

The Armour of God: Helmet of Salvation

And as you're doing that, I just want to say, we have been in the book of Ephesians for a while now, as a church. If you've been around with us for the last couple years, we've been in it since the Fall of 2019.

And we've come to what some have called the most exciting part of the book. Some consider this to be the most fascinating part of the book of Ephesians, which is on the Armour of God.

And I just want to read this to you before we begin, if you would read, starting in Ephesians 6, verse 10, Paul writes, and he says, "Finally, be strong in the Lord, and in the strength of His might. Put on the full armor of God so that you will be able to stand firm against the schemes of the devil, for our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, in the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God so that you will be able to resist in the evil day, and having done everything to stand firm. Stand firm, therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shared your feet with the preparation of the gospel of peace, in addition to all taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one, and take the helmet of salvation, and the sword of the Spirit, which is the Word of God."

We'll stop our reading there. But just to say a few words about this, as you read that you can tell this is a very interesting portion of Scripture. As we've gone through it, it's a very, very fascinating one because of the language that it uses. It uses some things in here that are mentioned nowhere else in the Bible, such as the breastplate of righteousness and the shield of faith. And it mentions the helmet of salvation and the sword of the Spirit, which is all noteworthy because to my knowledge is the only time this appears in the in the Bible. It's the only time you see a list like this is right here, in Ephesians 6.

And to add to this, the context is interesting too, because Paul puts it right after a section on marriage. That's kind of strange-- we're getting a little feedback. I don't know if that's, if you guys can hear that. But it's a little strange to put in a section on marriage because we normally think of this, the Armor of God as something that you do when you're storming the gates of the enemy. We will normally think of it as something that you do when you're storming the gates of the devil.

But if you look back in chapter six, verse one, it's far more simple than that. Because there Paul writes, and he says, "Children, obey your parents in the Lord, for this is right." And then he says in verse four, he says, "Fathers do not provoke your children to anger." So that's the setting for this passage. So that's the context here. This is about fathers and children. This is about being a godly person in the home. It's about so much more than that, as well. I mean, make no mistake, the armor of God is so much greater. But that's the setting here.

And if you think about it, I mean, it's one thing to be a Christian, when you're serving the Lord in Africa. It's one thing to do it when you're 1000 miles away on a mission trip for a week or a month or something like that. But it's another thing to do it every day. It's another thing to serve the Lord when you're at home, and the kids are crying, and the laundry has to be done and the bills need to be paid. It's another thing to have a godly attitude in a moment like that. And that's what this is talking about here. That's what this is referring to.

Because Paul says, The Lord has given you something to help you in times like that. He's given you something to come to your aid, and that is the armor of God. He starts off by saying in verse 10, "Finally be strong in the Lord, and in the strength of His might, and put on the full armor of God." And I've told you before that phrase, full armor, it's one word in Greek panoplia from which we get the word panoply. If you grew up in church, you will remember that word from a hymn, a famous hymn that talked about the panoply of God, but it refers to the fact that God has given you a full set of armor. He's given you a complete one, so that you have all you need. You're not lacking in anything.

The way some Christians talk, you would think that God hasn't done that. The way they behave, you would think God has not given them a complete set of armor because they're scared all the time. They go around anxious and afraid and worried and that sort of thing. The Paul says, you don't have to do that as a Christian. There's no reason to be that way. Because God has given you a panoply of armor, you have everything that you need in this passage. And as he describes that here, he mentions a fifth one in the list. He mentions another piece in the armor of God and that's found in verse 17 which is the helmet of salvation. If you look down in verse 17, he mentions "taking up the helmet of salvation."

I'm going to walk you through all the surrounding verses here, and we'll talk about what it says. But this is the next piece of armor in the list. And just to say a few words about it, the word for helmet here, it doesn't refer to what we normally think of when we talk about a helmet. Because it refers to a round cap made out of leather, which was surrounded by metal, surrounded by piece of armor with cheek guards coming down the side. Roman helmets didn't protect your the front of your face, but they had cheek guards and they had a plume coming out of the top.

Some of you guys have seen that in pictures this, this fluffy red crests coming off the middle of it, which doesn't seem very scary to me. It seems kind of little sissy, but maybe it worked for them, because it could be spotted on the battlefield. That was the idea of the the crest. it can be seen in a fight, making it heavy. The helmet weighed several pounds, and it was hot. It was very uncomfortable. But even with all of that, no soldier would go into battle without and they would not go into war without putting a helmet on because of what it protected. It protected your head. It protected the most important part of you.

