

# Preparing to Be a Help Meet

By Debi Pearl

Being a good help meet starts long before marriage. It is a mindset, a learned habit, a way of life established as a young unmarried girl—or at least that’s the way it should be.

Nearly every wife will confess that the first year or two of married life was... how shall I say ... a frustrating learning experience. Most girls spend plenty of time planning for their wedding, but make no preparation for the weeks and years to follow. Many wives are provoked to bitterness during the first year and never get over it. All this could so easily be avoided with simple instruction. It was with good reason God said let the aged women teach the younger.

Trial and error is not the best teacher when it comes to marriage. It is much less painful to learn beforehand what God has to say about your role as a help meet to that special man God will bring into your life. It is the older women who have experienced the joys of a good marriage whom God has appointed to pass along his instructions. That is what has been done in this new book *Preparing to Be a Help Meet*.

*Preparing to Be a Help Meet* contains six sweet love stories written by wives sharing their experiences about how God taught them to be the help meets they are today. Three of the stories are from wives that have been married over 40 years. Three stories are by new brides who, before marriage, were trained to be the help meet God intended. All the love stories are beautiful, and will show you how wonderful it is to walk together in God’s light.

In addition to the six personal testimonies, this book is full of short stories from a wide range of cultural backgrounds. The book consists of funny tales, ideas of how to gain a good man’s attention, and even a tragic testimony. All teach important lessons! You will meet “**Grabbers**” and “**Hidden Flowers**”, and discover how to avoid being either. The chapter on “**Antsy Babes**” will remind you why patience is so important. You will be warned as you read stories of how texting,

e-mailing and other forms of cyberspace have destroyed many budding relationships and even marriages.

An important part of this book is instruction on preparing for your future by saving money, developing skills, gathering information on cooking, health, and many other topics. Girls will see how one wise young woman planned her wedding God’s way. Along the way the reader will learn what to pack in her Heavenly Hope Chest.

A shy girl—Hidden Flower—who has never had a man interested in her, will learn how to become visible to godly men. Brassy girls—Grabbers—will be shown a mirror so they will see how good men view pushy females. Impatient girls—Antsy Babes—will learn patience.

Girls will be instructed on how young men seek out a wife and what they are looking for in a possible mate. They will find out what turns young men away and what causes a young man to consider a girl. In the last chapter, several men speak up to say what they really appreciate in their wives. And of course, several single, wife-hunting males speak out here and there to give their opinion of what I have written.

On a more sober note, the age-old question, “How do I know if this man is the will of God for me?” will be answered through Scripture, wisdom, and example.

As I was finishing the manuscript, three young women read and evaluated *Preparing to Be a Help Meet*. They all said the book was totally captivating and that they would be better daughters and wives for having read it. Several married women who read the rough manuscript said of this new book that any lady that enjoyed *Created to Be a Help Meet* will LOVE *Preparing to Be a Help Meet* and they will learn as much from it as they did from *Created*.

As the author, I believe the girl or married woman who reads *Preparing to Be a Help Meet* will close the book knowing that God answers prayer, that He wants to bless her and that marriage God’s way is indeed glorious.

Shalom Pearl Brand and Kristen Abart taught several girls’ *Preparing to be a Help Meet* classes last winter using the book’s draft as it was being written.

Through the teaching of the Word the girls grew into righteous young women. Some of the girls said they just didn't understand that God meant for them to start being a Proverbs 31 female NOW. They didn't realize they have to start training to be a help meet before becoming one.

At the back of the book, Shalom put together an extensive Teacher's Guide using the notes from her class. It has **ice breakers** to get the girls laughing and talking, **questions** from the chapter they are studying, **verses** to look up to see what God requires, and **challenges** to obey God. Anyone with a heart to do so could use these step by step directions to teach a **Help Meet** class for single or married ladies.

Even a young man reading this book can come to better understand how girls think and how better to approach a girl for marriage. So if any of you young men are wondering how... read and see! Move over, *Created*...here comes *Preparing to Be a Help Meet*.

*Created to Be a Help Meet* has sold over 350,000 copies in English and Spanish. It is currently available in English and Spanish through No Greater Joy Ministries [www.nogreaterjoy.org](http://www.nogreaterjoy.org). Through special printing arrangements, licensing and rights agreements it has been translated into several other languages. *Preparing to Be a Help Meet* is scheduled for a 4/15/10 release through No Greater Joy Ministries. For more information contact Mel Cohen at 931 593-2484 or [mcohen@nogreaterjoy.org](mailto:mcohen@nogreaterjoy.org).