

# THE HELMET OF SALVATION

**Our fight is to maintain, sustain, and obtain the things that Christ purchased through His victory in His death and resurrection.**

## Ephesians 6:10-18 (KJV)

- <sup>10</sup> Finally, my brethren, be strong in the Lord, and in the power of his might.  
<sup>11</sup> Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.  
<sup>12</sup> For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*.  
<sup>13</sup> Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.  
<sup>14</sup> Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;  
<sup>15</sup> And your feet shod with the preparation of the gospel of peace;  
<sup>16</sup> Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.  
<sup>17</sup> And take the helmet of salvation, and the sword of the Spirit, which is the word of God:  
<sup>18</sup> Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

And tonight, I will focus on one particular piece of this, and not in the order they are found in here, but in the order that it affects us. So tonight, we will look at THE HELMET OF SALVATION, or as it pertains to spiritual warfare, THE BATTLE OF THE MIND.

Let me remind you of a few things tonight pertaining to spiritual warfare:

## Ephesians 6:12 (KJV)

- <sup>12</sup> For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*.

Here is the structure of the kingdom that we are at war with:

- **Principalities** - this means "**chief rulers**". These are fallen angels selected by Satan himself to be the highest-ranking officials within his structure.
- **Powers** - this means "**powers**". This is the realm in the structure that the plans and intentions of the principalities are planned and passed down the structure.
- **Rulers of Darkness** - this means "**world ruler**". This could be understood as rulers placed in specific locations to oppress and control the environments and situations going on.
- **Spiritual Wickedness in High Places** - this means "**spiritual wickedness**" and refers to evil spirits that could be considered the foot soldiers involved in the actual implementation of the plans higher up the structure.

And we are told as well:

## 2 Corinthians 10:3-4 (KJV)

<sup>3</sup> For though we walk in the flesh, we do not war after the flesh:

<sup>4</sup> (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)

So, natural wisdom, natural ability, natural talent, even things told us by people that we consider very spiritual, those efforts in themselves will not and cannot win the battles we war in the spiritual realm. So according to this passage, we must find our strength through God to see these battles won and great issues torn down in our lives. **And all of this begins with THE MIND.** This passage of scripture goes on to describe some of the details with the mind.

So, the Apostle Paul instructs us to put on the HELMET OF SALVATION.

When we first see this, we are inclined to think about that the meaning of this would be that if we simply consider what Jesus did for us on the cross that everything will be ok. **But just thinking about being saved or what He has done, although it holds power and is right, is not all that this is referencing.**

We are talking about the armor of a knight. Its job is to protect the head from external sources. **And here's what I want you to get: The protection of the head is not accomplished by simply thinking about something.** The helmet was picked up and placed on the head of the knight with intention to protect him from danger. **And consider this tonight as well: The knight could fight without extremities and even blows to the torso, but a shot to the head or a damage to certain parts of it, would be fatal.**

So, this battle of the mind becomes a very important part of all that we do and must be the starting point of spiritual warfare.

**Does the bible speak of the mind?**

**1 Chronicles 28:9 (KJV)**

<sup>9</sup> And thou, Solomon my son, know thou the God of thy father, and serve him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever.

**Isaiah 26:3 (KJV)**

<sup>3</sup> Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*: because he trusteth in thee.

**Luke 10:27 (KJV)**

<sup>27</sup> And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

**Romans 7:23 (KJV)**

<sup>23</sup> But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

### **Romans 8:7 (KJV)**

<sup>7</sup> Because the carnal mind *is* enmity against God: for it is not subject to the law of God, neither indeed can be.

### **Romans 12:2 (KJV)**

<sup>2</sup> And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

### **Ephesians 4:23 (KJV)**

<sup>23</sup> And be renewed in the spirit of your mind;

### **Philippians 2:5 (KJV)**

<sup>5</sup> Let this mind be in you, which was also in Christ Jesus:

### **2 Timothy 1:7 (KJV)**

<sup>7</sup> For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

### **Hebrews 8:10 (KJV)**

<sup>10</sup> For this *is* the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

### **1 Peter 1:13 (KJV)**

<sup>13</sup> Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

And that's just some of them, there are many others. **The bible also covers the words: thoughts, imaginations, minds, think, all of these being a part of what we are looking at tonight, so I would say that the Lord does intend for us to know that the mind is the starting point of the battles we face, and then how to keep our minds where they need to be to maintain that victory.**

### **THE BATTLE FIELD OF THE MIND**

Why is the mind the place in which the battle is waged?