In my studies this week, I looked it up and and found that throughout history, one of the greatest leading causes of death in the military has been head wounds. Blunt force trauma to the head, blunt force injury. And it was largely due to this. It was due to the fact that people forgot to wear their helmet. When the fighting started, when, when the battle erupted for whatever reason they

forgot to put out to protect their head. And as a result, he got hit and they died. Very common cause of death.

And Paul says, you shouldn't do that as a Christian. He says you shouldn't make the same mistake because in this battle, you need to wear a helmet of salvation. Not a helmet of metal or iron or leather. A helmet of sotiria. And in the Greek this word is a little ambiguous here. It's a little hard to define. But it basically refers to everything the word salvation entails. It refers to everything our relationship to Christ encompasses, such as our forgiveness and redemption and our atonement. It refers to our deliverance from sin and the joy that it brings, the comfort that it brings. Because the idea is that that's what keeps us safe in the battle. That's what keeps us safe and guards our mind when the enemy attacks: the fact that our sins have been forgiven with God.

Doesn't always feel that way to us. It doesn't always seem that way when we're in the midst of a fight, but it is that way to Him. It's that way to the Lord. Your sin has been dealt with, it's been punished on the cross. And when you struggle with it, you don't have to, you can know, that it is taken care of and forgiven.

You know, this is so important, we need to remember this. Because if we're all honest about this, we don't all do a very good job of thinking in the midst of sin, do we? We don't do a very good job of using our head in the midst of a temptation and a conflict. I don't think I'm the only one who could say that: we all struggle with that.

You can add to this that sin is so confusing at times, right? It's so overwhelming and bewildering. I talked to so many people that look at the world around them, and they say I just don't get it. I just don't understand. Why is the world like this? Paul says there's an answer to those things and that is this piece of armor. God has given you a helmet. He's given you something to protect your mind in the midst of the battle and to block all the attacks of the enemy. You just need to wear it now. You just need to put it on.

When you talk to military experts will often tell you that in order to win a battle, an army has to do this, it has to be able to think. It has to be able to strategize. Because no matter how strong an army is, if you can't do that, it will lose. No matter how powerful military force is, if it makes a bad decision on the battlefield, it will be defeated. And it's the same way with you. In the fight with sin, you have to be able to use your head. You have to be able to think, which is what we're going to talk about this morning.

So if you're taking notes in Ephesians 6, we're going to look at five reasons to wear the helmet of salvation. That's our outline for today. That's what we're going to be talking about. If you're taking notes in Ephesians 6 verse 17, we're going to look at five reasons to wear the helmet of salvation. We're going to do this because if we need to work on anything in this battle, it is this and then we need to grow in our thinking. We need to get better using our heads.

Because after all, this is a spiritual battle. It's a mental one. So that's where the battle takes

place. That's where it occurs. When you sin, you fail up here. You don't fail out there. Jesus lived in a sinful world just like you did, He never sinned because he solved it in here. That's where the battle occurs, it's where it takes place. So that's what you have to work on.

You know, make no mistake about it, friends, you are what you think about as a Christian. You are what you set your mind on and nothing else.

You know, some people say that I know that so and so is a rotten person. I know he does terrible things, but deep down, he means well. Deep down his head is in the right place. God says it's not. God says Your head is not in the right place if your actions are demonstrate out otherwise. And that's why God has given you this helmet to protect you in this. And let's talk about that with five reasons to wear the helmet of salvation.

The first one is because you need to protect your thoughts and your fantasies. The first and second reason why you need to wear the helmet of salvation is because you need to protect your thoughts and your fantasies. I'm going to lump some of these together for the sake of time. But this means This means you need to protect where you let your mind wander. You need to protect where you let it go.

And I won't read all of this for the sake of time, I won't go back through it but as you read verses 10 through 17, you can tell that there's a key word that jumps out at you in this passage. There's a key word that shows up over and over again, and it's the word against. Because it really sums up what this is all about. It sums up the point of the passage. Because you have someone who's against you in the Christian life. You have someone who stands in your way, and that's the Devil. That is Satan himself.

You often hear people say, why is it so hard to be a Christian right now? Well, the answer's because there's a devil. He exists, he's real. But the truth is, God has given you something to fend him off and to fight him. And that is this armor. And the next piece of armor we're talking about this morning is the helmet of salvation.

I've already said a few words about this helmet. But let me let me just say a few more. Because of all the things you brought with you into combat, of all the pieces you carried with you into battle, this was probably the most important because of the significance of it. Because it guarded your head.

