

Group Discussion Guide

Week of February 18, 2024

Ephesians 6:17 – The Helmet of Salvation

GETTING TO KNOW YOU

- Let's talk about HELMETS...
 - What activity have you done where you wore a helmet?
 - Did your helmet ever protect you?
 - Did you feel safer because you were wearing a helmet?
 - Was the helmet uncomfortable?

QUICK REVIEW

Looking over your notes from this past teaching... was there anything you heard for the first time, caught your attention, challenged you, or confused you?

MAIN POINT

When we put on the “helmet” of salvation, it protects our minds from thoughts that are negative and destructive.

DIGGING INTO THE WORD

- How would you describe SALVATION to a person who is seeking God?

READ – John 17:3

- How does Jesus' statement speak to HOW and WHEN we experience salvation?
- How could it be bad for us to think about our salvation as only something we experience when we die?

The helmet protected the head/brain/mind.

- How can the truth of our salvation help protect our thought life?

READ – Philippians 4:8

- Where do we discover those things Paul shares in that verse?
- Where do we discover those things that are the opposite of that list?

READ – Colossians 3:1-4

- What is the exhortation Paul is giving us in these verses?
- What makes it difficult for us to set our minds on eternal things, rather than temporary things?
- What are some ways you have been able to keep your mind focused on the eternal rather than the temporary?
- How has your salvation helped you stay focused in a world that tries to distract you?
- How does thinking about your salvation help you when you feel discouraged?
- What are some practical ways we can keep our minds fixed on the right things rather than the wrong things?

PRAISE REPORTS & PRAYER REQUESTS

Take some time each week to share prayer requests and praise reports.

Have someone in your group record these prayer requests and email them out to the whole group to be praying for each other throughout the week.

Close with a time of prayer.