

SESSION 6

The Helmet of Salvation

GETTING STARTED

1. Share one insight you gained through your personal devotions this week.
2. Share one instance this past week when you chose to exercise faith. What were the results?
3. The next piece of armor is the helmet of salvation. Why might salvation be linked to a piece of armor that protects the head?

ARMING UP

Watch the teaching segment from the DVD using the viewer guide below.

The _____ must be protected to absorb the shocks of being hit in the spiritual realm by the Enemy.

“Putting on the helmet” means to _____ the mind.

The only way you can consistently change your _____ is to change your _____.

Without proper _____, there will be faulty life.

The helmet is a helmet called _____.

Salvation is by _____, through faith, unto good _____.

The same way you got saved is the same way you _____ as saved.

Grace is _____ that God has done for you independent of you.

You _____ grace by the means of faith.

The moment you try to access grace by _____, you nullify grace.

Faith is my _____ to what God has already done.

“saved”—to be _____

_____ is injected into sin.

You get rid of the _____ by having the power to deal with the sin.

Discuss the teaching with your group using the questions below.

1. Why is it important to see that salvation is by grace, through faith, and unto good works?

2. Which part of that definition of faith do you think is most neglected by Christians?
3. How does our outlook on life change when we see that we are to live in the same way that we have been saved?

Close with prayer.


Video sessions are available for purchase at www.lifeway.com/spiritualwarfare

GET IN THE FIGHT!

Scripture Memory:

“You are saved by grace through faith, and this is not from yourselves; it is God’s gift—not from works, so that no one can boast. For we are His creation, created in Christ Jesus for good works, which God prepared ahead of time so that we should walk in them.” [Ephesians 2:8-10](#)

- Guard your mind this week by writing down every television show or movie you watch. Are these influences serving to build your mind for good works? If not, talk with a spouse or friend about how your daily patterns might change.
- Since salvation is for good works, ask God to show you this week what good works He has planned for you. Make this a daily prayer and then take advantage of the opportunities before you.



SESSION SIX

A man who owned a tattoo parlor was once asked, “Why do you think so many people come in here to get tattoos?”

The shop owner replied without any hesitation: “Because before there is ever a tattoo on the body, there is a tattoo on the mind.”

In other words, people merely display on their bodies what has already been displayed in their minds. The mind is incredibly powerful. What a person thinks often shows up in their five senses. What begins as a thought eventually manifests itself as something we can see, touch, taste, hear, or smell.

To a degree, what we receive and process in our minds will eventually control our actions. That can be either incredibly positive and uplifting or incredibly negative and destructive.

Perhaps that's why the next piece of armor we need to take up in this battle of spiritual warfare is a helmet.



What Is the Helmet?

The main purpose of a helmet—in battle, sports, or even risky situations like construction—is to protect the head from injury to the brain. A football player’s helmet is padded on the inside to help absorb shock when the player gets pounded to the ground. The brain must be protected at all costs, because once the brain becomes damaged, body function is impaired. A football player suffering from the ongoing effects of too many concussions can no longer play at the physical level he once could. In fact, he may not even be able to play, or function, at all.

Why do you think the helmet is linked with salvation?

Why must the mind be protected in spiritual warfare?

With the helmet, Paul once again uses a physical example to illustrate a spiritual truth. This is because the brain is to the body what the mind is to the soul. It’s the control center for the functioning of the will and emotions. In the spiritual realm, the mind must be protected with a helmet that is able to absorb the shocks of being hit and knocked to the ground by the Enemy.

When our minds no longer function as they were designed to, the mind impedes both our will and emotions from doing what they are supposed to do. Since this is so, one of Satan’s primary strategies is to attack our minds. In fact, it is such a critical area that we see the theme of the mind occurring in each of the different pieces of armor we are to wear in warfare.

Think back over the course of your study so far. Where do you recall seeing the mind come up in regard to the other pieces of the armor?

What are some ways you sense that Satan has attacked your mind as a Christian?

Read the following passages of Scripture. For each one, note the action prescribed in regard to your mind.