**The mind is the consciousness of man, the knowing part of who we are. In scripture, this is also referred to as your spirit.** Your heart, is the desire and action part of you, what the bible calls the soul. So, **our enemy knows this and considers that if he can get your mind then he gets your desires and your desires will eventually lead you away from God.**

If you think about what we are dealing with here, our enemy, isn't concerning himself with anything we have and he doesn't need anything we have, all he desires to do is remove as many people as possible from having any faith or trust in God through Christ.

**Satan doesn't know our thoughts as he is not all-knowing, or omniscient, but he can and will influence our minds through sources in our lives.**

So, let me say it like this: **Satan cannot make us think anything and he cannot read our minds, but he does know what thoughts we give into based off our actions.**

**If you really want to know what your heart is set on, look at where your mind wonders.**

**So, whoever controls the mind, will eventually control the man.**

These attacks are waged on us in the mind, through our thought life. Our thought life is influenced by the sources of exposure allowed around us.

This is how Satan operates the best. **His demon spirits are misunderstood as being "possessors" more than "oppressors".**

**Possession is defined as:**

- the act of having or taking into control
- control or occupancy of property without regard to ownership
- ownership

**Oppression is defined as:**

- unjust or cruel exercise of authority or power
- something that oppresses especially in being an unjust or excessive exercise of power
- a sense of being weighed down in body or mind

**To be possessed is to be controlled against your will by an outside force that takes over. To be oppressed is a choice that we make to allow influence over us that shouldn't be there.**

A believer can never be possessed but most certainly will face oppression. **And where oppression isn't a sin or a weakness, left undone, will turn into depression, which is a complete domination of the mind.**

This work is carried out by demonic influences within the satanic kingdom.

In church, you hear of the term, "a spirit of \_\_\_\_\_". And this is a proper use of it. For example, a spirit of fear, or a spirit of anger, etc. These are correct uses of the terms within the satanic kingdom, and it is demon spirits and fallen angels who do this work.

**How do they accomplish this, or how does oppression happen?**

**Oppression is executed through our THOUGHT LIFE.**

Let me give you an example biblically. Peter was told by Jesus that he would deny Him three times. Peter rejected this idea and boastfully claimed that he would surely be there beside Jesus even when all the others flee. When it happened, and Jesus attributed the work to Satan, "he desires to sift you as wheat", Peter was alone and tormented in his mind until he was completely overwhelmed by his failure, through his thought life.

### **There's only three areas to your thought life:**

- **Knowledge** - what you learn, obtaining information
- **Faith** - what you believe, what you are hoping for
- **Imagination** - these are the thoughts in which influence the knowledge you take in and you choose to have faith or decide otherwise.

Let me show it to you scripturally:

#### **2 Corinthians 10:4-5 (KJV)**

<sup>4</sup> (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)

<sup>5</sup> Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

### **Verse 5 we are shown three thoughts in our minds:**

- Imaginations
- Knowledge
- Faith - the obedience of Christ

Here is where the battle rages.

**So what do we do?**

**How do we fight the battle of the thought life?**

#### **THE HELMET OF SALVATION**

Let's call the helmet what it really is: the protection of the mind.

**How do we fight this mind battle properly?**

#### **IDENTIFY WHAT'S WHAT**

**This means that you must be able to recognize what is from God, what is from your enemy, and what is the residual left-overs of the old man after you are saved.**

This is where the KNOWLEDGE part comes in. **What do you know about the bible?** Not what I know, or what I have told you, but what do you know?

**This is important because what you choose to know on your own terms is what you'll eventually believe.**

And unless you know what God says about a matter in your life according to His Word, then you'll believe anything the adversary throws at you.

