

## Helmet of

### Ephesians 6:10-18

**Belt of truth** - The enemy is a liar. Lies are his #1 weapon. When we stand in the truth his lies fall to the ground.

**Breastplate of righteousness** - The enemy will try to get you to doubt your standing in Christ. He will attack your identity. We have to stand firm in who we are in Christ. Righteousness is not achieved, it's received.

**Shoes of the readiness of the gospel** - We have to be ready at all times to live out and share the gospel. We have to submit to the Lord. We have to expect opposition. We have to let God fight for us.

**Shield of faith** - ABOVE ALL take up the shield of faith. This is how we protect ourselves from the attacks of the enemy. Our faith will be tested. When Satan tempts, God tests. When God tests, we trust. When we trust, our faith triumphs.

**Ephesians 6:17a (NLT)** - <sup>17</sup>Put on salvation as your helmet...

### How the enemy works -

- The enemy wants to prevent you from receiving salvation.
- If you do receive salvation, he then wants you to question and doubt your salvation. • He then will deceive you into insecurity in your salvation, making you believe you have to earn it on your own.

### How do I receive salvation?

**Ephesians 2:1-5; 8-10 (NLT)** - <sup>1</sup>Once you were dead because of your disobedience and your many sins. <sup>2</sup>You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. <sup>3</sup>All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else. <sup>4</sup>But God is so rich in mercy, and he loved us so much, <sup>5</sup>that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) <sup>8</sup>God saved you by his grace when you believed. And you can't

take credit for this; it is a gift from God. <sup>9</sup> Salvation is not a reward for the good things we have done, so none of us can boast about it. <sup>10</sup> For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

**2 Corinthians 5:17 (NLT)** - <sup>17</sup> This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

### What consumes your mind, controls your life

#### It's all about the mind -

Our salvation and the confidence or the hope we have in it is what protects our mind. It's what changes our thinking. It's what gives us a different perspective.

**1 Thessalonians 5:6-8 (NLT)** - <sup>6</sup> So be on your guard, not asleep like the others. Stay alert and be clearheaded. <sup>7</sup> Night is the time when people sleep and drinkers get drunk. <sup>8</sup> 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.

**Romans 12:1-2 (NLT)** - And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. <sup>2</sup> Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

**Romans 8:5-7 (NLT)** - <sup>5</sup> Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. <sup>6</sup> So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

“You cannot keep birds from flying over your head but you can keep them from building a nest in your hair.”

-Martin Luther

**Philippians 4:6-8 (NLT)** - <sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

### What consumes your mind, controls your life

#### Helmet of Salvation Prayer

God, right now, I put on the helmet of salvation. Thank you for saving me from my sin, from death and from hell. Thank you, Jesus, that you died for me, and gave me new life. Please protect my

thinking today. Please don't let me conform to the patterns of this world, but to be transformed by the renewing of my mind. In Jesus name, amen!



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