[Psalm 26:2-3](#)

[Isaiah 26:2-4](#)

[Mark 12:30](#)

[Romans 8:5-6](#)

[Romans 12:1-2](#)

The mind is imperative for spiritual victory. We are to guard our minds, renew our minds, ask God to search our minds, and love God with our minds. Often we think about spiritual victory occurring in our actions—that we say no to temptation, addiction, or frustration. But any victory manifested in the physical actions has first been won inside our own heads.

Conversely, spiritual defeat begins with a tiny, insignificant thought in the mind that eventually grows into depraved action.

Look at this process in action in [Romans 1:18-25](#). Record all the references to the mind or thinking from these verses.

In your own words, what is the progression of sin from mind to body in this passage?

We can know something about God just from looking at the greatness of nature. However, we often choose to replace that knowledge in our minds with evil thoughts. We've kept those thoughts in our heads so long that our entire way of thinking has become nonsense. We're upside down and twisted up in our heads. That way of thinking eventually comes out in the form of things like sexual impurity and idol worship.

What we have in our minds becomes our grid for reality and truth. If the mind, the spiritual expression of the brain, operates on a false grid of reality and truth, then the body will also function according to that false reality. In other words, if a person's perspective is errant and the mind-set is flawed, then that person's function will also be flawed.

Take some time for a thought evaluation. What do you spend the bulk of your time thinking, fantasizing, or dreaming about? Money? Sex? Power?

Now think critically about your actions. How has dwelling on those kinds of things changed your behavior?

Satan knows that if he can keep us from wearing the helmet of salvation to protect our minds, he can whisper his own version of truth into our ears. When our minds are unprotected, we will eventually begin to believe the lies we hear from him and act accordingly.

But to wear the helmet well, we've got to understand a bit more about salvation.

Pray today, confessing the things you listed that occupy your thought life. Then spend time dwelling on God's revealed truth instead of the lies of the Enemy.



DAY 2

Salvation Then

When a soldier goes into battle, any old helmet won't do. Paul knew that when he wrote about the weapons of warfare. That's why he specifically said to take up the helmet of *salvation*. But what is interesting to note about Paul's use of the word *salvation* is that he was writing to people who were already saved.

The Book of Ephesians was written to people whom Paul refers to as "saints," "the faithful," and those who have already been blessed "in Christ with every spiritual blessing in the heavens" ([Eph 1:1,3](#)). The implication is that a Christian can be an "unsaved saved" person, because Paul is telling believers to pick up and put on the helmet of salvation.

At the core of most of our problems, and we all have them to varying degrees and at different levels, is our lack of understanding of salvation.

Define *salvation*.

Briefly describe your own salvation experience.

Do you think you have a full understanding of salvation? Why or why not?

Record a few questions you have about the nature, scope, or process of salvation.

Heaven and hell. That's what salvation is about to most people. We once were bound for hell, but when we were saved, we got a new ticket with "heaven" stamped as the final destination point. That's true enough, but it's not the only implication of salvation.

Salvation is not exclusively about the future; salvation has profound implications for your life and spiritual victory right now. A good beginning point to see this is through the way Jesus described salvation.

Let me set the scene for you. Jesus and His buddies are lounging around in a room. There is a knock at the door, and a hooded figure stands at the threshold. It's the last person any of the boys expected to see that night—Nicodemus, a Pharisee who only hours earlier had been among the other Pharisees leveling insults at Jesus. But this encounter is different.

Nicodemus has come because he needs some answers.

Read the rest of this account for yourself in [John 3:1-3](#). According to Jesus, what must happen to a person in order to see the kingdom of God?

Why do you think Jesus chose this particular phrase to describe salvation?

Nicodemus was understandably confused. How could a person be born again? Does that mean he gets back into his mother's womb? Jesus corrects the Pharisee's thinking by informing him that He's referring to a spiritual birth. Salvation is such a dramatic and radical change that the only way to describe it is to compare it to being born a second time.

When a person trusts in Christ for the forgiveness of their sins, an instantaneous change occurs. This change is called justification. Justification is the removal of the *penalty* of sin, along with a declaration of legal righteousness.

