

## Put on the Armor of God The Helmet of Salvation

### Ephesians 6:13-18

**Review** - What is the armor that God provides to believers?

**Truth** - Integrity as a belt

**Righteous of Christ** - as a breastplate

**Peace** - as a covering for our feet

**Faith** - as a shield from flaming arrows

*All are gifts and come as a unit - the armor of God*

### The Helmet of Salvation

#### Roman Soldier

Last but most assuredly an essential piece of armor

Called the "galea" made of metal with leather or cloth inside

All were unique but meant to protect Head, cheeks, neck, and

partially the eyes. Strapped on with leather straps under the chin

#### Soldier of God

That which protects the mind - assurance of Salvation

That which protects the eyes - guidance

That which protects the neck - health of faith

Explained more fully in **1Thessalonians 5:8-9** like the NLT translation -

*But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation. For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us. (NLT)*

The helmet of Salvation is the solid hope or confidence we have in our Salvation based on the Word of God. Such confidence can protect the mind from the doubts of Satan, give guidance in hard decisions and show through the fruit of our lives the health of our salvation.

### What is this Salvation?

All have sinned - **Romans 3:23** and the wages of that sin is eternal separation (death) **Romans 6:23** - We need a Savior Jesus Christ

**John 3:16, 1 Timothy 2:3-4, Romans 5:8-10**

### How do we receive this Salvation?

We receive this salvation by grace through faith in Jesus Christ

**Ephesians 2:8-9** *God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.*

We are called to repent or turn from sin and confess our sins believing Christ died for our sins and has promised us forgiveness and eternal life.

### Can we know we are saved? How can we know?

We can know! **John 5:1-13**

God makes it known - **Romans 8:15-16** This is not just an inner voice but more - the joy of the Lord and the desire to serve and worship Him. We know our Father and He knows us. **Philippians 2:13**

### When do you most need the helmet of salvation?

When all looks impossible - **Luke 18:27, Matthew 19:26**

When all is great - **Matthew 13:22**

### How do we keep the Helmet of Salvation in place?

#### 1. Focus on the facts (not your feelings)

Trust the Word of God over feelings

Renew your mind in the Word **Colossians 1:22-23**

#### 2. Focus on the future (not your failures)

Let the promises of God be your rock in the storms

Keep your eyes on the goal - heaven **Titus 1:2-3**

#### 3. Focus on the fruit (not your frailty)

We are called to produce the fruit of good works

Let the fruit of the Spirit be your guideline

**Galatians 5:22-23** *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!*

#### Ask Yourself

**Love** - How well am I expressing godly love?

**Joy** - Is my life characterized by joy or pessimism?

**Peace** - Am I a peacemaker or a troublemaker?

**Patience** - Am I patient in stressful situations?

**Kindness** - Do I express kindness to others through acts of service?

**Goodness** - Does the entertainment I enjoy reflect God's goodness?

**Faithfulness** - Do I stick to my commitments when they are difficult?

**Gentleness** - Do I handle disagreements with gentleness and respect?

**Self-control** - Am I able to do what I should do, over what I want to do?

#### Remember to Renew your mind in the Word daily

**Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2**