As it pertains to knowledge, listen to this:

### **Hosea 4:6 (KJV)**

<sup>6</sup> My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

**It begins with what you know. What you know will become what you believe. What you believe will produce activity.**

Look at the passage in 2 Corinthians again:

### **2 Corinthians 10:5 (KJV)**

<sup>5</sup> Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

It says that thoughts will try to exalt themselves against the KNOWLEDGE of God. This isn't speaking of the wisdom God has, it is referencing what you have chosen to know about Him.

**So, this means that we must identify, according to the Word of God, when something in our mind is attempting to exalt itself, or become higher priority in our lives, than God.**

So, we identify it as an outside source, and we cast it down. This phrase "casting down", means to destroy or tear down and place beneath.

So, we are to use the Word of God as the means of identifying the things that will attempt to take over in our lives and destroy them with the Word. Jesus did this very thing in the wilderness for 40 days and 40 nights. Every attempt Satan used was brought down by the use of scripture.

**So, Satan tests our knowledge of scripture using the circumstances around us, weaknesses we may have revealed in the past, and traditions and culture's influence on us.**

**This is where IMAGINATION comes in.**

**Imagination is defined as:**

- The act or power of forming a mental image of something not present to the senses of something that is not real.

**This is where Satan get many of us. Again, he uses circumstances, traditions, and weaknesses, to make us think something that's not real.**

We get sick, you're going to die.

We make a mistake, you're going to hell.

We argue with our spouse, you're getting divorced, it's over.

We give to the church, you're not going to make it.

You see this. All of these are imaginations. **They are conjured up in our minds according to what we are allowing our thoughts to entertain.** Get this: **An imagination left to itself will produce a constant state of fear, or a spirit of fear.**

**What are we to do?** We are to cast down imaginations with the knowledge of God, or bring them into the captivity of Christ.

And listen to me, this isn't easy because in my experience, anything I took captive, say hogs when I catch them, or a fish on a line, they fight and they don't give up easy, but the we are promised victory, because Jesus said, "It is finished..."

So, let me give you this: **Thoughts that are allowed to become imaginations are dangerous. Imaginations left to themselves will end in sin.**

It could be lust, fear, anger, you name it. But imaginations are how Satan invades our minds.

Paul tells us to do these two things as it pertains to the mind:

#### **Romans 12:2 (KJV)**

<sup>2</sup> And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

#### **Philippians 4:8 (KJV)**

<sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

#### **GUARD YOUR MIND**

What is the helmet doing to the head? Protecting it from damage.

**So where identifying through the knowledge of God is vital, we must also stop the areas that thoughts and imaginations invade us.**

Three areas this happens, and it just so happens that two of them are on the head:

- Eyes
- Ears
- Touch

These senses must be protected. And these things are what Satan created his entire system on.

#### **1 John 2:16 (KJV)**

<sup>16</sup> For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

Every religion in the world, every system, everything we know about this world has been put in place by our enemy to entertain our thought life through the means of our eyesight, our hearing, and what makes us feel good.

Interesting that the knight knew to protect his eyes, ears, and hands, huh? Well, we must do the same.

**The person that fights the mind battle in the thought life on a continual basis but never puts measures in place to stop the onslaught, will wear out over time and be overcome.**

As it pertains to the thought life, Jesus said:

**Matthew 18:8-9 (KJV)**

<sup>8</sup> Wherefore if thy hand or thy foot offend thee, cut them off, and cast *them* from thee: it is better for thee to enter into life halt or maimed, rather than having two hands or two feet to be cast into everlasting fire.

<sup>9</sup> And if thine eye offend thee, pluck it out, and cast *it* from thee: it is better for thee to enter into life with one eye, rather than having two eyes to be cast into hell fire.

This is placing protective measures in your life to stop the thoughts from having a chance.

**It is to intentionally remove the source of the distraction.**

**Why fight a battle with something when it could be removed from the equation?**

**So, the helmet of salvation is the place where we engage our minds through bringing every thought and imagination into the truth of Christ and protecting what is allowed to influence us.**