

## **The Helmet of Salvation**

*"Take the helmet of salvation." (Ephesians 6:14a)*

*"..and the hope of salvation as a helmet." (1 Thessalonians 5:8)*

As believers in Jesus Christ, we have entered into spiritual conflict with Satan and evil. For the inevitable attacks that will come, we have been entrusted with special protection. The apostle Paul describes this protection as the "full armor of God."

Pastor Mark reminds us that our battle is not primarily an offensive one, but defensive.

God's children are commanded to stand their ground against the devil's schemes of accusation, lies, temptation, persecution and hardship. This is a battle God has already won. We, as His children, are to stand and not retreat. "The believer overcomes his enemy when he himself is not overcome." (W.Gurnell)

In this week's sermon, Pastor Mark, teaches about the believer's headgear. The helmet of salvation is the 5<sup>th</sup> piece of armor described in Ephesians 6. Similar to the Roman battle helmets, it was used to protect the head. A head wound could be fatal for the Roman soldier and the picture holds true for the believer. Satan is relentlessly trying to get into our heads. In Christ our minds have been renewed. Our perspective is one of a present and future hope and it changes the way we live now. Satan seeks to separate us from the hope we have in Christ Jesus. Without hope, we lose energy, freedom and endurance. But we have this God given antidote to his schemes; the helmet of salvation.

Putting on the helmet takes spiritual energy. Pastor Mark shares 5 helpful ways to employ the helmet. First, reading and meditating on God's Word, allows His thoughts to enliven and re-orient our thinking. Not only hearing His thoughts but also speaking His words back in "breath prayers". This moment-by-moment practice allows us to rehearse the scripture that God has strengthened us with all through the day, especially as we feel tempted to give up. Recalling God's past mercies and reminding ourselves of His future promises fixes our minds on the hope we have been given in Christ Jesus. Finally, and perhaps most practically, taking the time to rest, giving our bodies and minds a chance to receive the grace of His protection and love. The hope of the gospel is real. And so is the spiritual battle. But this battle belongs to the Lord.

### **Questions to Consider**

1. In Psalm 43, the Psalmist is talking to himself and he says, *"Why are you so downcast oh my soul? Why so disturbed within me, put your hope in God. For, I will yet praise him, my Savior and my God."* What does the Psalmist identify as the antidote to his despair?
2. As believers, when voices other than God's, control our outlook, we are prone to what the Puritans described as, "practical atheism". Think of times this week, you may have been consumed with worry or hopelessness. How were your thoughts shaped by something other than what God has said to be true about you or the situation?
3. Pastor Mark spoke of "breath prayers" as one practical way to put on the helmet of hope. What are some "breath prayers" that you can speak back to God, when you are in a situation where you are tempted to allow other voices to define your perspective?