

Each Study we will begin by reading **Ephesians 6:10-13**.

- We are on a mission – “Be Strong in the Lord and in the strength of His might” – The Ephesian letter has two halves. The first boasts of the amazing blessings and strength of Jesus, while the second challenges us to “walk in a manner worthy...” (**Eph. 4:1**). That means strength & resolve.
- Satan is unseen but active – “not against flesh and blood, but against the rulers...” This “not, but” construction notes that there will be flesh and blood decisions, but the real issue is the deceitful worker of death behind it, seeking to derail our faith and devour our souls.
- We need armor to survive – “Put on the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.” We cannot defeat Satan and keep our souls from his grip without this armor, ALL of it, every piece, as each is in itself unique.

Review: “Gird your Loins with Truth”

- 1) This is about the Word of God – *Read, Study, Obey* (Ex – Exodus 28-30 – yes, even there!)
- 2) This is about Fact over Fiction – **Acts 26:24-26** – “Truth and Rationality” - Measure yourself!
- 3) This is about Putting on Christ – Is. 11:1-5 – He is full of grace and truth – emulate Him!

Review: “The Breastplate of Righteousness”

- 1) This is about the Word of God – It is about the Righteousness layered on us from the Word
  - a. His R. upon us – Grace / His R. in us – Faith / His R. through us – Good Works!
- 2) This is about Right and Wrong – **Ac. 10:35** – “do what is right” – boils down to daily choices.
- 3) This is about our Righteous King – **Is. 59:17** – He always chose God’s way. Inspirational!

Review: “Shod your feet with the preparation of the Gospel of peace”

- 1) This is about the Word of God – It bridges Peace and Preparation – Romans 1:16-17
- 2) This is about Good over Evil – The good news. Hope and peace and purpose.
  - a. The Gospel equips you with joy and support – who would give that up? For the flesh?
- 3) This is about Active Evangelism – Is. 52:6-10 – Announce Peace! Keep the waters flowing!

Review: “Taking up the Shield of Faith with which you will be able to extinguish all the flaming arrows of the evil one”

- 1) This is about Belief in God – Conviction. Persuasion. Constancy. Belief in His Power! His Promises!
- 2) This is your Primary Defense – The shield is out ahead. Believing God is in the room and omnipotent.
- 3) This is about the Word of God – Rom. 10:17 – Through this we learn Who He Is and why we Trust Him!

“**The Helmet of Salvation**” – (v.17) – I had been resisting the tendency to assign special significance to the piece of armor in each text. I tended to approach this as, “sure there are protected feet and breastplates and such, but it all comes together to form a singular defense.” This is still true. But I’m increasingly convinced that there is some symbolism in the descriptive choices the Holy Spirit made.

- Belt of Truth – Truth is the absolute. The unwavering. It’s the belt that holds everything in place.
- Breastplate of Righteousness – Our heart, our life blood, protected by righteousness flowing.
- Shod your Feet... Gospel of Peace – Evangelism is built in to this, walking protected into rough terrain.
- Shield of Faith – As we said last week, the first line of defense. Presents hurtful body shots.

I am now most convinced of this because of the “Helmet of Salvation.” The helmet is vital to the warrior. He may can get along without some other things at their best, but if he doesn’t protect his head, he is a goner. The head, the brain, the mind, controls everything else. And its right there on top of the body. An easy target! He must be able to deflect blows upon the brain in order for any defense or offense to work.

### 1) This is about Guarding Your Mind

- a. I’m not sure if that connects is demanded by the Ephesians read. But did you know that this idea of a “helmet” of “salvation” occurs in another New Testament passage?
- b. **I Thess. 5:1-11** – Notice the references to knowledge and the mind:
  - i. **V.2** – You “know full well” – This is about their thinking, their understanding.
  - ii. **V.6** – Be “alert” and “sober” – In instantly think of “Mentally Alert” / “Sober-minded”
  - iii. **V.8** – Sober, covering both the heart (emotions) and the head (thoughts)
  - iv. We need understanding and to keep our head clear and focused all the time!
- c. When you think about all of Satan’s arrows – the doubt and fear and anger and jealousy and immorality and all the sins around us. MOST of those battles are WON or LOST, where?

