

# Call of Duty Pt 8: The Helmet of Salvation

CENTRAL QUESTION:

*What does it really mean to "take the helmet of salvation," and how does it protect the battlefield of our minds everyday?*

## I. OPENING: WORSHIP, GRATITUDE, AND GOD'S ABILITY

Theme: From "Hallelujah" to "God is able"

- The service opens with intense worship and repeated "Hallelujah," focusing hearts on God's goodness through battles, failures, and disappointments.
- The congregation is reminded: "God is able" – speak it to your neighbor, across the aisle, behind you, and finally to yourself.
- Transition: Praise prepares the heart; now the Word will prepare the mind.

## II. THE CALL OF DUTY: CHRISTIANS AS SOLDIERS

Key Series Theme: "The Call of Duty" – living as soldiers in God's army

Key Scripture Background: Ephesians 6:10-17

- Review of the series: before we fight as soldiers, we must cultivate courage, faithfulness, strength, and readiness.
- Comparison to physical soldiers in the military: training, discipline, preparedness.
- Introduction to the armor of God: belt of truth, breastplate of righteousness, shoes of the gospel of peace, shield of faith.
- Paul's context: writing from prison, observing a Roman soldier, using his armor as an analogy for the Christian life.

## III. THE FINAL ACT OF READINESS: THE HELMET OF SALVATION

Key Scripture: Ephesians 6:17 – "Take the helmet of salvation and the sword of the Spirit, which is the word of God."

- The helmet is the last piece of armor a soldier puts on: the final act of readiness.
  - The soldier doesn't start with the helmet and then add shield, breastplate, shoes.
  - Football analogy: helmet is always the last piece of equipment.
- Big Idea: The helmet is vital for survival.
  - A blow to the head can make the rest of the armor useless.
  - The brain is the control center for the body; if the head is damaged, the hands can't wield

the sword and the feet can't carry the gospel.

- Spiritual Parallel: Our mind is the control center of our spiritual life; if our thinking is damaged, our walk and our warfare are crippled.

## IV. WHAT THE HELMET OF SALVATION PROTECTS US FROM

### A. DOUBT

- The helmet protects the mind from doubt about God, heaven, and our own salvation.
- Questions we wrestle with:
  - “Lord, is there really a heaven?”
  - “Lord, is there really going to be a payday after this war?”
  - “Lord, am I really saved? Are You really working on my behalf?”
- Biblical example: John the Baptist
  - Called the forerunner of Christ; boldly preached repentance, even to Herod.
  - While imprisoned and awaiting execution, he sends word to Jesus: “Are You really the One, or should we look for another?”
- Application: If John the Baptist could wrestle with doubt, none of us are above it.
- The helmet of salvation must be put on daily:
  - “Lord, I thank You for Your saving grace and mercy.”
  - “I know I’m not worthy, but in You I have been made worthy.”

### B. SATAN’S LIES

- The helmet guards us from the lies of the enemy about our lives and our future.
- Lies such as:
  - “My marriage will never work.”
  - “My children will never be saved.”
  - “I can never be healed.”
  - “I can never get over this addiction.”
- Specific lie addressed: “Once an addict, always an addict.”
- Confronted by the truth of Scripture: “Whom the Son sets free is free indeed.”
- When the helmet is on, we recognize:
  - “It’s a lie” that I am permanently stuck, permanently broken, permanently bound.
  - The helmet of salvation is also the helmet of truth: “With God, I can make it and overcome.”

### C. TEMPTATION

- The helmet protects us when we face temptation.

- Honest admission: everyone is tempted.
- The helmet helps us filter thoughts before they become actions.
  - The biggest battlefield: “between our ears.”
- The primary war is not “out there,” but in the mind.
- Without the helmet, temptation gains power by first gaining ground in our thoughts.

#### D. DISCOURAGEMENT

- The helmet guards us against deep discouragement and hopelessness.
  - Thoughts like:
    - “I’m not going to get through this.”
    - “This mistake is going to kill me.”
    - “I’ve messed up so many times—what’s the point of trying?”
  - The struggle with repeated failure:
    - “Every time I go to the altar, a week or two later I fall again.”
  - Pastoral encouragement:
    - Keep coming to the altar.
    - One day you will stand firmly on the Rock and not be moved.
    - God can turn today’s stumbling into tomorrow’s stability.

#### E. FEAR

- Fear is described as a “daily used weapon” of the enemy.
  - God has not given us a spirit of fear.
    - Modern example:
      - Social media constantly reporting the deaths of old classmates.
      - Living alone with lots of quiet time can feed fearful thoughts about aging and dying.
    - Personal testimony:
      - The pastor, at 61, began to dwell on limited years left, and realized those thoughts were hindering what God wanted to do through him now.
    - Application:
      - Fear of the future can choke faith in the present.
      - The helmet of salvation helps us focus on what God is doing today instead of being paralyzed by “what ifs.”