We have a lot of doctors in our congregation and they'll all tell you that if you mess up, mess up your head, you're messed up all over, right? In fact, according to what I studied this week, while it takes a tremendous amount of pressure to break your head, it takes a tremendous amount of pressure to fracture it, it doesn't take that much to hurt it. It doesn't take that much to cause a concussion.

My wife was a spinal injury nurse for several years and she said people would come in with paralysis for all sorts of reasons, but it was often something very small, to make them paralyzed.

Or for brain injuries it's the same thing: oftentimes it can be something very small that injured your head. Same way in battle. So because of this ancient soldiers would often make the head a target on the battlefield, they would make it a point of attack. Because if you hurt someone there, you hurt them everywhere.

So for example, the Persians, the cavalrymen, they carried a sword with them on horseback that was so big that it stretched from here to the floor. It's about four feet long, and they had to hold it with two hands, but they would what they would do is come alongside and decapitate their enemies. They would come alongside and hurt them in their head. There are stories that have come back to us with these guys on horseback, just riding through a battlefield and flailing at the enemy with this thing, just swinging back and forth. And Paul says that our enemy does the same thing with this.

Satan tries to attack us the same way by going after our thoughts. He goes after our fantasies. Because he knows if you can hurt you there you can hurt you anywhere. He knows if he can injure you in that area, he can take you out of commission. He can put you out of the battle for good.

So what he does is he likes to take something innocent. He likes to take something normal like a dream or a memory of some past event or an image and twist it and turn it and ruin it into something evil. Something bad. You look at something normal like a picture of a photograph or something and all of a sudden it triggers all these sinful things. The devil likes to do that.

This one is obvious it doesn't require a lot of explanation because I mean, you just have to walk out of your house and this happens to you. You guys know what this is like. But I think we all know what it's like to be going down the road, driving to Vancouver or somewhere when all of a sudden, you see a vulgar billboard on the side of the road, right? You see some crude advertisement for a car and what's on it? Well, someone dressing appropriately. Very common thing nowadays, someone dressed the way they shouldn't be. Now, let me ask you, what does it have to do with a car? Well, it has nothing to do with the car. It was there to get you to lust. It was there to get you to sin by the devil. I don't think the owners of the billboard were necessarily demonic. They're just trying to make money. But that's how the devil uses it.

Or let's say you're going a little further down the road, you're heading closer to the city and all of a sudden someone cuts you off in traffic. Someone slams on the brakes right in front of you, and you let out of foul word. You swear. Now, let me ask you why why did that happen? Well, same reason. I don't know why that person stopped in front of you, some people are just bad drivers. But I do know this devil uses things like that that way. He wants to tempt you to sin by invading your thoughts. He wants to play tricks with your head. Because he likes to take something normal like traffic, take something innocent like a trip to Vancouver and twist it into something bad. And Paul says in times like that the way to stop him is this. You need to protect your mind with the helmet of salvation. You need to put it on top of you.

Because it reminds you that you've been saved from that now. It reminds you that that sin is as

good as dead to God and it needs to be dead to you as well. So there's no reason to go back to it. Now there's no reason to return to the sin. You just need to let it go. You need to move on.

Now Proverbs 26 verse 11 is a very helpful verse on on this because it says this, Proverbs 26 verse 11, says, "Like a dog that returns to its vomit, so is a fool who repeats his folly."

And the idea there is that it's a foolish thing to repeat your mistakes, it's a foolish thing to go back to them. It's like a dog returning to its puke. So you don't want to do that anymore. When you make a mistake, when you sin, and you see something you shouldn't see, yes, it should grieve you. Yes, it should cause you to repent and be sorrowful that the that you gave in to that. But afterwards, you need to move on. Because as far as you're concerned in Christ, that sin is over. That sin has been dealt with. It's been nailed to the cross, and you need to leave it there.

In fact, when I meet people who struggle with this, and they struggle with sin, this is how I help them. I often ask them, I say, "Tell me what your life was like before you became a Christian. Tell me what your life was like before you were saved." And they often tell me how they've changed. They tell me all the things that God has done for them. And as I listen to that, I often ask them, "Well, does that mean anything to you? Now? Do you care about that now because you're acting like you don't." Because when you go back to the sin and back to the sin and back to the sin, you're acting like it doesn't matter to you. You're acting like Jesus died for nothing. Or when you meditate on it, and stew on it and dwell on it in your mind, you're acting like you've totally forgotten everything that He's done. And friends, you don't want to do that today. You want to let your sin go.

