

The Helmet of Salvation

Intro

- **We are continuing our study through Eph 6:10-17 to understand...**
 - How to operate in God's strength, rather than our own
- **Today we are talking about what it means to put on the Helmet of Salvation**

Today's Scripture

Ephesians 6:17 CSB

¹⁷ Take the helmet of salvation...

- **The helmet protects the most vital part of the body – the Head**
- **In the same way, Salvation is deliverance from our sinful nature which**
 - Transforms and renews our mind
 - Provides what 1 Cor. 2:16 calls the Mind of Christ

Our common problem...

- **We have established patterns and ways of thinking, that are...**
 - based on personal, subjective experience and conclusions
 - implanted or influenced by others' subjective experience and conclusions
 - passed down to us by our families of origin

- infused in us by our culture and society
- ultimately selfish and narcissistic
- **Also note:**
 - *(90% of your brain development is complete by the time you enter kindergarten)*
 - *(The majority of your thinking and interpretation of the world is established in your child-hood – this means that most adults are living their life with the unquestioned perspectives, assumptions, and conclusions formed by the mind of a child who knew very little about the actual world and pictured themselves at the center of it)*
- **We therefore have established patterns of thinking that are immature, erroneous, and corrupted by our sinful nature and the sinful culture of the world around us**
- **Our spiritual enemy exploits the weakness and corruption that is embedded in the way we think**
 - Reinforcing lies we believe
 - Speaking discouragement that hits right on the mark
 - Stirring up the destructive desires and emotions that we are individually prone to

So we must reject our familiar way of thinking and pursue the mind of Christ

- Ephesians 4:22–24 “*...to take off your former way of life, the old self that is corrupted by deceitful desires, 23 to be renewed in the spirit of your minds,*

24 and to put on the new self, the one created according to God's likeness in righteousness and purity of the truth."

- Colossians 3:5 "...put to death what belongs to your earthly nature: sexual immorality, impurity, lust, evil desire, and greed, which is idolatry." Col 3:8 "...put away all the following: anger, wrath, malice, slander, and filthy language from your mouth." Col 3:12 "...put on compassion, kindness, humility, gentleness, and patience," Col 3:14 "Above all, put on love, which is the perfect bond of unity."
- Romans 12:2 "Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God."
- **We must operate with the baseline assumption that our thinking is corrupted**
 - Make a daily commitment to submit our thinking to God through prayer and scripture study
 - Regularly invite others, who demonstrate godliness and wisdom, to cross examine our perspectives, assumptions, and conclusions

The Helmet of Salvation is a picture for the renewal of our mind

- **The new life we have in Jesus renews our ability to perceive, process, and make wise choices**
 - It guards us against the deceptive, aggravating, and discouraging attacks of the enemy

Today's challenge

- **Identify one wrong thinking pattern in your life**
 - **Questions to help you identify it:**
 - In what areas of life do you most often make bad choices?
 - *What are you telling yourself before you make those choices?*
 - *What emotions are you feeling before you make those choices?*
 - When have you recently had an emotional response that didn't make sense?
 - *What were you thinking?*
 - *What were you feeling?*
 - *What did it remind you of?*
 - **Pray through those thought patterns you've identified each day this week**
 - **Ask God...**
 - to help you understand what's going on in your mind and heart
 - to help you identify the origin of those thoughts and feelings
 - to reveal the truth to you and correct the underlying beliefs and assumptions that are causing those thoughts and feelings

If we can learn to reject our familiar way of thinking and embrace the mind of Christ

- We will think with greater clarity and walk in freedom

- Be able to more clearly hear and understand what God is saying

REFLECT

Let's take a moment to pray

Ask the Holy Spirit to guide our attention and lead our conversation, helping us see and understand what He wants us to apply in our lives.

APPLY

Process the passage together with these questions:

- How does the enemy use our past experiences or established thinking patterns to reinforce lies or discouragement?
- According to Romans 12:2, what is the connection between changing the way we think and knowing God's will?
- What is one specific area of your thought life that you want to surrender to the renewing power of the Holy Spirit this week?

Where we want to “land the plane”

- We want everyone to understand that the Helmet of Salvation is God's vital protection for our minds, guarding us against the corruption of our sinful nature and the lies of the enemy. Because our established thought patterns are often immature or erroneous, we cannot rely on our own understanding but must actively pursue the renewal of our minds through the Holy Spirit. The practical application is to identify one specific area of toxic thinking or irrational emotion this week and surrender it to God in

prayer. By doing this, we reject our old ways of life and put on the new nature that leads to clarity and spiritual freedom.