- d. Yes, in the mind. The thinking. You can have all your armor on and Biblical readiness beyond anyone else in the room, and surrounded by spiritual warriors, but if your thoughts aren't guarded, your mind is not focused and spiritually directed, you will lose.
- e. So, when you think about putting on the helmet of protection, thinking about practical things you can do to get your mind right, to get mentally ready to fight.
- f. Can I suggest a great place to start? PRAYER! A mental exercise or mental strength!!!
  - i. **Phil. 4:4-9** – “anxious” – divided mind! “guard your minds” “think on these things”
  - ii. **James 1:5-8** – Ask of God for wisdom. Doubting mind lead to certain defeat!!!
- g. So, let's do mental exercises, not just literal, physical, or public ones. Bible reading is great. Attending church is great. Doing good works and serving your family: all great ways to fight the devil! But don't forget to pray, to think, to get your mind right, to focus, to start each day in prayer and meditation! **Ephesians 6:18** – He even follows up with this!

## 2) This is about Hope of Salvation

- a. So, there's this helmet, but what is it made of. More specific to our spiritual point – there's this mind that needs protecting, but what should I place upon it to preserve it?
- b. Answer: SALVATION! I don't think this means: “go be saved.” These are soldiers of Christ who are already saved. I don't think it means: “eternal salvation.” They just aren't there yet. It is coming but by then the arrows will all be long defeated and gone.
- c. **I Thess. 5:8-11** – I think we get excellent divine commentary right here!
  - i. **V8** – “as a helmet, the HOPE of SALVATION”
  - ii. **V9** – God has destined us “for obtaining salvation through ... Jesus Christ”
  - iii. **V10** – whether alive or dead (at His coming) “we will live together with Him”
  - iv. **V11** – Encourage one another and build up one another (about this!)
- d. **II Peter 3:10-14** – We need heaven. This world will end. We will end here. We need to know it is coming. Our faith stands before us as a shield. And upon our heads, guarding our minds, the conviction that heaven is coming and salvation eternally is real and we must be ever diligent to LOOK FOR and HASTEN it!
- e. *“Sing to me of heaven, sing that song of peace; from the toils that bind me it will bring release. Burdens will be lifted that are pressing so; showers of great blessings o'er my heart will flow. Sing to me of heaven, let me fondly dream of its golden glory of its pearly gleam. Sing to me when shadows of the evening fall, sing to me of heaven, sweetest song of all”*
- f. Pray about heaven. Pray about being with God. Think about heaven. Consider the eminent passing of time, the reality of the brevity of life, and what awaits you beyond the final breathe. Cover your mind, protect it with mental purpose: to get to heaven!

## 3) This is about the Word of God

- a. Without the Word (OT and NT) you could still know that God exists. Nature demands a designer and you might even offer some form of worship to the unknown Creator. But the Bible fills you in on who He is and His greatness.
- b. But without the Bible you could know NOTHING, NOT ONE SINGLE THING, about heaven. About a spiritual world. About an eternal beyond the temporal. You could hope, conjecture, imagine, but have no confidence in a home with God after this life.
- c. But with the Bible – we know a sliver of all there is to know, but even at that, it amounts to a wealth of knowledge of our true purpose and direction!
- d. Example: **Revelation 4-5** – A picture of heaven!
- e. **Titus 2:11** – Bringing Salvation to All Men! This is HOW we put this Helmet on!
  - i. **V13** – Yes, there is this expectation of a glorious home with God!
  - ii. **V14** – But there is also this message of the Love of Jesus that made it possible!
  - iii. **V12** – And yes, a doctrine of godliness – deny sin / embrace godliness
- f. Putting on the helmet of salvation becomes something all consuming. A mental approach to life. A daily focus. Jesus died for me. He is coming back. I will live for Him!

**Conclusion** – The helmet to protect you was built by God. It has been freely presented to you. But you and I, each of us, must chose to wear it. Putting it on in conversion and every morning of our lives!