Which brings us to another point to consider this morning brings us to another reason to wear the helmet of salvation. The first one is because you need to protect your thoughts and your fantasies. The first two reasons you need to protect where you let your mind wander. You need to guard where you let it go. Because if you're not careful, it can easily lead you into sin. Right? Your mind can easily lead you astray. You don't have to try to sin in your mind, do you? You guys know what I'm talking about? You don't go outside your house and say, "Boy, I've been really good this morning. I think I'm going to go out and do something bad." It doesn't work like that. All you do is let it wander and it will sin. Let it go just once and you will fail, so you need to guard that.

Which brings us to another point to consider another reason to wear this helmet. And that is because you need to protect your doctrine and your theology. The next two reasons why you need to wear the helmet of salvation is because you need to protect your doctrine and your theology, which means you need to protect your commitment to the Bible. You need to protect the things that you believe about God and His word because the devil will attack that too. That's not safe grounds for him either. He's not just interested in your fantasies, he's also interested in the things you think about God.

And if you look back up in verse 14 of our passage, it says this. It says, "Stand firm, therefore, having belted your waist, having put on"--let me see, let me read that again. "Stand firm,

therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shaved your feet with the preparation of the gospel of peace, in addition to all taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one, and take the helmet of salvation."

If you notice, as Paul goes on to describe this, as he goes on to explain this piece of armor, these pieces of armor, he does it in a very interesting way, because he gives you a very doctrinal passage here. The Armor of God is a very practical piece of Scripture, it's a very applicable portion of the Word of God, because we're all fighting sin, so we all know what this we all need this. But at the same time, he's very theological in the way he says this. Because he starts off by mentioning, you know, being strong in the Lord way back in verse 10, which is a doctrinal thing. It's theological, talking about the Lord. And then he does it again when he mentioned the first piece of armor in verse 14, because he talks about girding your loins with truth. Which is another way of saying the same idea because Paul doesn't say "Gird your loins with feeling" "Gird your loins with emotion." He says, "Gird your loins with the truth of the Word of God."

And all these terms are like that here. They all express this idea. Because the point is, you can't have any of this without that. You can't have any of these things without having sound doctrine, because it all starts here. We think the wrong things about God, you're going to think the wrong things about God's armor. That makes sense. If you have a faulty understanding of Him, you'll have a faulty understanding of how all of this works out. And the piece of armor that we're talking about this morning is a piece that was given to you to protect this aspect of your life. It's given to protect your doctrine as well. Because your head is the place where your doctrine is kept. It's kept in the mind.

And just to say a few words about this, you know, as I told you, before, armies back then didn't fight the way that we do today. They didn't fight with the same tactics, because they usually fought out in the open. I think I would much rather be a soldier today than back then because today, you could at least hide behind something and hide behind a rock or something like that. But back then, they would just stand in line and charge at each other. You guys have seen some of that stuff and pictures and whatnot. But they would just stand side by side in the long procession and just ram the other side. That's how they fought.

And when they did that the part of the body that was the most vulnerable to attack was usually the head because you couldn't cover it up on a battlefield because you had to see where you're going. You could cover up your chest and your legs and those kind of things with a long shield. But as far as your head was concerned, it was exposed. Because you had to see over it. Which is why the enemy often made it a point of attack. Because he would try to cut and poke and chop away at your head in a battle. He would try to stab and slice anything that he could to get at it.

And Paul says in a similar way, the devil does the same thing with us. He does the same thing with our head by attacking our theology. He likes to attack the things that we think about God.

The Puritan writer William Bernal, he said, "The devil is a great student of divinity, because he knows a lot of Scripture. He knows a lot of the Bible and he likes to take what he knows and twist it as well." Not only does he like to take your fantasies and thoughts and twist them, he likes to twist what you think about God in His Word. Because he does it in order to confuse you. He wants to deceive you.

In fact, when you survey the Bible, one thing you notice is how often this is talked about. How often it tells you to stay away from false doctrine because that's one of Satan's greatest attacks. One of his greatest tricks. He loves to lie to the church. He doesn't just lie to the world. He lies to people in here as well.

Some people like to say that we should just forget about doctrine for a moment, we should forget all the theological stuff and just love Jesus. But let me tell you something, friends, the devil doesn't do that. He doesn't forget the doctrinal stuff. He's very interested in it. Because he wants to deceive you.

