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"Helmet of Salvation"

1. What Does Winning Look Like? Answer: Standing firm

Ephesians 6:10-18 (ESV) "10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able **to stand** against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to **withstand** in the evil day, and having done all, **to stand firm**. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication" (emphasis mine).

2. The Helmet of Salvation

- a. The mind is the command center of the body; lose the battle in the mind and you will lose the whole battle because the command center has been compromised.

1 Thessalonians 5:8 (ESV) "But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation."

- b. **An Arrow in the Enemy's Quiver:** Attack hope = Despair and discouragement.
 - i. Even great men and women of the Bible faced despair:
 1. Example: Elijah in 1 Kings 19

3. How is Hope for Salvation like a Helmet?

- a. Biblical **Hope** is a certain expectation for a future reality based on God's word.
- b. **Salvation** is not just a **past** event but promises a **present deliverance** from the power of sin and a **future deliverance** from the presence of sin.
- c. This hopeful confident expectation for God's present and future deliverance is like a **helmet** in that it protects our minds (by giving us joy) from dark pits like:
 - i. **Apathy:** "Why try... this is the way it will always be."
 - ii. **Despair:** "Why live... this suffering will never end and has no meaning."

4. Arrow #1: To crush your hope by challenging the reality of your past.

- a. The enemy wants to challenge your **justification**.
- b. Read Romans 8:1-8
 - i. Strategy: To get you to **doubt your salvation** because your present deliverance and future deliverance depend on that reality.

2 Corinthians 10:5 (NIV) "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we *take captive every thought* to make it obedient to Christ" (Emphasis mine).

- c. How do we "set our minds on the spirit" and "take captive every thought"?
 - i. Create new **jungle pathways...** and allow the old ones to be overgrown.

5. **Arrow #2:** To crush your hope by challenging where you are right now.
 - a. The enemy wants to keep you from **sanctification**.
 - b. Romans 8:9-17
 - i. Lie: "You will always struggle with this."
 - c. Paul's confidence for a present deliverance comes from the presence of the Spirit inside of the believer.
 - i. Respond to feelings of insignificance with "I am adopted!"
 - ii. Respond to loss and suffering with "I am an heir!"

6. **Arrow #3:** To crush your hope by challenging where you are headed: **glorification**.
 - a. The enemy wants to get you to think that suffering is eternal.
 - i. Romans 8:18-39
 1. Our hope: Creation will be redeemed.
 2. Our hope: We will be redeemed.
 3. Our hope: In our weaknesses, the Spirit helps us.
 - ii. And in light of your suffering, **if placed on a scale**, the future would far outweigh in time and goodness the time and suffering you are enduring now. Allow that hope to fuel you now.

7. **What Now?**
 - a. **Biblically define winning** in light of Ephesians 6: Winning is when you stand firm in Christ even while flaming arrows are being shot at you.
 - b. **Link up your shield of faith** with those around you: Share with other believers where your hope is under attack and allow them to pray for you.
 - c. **Prepare for the mental battle:** Memorize scripture, read Romans 8, and believe the promises that you read despite your circumstances.
 - d. **Don't overlook your physical needs** in this attack: What do you need to do?

Small Group Discussion Questions:

Ice Breaker: Tell a story of a time when you were glad that you were wearing a helmet.

Main Texts: Ephesians 6:10-18, Romans 8, 2 Corinthians 10:5

Questions:

- 1) How is hope for salvation like a helmet?
- 2) What are ways that the enemy tries to crush the hope of believers?
- 3) Give a specific example of a way that the enemy is attacking your hope in this season?
- 4) If you are currently wrestling against any discouragement, despair, or depression, how can Romans 8 reignite or fan into flame hope in you?
- 5) In 1 Kings 19, we saw God meet Elijah's needs of food and sleep in the midst of Elijah's despair. God knew Elijah's limitations and that his needs were both mental and physical. What physical and practical steps may help you in the midst of your struggle?
- 6) What are ways the life group could help you?



Sample Small Group Questions
<https://bit.ly/GroupDiscussionQuestions>



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