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STAND READY EPHESIANS 6:10-17

1. The helmet protects the way we think.
 - A. Protects from the enemies mind games.

2. Six new ways of thinking in Matthew 5
 - A. Outburst of anger – vs.21-22
 - Peace
 - B. Lustful thinking – vs.27-28
 - Contentment
 - C. Unbiblical divorce – vs.31-32
 - Patience
 - D. Verbal commitments – vs. 33-37
 - Trustworthy
 - E. Getting even – vs. 38-41
 - Revenge
 - F. Loving the un-loveable – vs. 43-44
 - Unconditional Love

3. How to put on the helmet of salvation
 - A. Daily ask God to help you – Romans 12 :2
 - B. Hold that thought – 2 Corinthians 10:5
 - C. Use the TNRPLA filter – Philippians 4:8
 - D. Submit your failures to the cross – 1 John 1:9