And in order to stop him from doing that, you have to wear this helmet. Or to say it another way, you need to have a filter. That's the point of a helmet and a battle. It filters everything from getting inside of it, it blocks some things from getting through. And you have to do the same thing in your Christian life.

You can't accept everything you hear in a church. You can't accept everything that you hear on Christian radio, or in a Christian bookstore. I wish it was that way. It would make my job so much easier if it was. But that's not the way it is. You got to keep some of it out.

And just to give you a practical example of this, to show you why this is necessary, I think we would all say that it's important, it's important to use a good Bible translation, when you come to church. It's important to find one that's faithful to the, to the original text to the Greek and Hebrew and those kinds of things. But there are some churches that say you can't be a Christian unless you use the same translation we do. There's some churches that say you can't be a Christian unless you use the Authorized Version, or the King James version of 1611. Which is wrong. Because God does, the Bible doesn't say that. In fact, the people in the Bible did not speak the King James version of 1611. So it's just kind of a silly thing to say think about.

But the only way to know that is to have some discernment. You have to come into that thing into discussion with the filter on your brain. You can't just believe everything you hear. You can't believe everything someone says you. Or to use another example, we would all say it's important to dress appropriately. When you come to church. It's important to wear the right type of clothing. But there are some churches around here that say you can't come unless you wear a suit. There are some in Chilliwack. They say you can't be a Christian almost unless you dress all in black and keep your hair cut short and remove all your piercings and tattoos. And that's all wrong as well. The Bible doesn't say that.

But the point is that in order to see those things, in order to see the deception, you have to be

smart about this, you have to be on your guard. Because God is not the only one speaking to you in a church. The Lord is not the only one speaking to you from a pulpit. The devil does that as well.

In fact, I've been a Christian for several years now, like a lot of you and I'll tell you that I've never heard anyone say, "I am a false teacher". I've never heard that ever. Because they're much too subtle for that no one talks like that. Or I've never heard anyone say "Okay, at this point in the sermon, you should not listen to me anymore, because now I'm not going to speak for God, I'm going to speak for Satan." They don't do that. That's not the way deception works. They all claim to speak for God, so in order to spot them, you have to be careful.

You know, one sign that a child is growing up, is that they learn how to do that. They learn how to be careful. They stop putting everything in their mouth. They stop swallowing every lie that comes along. It's so easy to deceive a child. But when they grow up, it's harder because that's part of growing up. It's the same way with Christian life. We have to stop swallowing the lies.

And all this brings us to one more point to consider this morning. Just one more reason to wear the helmet of salvation. The first one is because you need to protect your thoughts and your fantasies, which means you need to protect where you let your mind go, need to protect where you let your mind wander. And then next, you need to protect your doctrine and theology, which means you need to protect your commitment to the Word of God. You have to protect what you think about that because the devil wants to attack that too.

I wish I could tell you that every sermon was a good sermon, but it's not. And I wish I could tell you every preacher is a good preacher. But that's not true either. There are some that are bad. And this helmet was given to guard you from that. And it brings us to one more thing to talk about this morning. One more reason to wear the helmet of salvation. And that is because you need to protect your emotions.

Which may sound kind of strange, but I'm going to explain that in a moment. But a final reason why you need to wear the helmet of salvation is because you need to protect your emotions. Or you need to protect your passion for the Lord. Need to protect your affection and love for Him, because the devil wants to play tricks on that as well. He wants to mess with that too.

If you look back in our passage again in verse 14, actually starting in verse 13, Paul says, "Therefore take up the full Armor of God so that you will be able to resist in the evil day and having done everything to stand firm. Stand firm therefore having girded your loins with truth and having put on the breastplate of righteousness. And having shod your feet with the preparation of the gospel of peace, in addition to all taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one, and take--" Finally for us this morning, "--the helmet of salvation."

As I've told you before, this passage comes at the end of the book of Ephesians. It comes at the

end of the book that we've been studying for the past couple of years. Because the idea is that this is how you protect all that now, all of this now, this is how you guard all the wonderful things you've learned in this book: you do it by fighting for it.

You don't do it by sitting down and propping your feet up and taking it easy in the Christian life. It's very much the opposite of that. You have to go to war.

In fact, all these terms that we just read here terms like "standing" and "resisting" and "taking up", those are all military terms. They come from the world of conflict and combat. Because that's how you hold on to this now. And as you do that, the piece of armor that Paul mentions next to last in the list is the helmet. Because this is when you would put it on in the army, this is when you would put your helmet on: you put it on next to last.

