

In Step with Jesus 196

April 26, 2026

Key Text: “Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.” (Mathew 6:31-32)

Introduction

It is another day to sit at the feet of Jesus to hear what He has to teach is from the book of life. When we studied the book of Acts, the apostles’ teachings and manners in mission taught us that the best way to understand the bible is to start reading from Genesis. This is the fifth week since we started reading the book of Genesis. We are still in the second chapter, but we have learnt important lessons about the ways of God and His love and care for us as His Children. We learnt that God is orderly, purposeful, and temperate. In His creative work, He balanced work and rest and after each day’s work, He paused and admired what He created and then declared that it was good. We learnt that God’s ultimate purpose of creating the earth was for the good and happiness of man. Even before God created man, God provided everything He would need for His physical, mental, social, and spiritual well-being. Today we will reflect more on God’s provision for man as we read the last verses of Genesis chapter two. Let us see what we can learn about what we really need to thrive as Humans according to God’s word.

Genesis 2: 15 – 24

15 The Lord God took the man and put him in the garden of Eden to work it and keep it. 16 And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat[e] of it you shall surely die.” 18 Then the LORD God said, “It is not good that the man should be alone; I will make him a helper fit for^[f] him.” 19 Now out of the ground the LORD God had formed^[g] every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. 20 The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. 21 So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. 22 And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. 23 Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.”

²⁴Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. ²⁵And the man and his wife were both naked and were not ashamed.

Reflections

Our reading for today sheds light on God's love for the man (masculine Adam) and his provision for him. Do not get me wrong, God loves women (feminine Adams) too but let us allow the bible to speak for itself. From the text we read, we cannot ignore the fact that the man, (masculine Adam) was at the centre of God's plan in creation. God was looking after the man in all creation but in the man, all creation was to find their security and identity. The bible tells us that God did not just create a world of trees and shrubs. God planted a garden and placed the man in the garden. Planting a garden involves great thoughtfulness and care but God did it for the benefit of man. He planted every tree that is pleasant to the eyes and good for food. He also planted the tree of life as well as the tree of the knowledge of good and evil. So as soon as God created man, He provided him with food and gave him the freedom to choose between obedience and disobedience. We can see here that God our creator knows that a good environment, adequate nutrition, and the power to choose what to do with our lives is essential for the happiness of humanity.

God also provided man with an occupation. The man was not to eat and drink and spend his time in idleness and leisure. The man was to work, and his work was to tend and keep the garden. In other words, he was to maintain the garden. The man also had the responsibility of naming the animals. By working, man was to engage and develop his physical and mental powers, and by man's engagement in working even before sin, we can learn that our happiness as humans also depend on the right engagement and development of our physical and mental powers.

Another provision that God made for the man according to our reading was the provision of a companion and a helper. Our reading tells us that Adam was alone for some unspecified time, which could be a matter of hours. Genesis chapter one had already told us that God created the male and the female on the sixth day. When God saw that the man was alone, He said that it was not good, everything else in creation was good except that man should be alone and after God created the woman, God said that everything was very good. Note that Adam neither prayed nor asked God for food, power of choice, job, or a helper. God saw those needs and met them even before Adam asked. Our heavenly father knows what we need. He will meet every need but, in this dispensation, we must ask, not because he does not know but by asking we affirm our faith and trust in Him.