What does "Help Meet" mean?

By: David A. Sargent

Genesis 2:18, "And the LORD God said, It is not good that the man should be alone; I will make him an **help** **meet** for him." And Genesis 2:20, "And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an **help** **meet** for him."

Meet 5048: נֶגֶד **neged**, *neh'-ghed*; from 5046; a *front*, i.e. part opposite; spec. a <u>counterpart</u>, or mate; usually (adv., espec. With prep.) *over against* or *before*:-about, (over)against, x aloof, x far (off), x from, over, presence, x other side, sight, x to view.

5046: נָגַד **nagad**, *naw-gad'*; a prim. Root; prop. To *front*, i.e. stand boldly out opposite; by impl. (causat.), to *manifest*; fig. to *announce* (always by word of mouth to one present); spec. to *expose*, *predict*, *explain*, *praise*; -bewray, x certainly, certify, declare (-ing), denounce, expound, x fully, messenger, plainly, profess, rehearse, report, shew (forth), speak, x surely, tell, utter.

Literally: "…a helper <u>suitable</u> for him." or "…a helper <u>corresponding</u> to him." So Meet: <u>fit</u>; <u>suitable</u>; <u>proper</u>; <u>qualified</u>; <u>convenient</u>; <u>adapted</u>; as to a use or purpose. *Parts from Noah Webster 1828 American Dictionary of the English Language.* So In the way of definition the word meet in all these places means "right" or "proper" or "correct". See below for "meet" used in the same manor in other passages:

Exodus 8:26, "And Moses said, It is not **meet** so to do; for we shall sacrifice the abomination of the Egyptians to the LORD our God: lo, shall we sacrifice the abomination of the Egyptians before their eyes, and will they not stone us?"

Deuteronomy 3:18, "And I commanded you at that time, saying, The LORD your God hath given you this land to possess it: ye shall pass over armed before your brethren the children of Israel, all that are **meet** for the war."

Ezra 4:14, "Now because we have maintenance from the king's palace, and it was not **meet** for us to see the king's dishonour, therefore have we sent and certified the king;"

Jeremiah 26:14, "As for me, behold, I am in your hand: do with me as seemeth good and **meet** unto you."

Jeremiah 27:5, "I have made the earth, the man and the beast that are upon the ground, by my great power and by my outstretched arm, and have given it unto whom it seemed **meet** unto me."

Ezekiel 15:4, "Behold, it is cast into the fire for fuel; the fire devoureth both the ends of it, and the midst of it is burned. Is it **meet** for any work?"

Ezekiel 15:5, "Behold, when it was whole, it was **meet** for no work: how much less shall it be **meet** yet for any work, when the fire hath devoured it, and it is burned?"

Matthew 3:8, "Bring forth therefore fruits **meet** for repentance:"

Acts 26:20, "But shewed first unto them of Damascus, and at Jerusalem, and throughout all the coasts of Judaea, and then to the Gentiles, that they should repent and turn to God, and do works **meet** for repentance."514:

1 Corinthians 16:4, "And if it be **meet** that I go also, they shall go with me."

2 Thessalonians 1:3, "We are bound to thank God always for you, brethren, as it is **meet**, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth;"

Luke 15:32, "It was **meet** that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found."

Romans 1:27, "And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error which was **meet**."

Philippians 1:7, "Even as it is **meet** for me to think this of you all, because I have you in my heart; inasmuch as both in my bonds, and in the defence and confirmation of the gospel, ye all are partakers of my grace."

2 Peter 1:13, "Yea, I think it **meet**, as long as I am in this tabernacle, to stir you up by putting you in remembrance;"

Hebrews 6:7, "For the earth which drinketh in the rain that cometh oft upon it, and bringeth forth herbs **meet** for them by whom it is dressed, receiveth blessing from God:"

2 Timothy 2:21, "If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and **meet** for the master's use, and prepared unto every good work."

1 Corinthians 15:9, "For I am the least of the apostles, that am not **meet** to be called an apostle, because I persecuted the church of God."

Colossians 1:12, "Giving thanks unto the Father, which hath made us **meet** to be partakers of the inheritance of the saints in light:"

Matthew 15:26, "But he answered and said, It is not **meet** to take the children's bread, and to cast it to dogs."

Mark 7:27, "But Jesus said unto her, Let the children first be filled: for it is not **meet** to take the children's bread, and to cast it unto the dogs."

In the way of definition the word meet in all these places means "right" or "proper" or "correct". There is no mistaking this meaning. The phrase "help meet" is not "helpmeet" like some of the brethren would have us believe. The clauses in the sentence is divided between the two words "help" and "meet".

Genesis 2:18, "…I will make him an **help**…" is one clause and "…**meet** for him." Is the other clause; while the word help is a noun and not a verb, meet would be an adjective describing what kind of help. They are not conjoined as a double noun. The same is true of Genesis 2:20, "…but for Adam there was not found an **help** **meet** for him." To make this a double noun is to make a new meaning for the word meet that is not used anywhere else in the Bible in this way.

The End