#### F. SELF-DESTRUCTIVE THOUGHTS

Key Scripture: Philippians 4:8 – “Whatever is true...honest...just...pure...lovely...of good report...think on these things.”

- Not just other people’s opinions, but what we say about ourselves can destroy us.
  - “It’s not what others say about me; it’s what I think about me.”
- The helmet of salvation goes beyond external protection:

- It protects us from ourselves.
- It confronts low self-worth, shame, and the belief that we are forever defined by our past.
- Generational patterns:
  - Thoughts like: “My mom was a drug addict, my dad was an addict, my grandparents were this or that—so I’m doomed to be the same.”
  - This mindset sets us up for failure before we begin.
- The helmet, combined with Philippians 4:8, renews our thinking:
  - Replacing old, destructive thoughts with what is true, pure, lovely, and of good report.
  - Calling us to think differently so we can live differently.

## V. THE BATTLEFIELD OF THE MIND AND THE DIRECTION OF YOUR LIFE

- The mind is the battlefield where spiritual outcomes are decided.
  - “The biggest battle you have is between your ears.”
- Crucial principle:
  - The outcomes of the battles in your mind determine the direction of your life.
  - Lost mental battles can lead to:
    - Addiction
    - Broken relationships
    - Low self-esteem
    - A settled belief: “I’m no good and I never will be.”
    - Hard truth and responsibility:
      - Stop blaming parents, spouses, friends, or others for everything.
      - “Your outcomes are your decisions.”
  - God’s Word and the helmet of salvation:
    - God’s Word will erase and override everything contrary to it—if we put it in our minds.
    - Old ideas, opinions, and lies are replaced by truth.
    - God’s Word washes away confusion, doubt, fear, and discouragement.

## VI. PRACTICAL FOCUS: HOW TO WEAR THE HELMET DAILY

- The secret word: Focus.
  - Focus on Christ.
  - Keep your mind in and on God’s truth.
- Daily practice:

- Consciously “put on” the helmet of salvation each day by:
  - Thanking God for His saving grace and present mercy.
  - Declaring His promises over your thoughts and circumstances.
  - Rejecting voices (including people) that continually speak doubt and negativity into your mind.
  - Example of godly boundaries:
    - When someone repeatedly spoke negativity about the new church building (“You’ll never fill it”), the pastor:
      - Affirmed faith: “God can do all things...God will fill it.”
      - Chose to block that person’s influence online to guard his mind.
      - Refused to give them “rent-free space” in his spirit.
      - Application:
        - Guard who and what you allow to shape your thoughts.
        - Wearing the helmet may mean limiting access of negative voices to your life.

## VII. LIVING IN YOUR PRESENT SALVATION

Key Scripture Allusion: 2 Corinthians 6:2 – “Today is the day of salvation...now is the accepted time.”

- Call to live in “today”:
  - “Live in your present salvation.”
  - Today is the day of salvation; now is the acceptable time.
- Three-time perspective:
  - The past is done and cannot be changed.
  - The future can be great, but it isn’t here yet.
  - What we have is today—this moment of grace.
- Final pastoral challenge:
  - “Let’s just get through today.”
  - Put on the helmet today.
  - Stand in the salvation God offers right now.
- Invitation:
  - People are called to respond, come to the altar, and put on the helmet of salvation by faith in Christ and renewal of their minds.

KEY TAKEAWAY:

The helmet of salvation is God’s gift for the battlefield of your mind. It:

- Guards your thoughts from doubt, lies, temptation, discouragement, fear, and self-destruction.
- Anchors you in the truth of who God is and who you are in Christ.
- Helps you live not in the shame of your past or the anxiety of your future, but in the power of God's salvation today.

## FOR FURTHER REFLECTION:

- In what areas of your thinking do you experience the fiercest battles (doubt, fear, shame, addiction, discouragement)?
- What specific lies about yourself, your future, or your family have you believed that the helmet of salvation needs to confront?
- How might Philippians 4:8 reshape your daily thought life if you practiced it intentionally?
- Are there voices (online, in-person, or internal) you need to “block” in order to guard your mind and walk in faith?
- What would it look like, practically, for you to “live in your present salvation” just for today?

Scripture References for Further Study:

Ephesians 6:10-17 | Philippians 4:8 | John 8:36 | Matthew 11:2-3 | 2 Timothy 1:7 | 2 Corinthians 6:2