In fact, that would have probably been the last thing you would wear before picking up your sword, because it was so hot and heavy and uncomfortable. And the significance to that is this is the combination of these other pieces of armor, this is the climax of them. That is the helmet because it protects your emotions. It protects your affection for the Lord.

And what I mean by that is on one hand, your emotion comes from the heart. On one hand, it comes from your soul or the inner part of you The inside of you, the middle part of you. But on the other hand, it comes from your head as well because you are what you think about, right? Your affection for the Lord comes from the mind. Because you are what you set your mind on, which is why this is so important here. That's why we want to talk about it at the end because this is what send us to the emotions. This is what it does to your passion for the Lord: it ruins it.

It wreaks havoc on them. Because every time you sin, it makes you feel so bad. Every time you sin, it makes you feel guilty to the point that it obliterates your affection for the Lord.

It's like pouring water on a fire, it douses everything out. Because one moment you're going along serving the Lord, doing great. The next moment sin kicks in and it stops it. It changes everything for you.

And in order to stop that Paul says God has given you this as well. He's given you a helmet of salvation.

And the way it works is simple, on this point. The way to apply this is pretty simple. When the sin comes and the temptation kicks in, you need to remember the Gospel. You need to remember your salvation and what Jesus did for you on the cross. Because there's no way you could see that. There's no way you can look at the cross, look at your Savior, look at all that he did for you, and walk away unmoved by it. There's no way you could see that and not let it affect you.

We're going to take the Lord's Supper here in a moment. We do that every other week here at Grace Fellowship. But we do that for this reason to remind you of what your Savior did. Because it would take a hard-hearted person to look at that, to see what He did and say "I don't care." "It means nothing to me." And more importantly, you need to remember that not only did Jesus do this, for other people, for those wicked people out there outside the tent, but Jesus did this for you. He died for your sins, and your inequities and your transgressions. Because you're just as bad as everyone else. Your sin is just as filthy.

My friends, I don't know where everyone's at on this today. And I don't know where we're all at on the issue of your emotions and your affections for the Lord. But I think if we were honest about it, we would have to say that we all have a tendency to do this. We all have a tendency to look at the cross and look what Christ did there and say, "I know that already. I don't care." Or we have a tendency to look at it and shrug our shoulders and say, "Okay, I get it. But what's the big deal? What's it really matter?" But the question is, if you say that, then, then do you really get it? I mean, do you really understand what he did?

Because if you understood it, you wouldn't say that.

In fact, as a passage in Romans says, it says, "That we love because He first loved us." It doesn't say that we yawn because he first loved Does, he doesn't say that we don't care because he first loved us. He says that we love him back because we can't help it. We love him back because we don't have a choice. It means so much to us.

Friends, I mentioned this because you have to understand this, if you want to have victory over your sins. You have to understand that salvation is not just a head issue only. It's not just about your doctrine, it's about your heart as well.

And make no mistake, it is about your head. It is about doctrine. But it's about so much more than that. Because it's about the impact that should take place on the inside of you. Salvation needs to move you on the inside. It's not something you should listen to and say "That's nice. Oh, how wonderful." It's something you should listen to and say, "I need that I have to have that. God, please give it to me or else I'm lost." That's the point of it. Because that's how you defeat your sin. That's how you have victory over it. You need to talk to the Lord like that. That's what this helmet is all about.

The story is told at the time, when a lady approached the great reformer Martin Luther. And she asked him, she said, "Dr. Luther, why do you tell us the Gospel every week? Why do you keep repeating it every Sunday?" To which he told her this. He said, "Because dear woman, you keep forgetting it. Because every week you come in here week in and week out and you go on as if nothing ever happened."

Friends, you don't want to do that today. You don't want to do that with all of this, go on as if nothing ever happened. You need to let it change you. You need to let it affect you on the inside, because that's what this piece of armor is all about. So will you do that today? Will you

let the helmet of salvation change you?

Let me close in a word of prayer, and ask the Lord to help us apply this to our lives.

Heavenly Father, we thank you, Lord, for what we have studied this morning. And we've talked about one of the pieces of armor that's very deep. They're all this way. And we could go on and on talking about them. But Lord as we come to the Lord's Supper, we want to take this in in a proper manner. And remember what our Savior has done in a way that it changes us. Lord, we are a blessed people to be saved from so much sin. And as we talk about how evil our minds are, and how evil our hearts are, the fact is you say this from that. And you came into our evil hearts, you came into our evil minds, and you put your work of grace there. And may we never forget it. Thank You for the cross. Thank you for Christ. And we pray this all in his name. Amen.