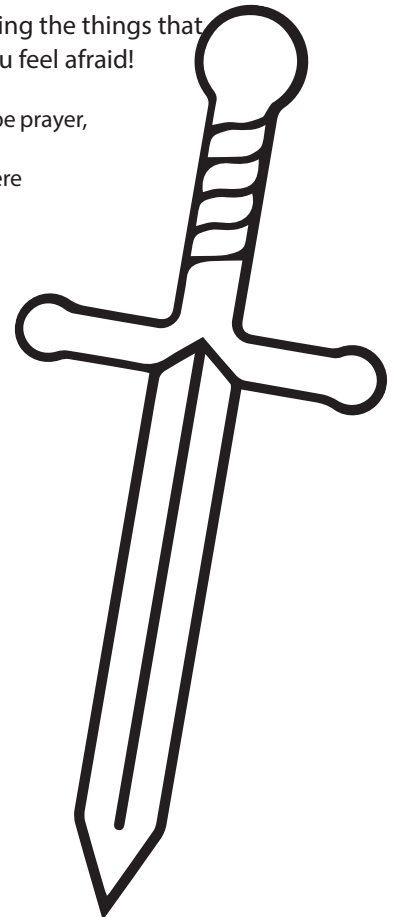
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"She considers a field and buys it; out of her earnings she plants a vineyard.  
She sets about her work vigorously; her arms are strong for her tasks."

PROVERBS 31:16-17 (NIV)