This change is immediate, whether or not we recognize it. Paul would later describe justification in his letter to the church at Corinth.

Read [2 Corinthians 5:17-21](#). Notice the verb tenses in this passage. What do the past tense verbs refer to?

The old is gone. The new is here. That's what happens at justification. Justification is salvation in the past tense for any believer. It's irrevocable and sealed. We have been saved, and that gives us an enormous amount of security in moving forward. No matter what the Enemy might tell you, you can always remind yourself of the past tense of justification. God did it, and no one or nothing can ever take it away from you.

However, it's equally important to note that while salvation refers to justification and the implanting of the new life in the form of an imperishable seed within our spirit, it does not refer *only* to that. Salvation is an all-inclusive word that summarizes all Christ has provided for us—past, present, and future.

Spend time in prayer today thanking God for justifying you. Then ask Him to open your eyes to see the fullness of salvation in the present and future tenses.



Salvation Now

We have been justified. Every Christian can say that—it's past tense. It is through justification that the *penalty* of sin is removed. But justification is just the beginning of the entire scope of salvation.

The present tense of the word *salvation* is the ongoing renewal of a person through the work of the indwelling Holy Spirit. This removes the *power* of sin over a believer and is called sanctification. Glorification, the future tense of salvation, is the removal of the presence of sin. Thus, when the Bible speaks about salvation, it can be referring to justification, sanctification, or glorification.

When you think of salvation, are you more prone to think about it in past, present, or future terms? Why?

Why do you think it's important to have a holistic view of salvation?

Read [James 1:21](#). Is this verse referring to the past, present, or future focus of salvation? How do you know?

What is “the implanted word, which is able to save you”?

Sanctification is our focus as we look at the helmet of salvation. James wrote this verse to fellow believers, just as Paul did with the Ephesians, who were already saved in the sense of justification. He urged his listeners to continue to humbly receive the gospel—the implanted word—which is able to save them. Salvation in this passage is the process of one becoming more like Christ.

Paul used the same meaning of *salvation* when he wrote

[Romans 1:16](#). Read this verse. Fill in the blanks below.

The gospel is _____ for _____.

The use of the word *salvation* in this verse means *to be delivered*. It is the power of God to deliver not only from hell in the future but also from hell in the present.

There are a number of things that God needs to deliver you from in your daily life. It could be an addiction, a wrong relationship, an unhealthy mind-set, a stronghold, or emotional bondage. The Enemy knows that all he has to do is push the right button to make you think something you shouldn't. But the gospel has the power to deliver you from that.

In order to see that deliverance, we must once again understand that salvation is not only a past moment. Nor is it only a future destiny. Salvation is *right now*.

Look at another example of the multidimensional nature of salvation in [Ephesians 2:8-10](#). Complete the following statements below based on this passage.

Salvation is by _____.

Salvation is through _____.

Salvation is for _____.

All of these components make up the package that we call salvation—salvation that is by grace, through faith, and for good works. Paul’s letter to the church in Colossae emphasizes this truth when he writes, “As you have received Christ Jesus the Lord, walk in Him” (Col. 2:6). Paul is telling the believers in Colossae that the same way they were saved—by grace, through faith, and for good works—is the same way they are to function as they are being saved. Recognizing this critical truth is essential to living a life of victory because it emphasizes the holistic nature of the gospel.

◀ **Which of those components of salvation—that it’s by grace, through faith, and for good works—is most difficult for you to accept? Why?**

Why is it important to have a balance between those three components in your understanding of salvation? What might someone’s perspective look like if they got out of balance?

Let’s say you love to think about salvation by grace, but you never think about it as being for good works. You’re likely to become lazy, simply sitting around waiting to die and go to heaven without any regard for the battle going on around you. On the other hand, if you overemphasize salvation for good works, you’re apt to lapse into legalism, trying to earn God’s approval, which has already been given to you through Jesus.

When we keep these three aspects of salvation in tension, we will live in spiritual victory. We will know that our minds are protected by the helmet of salvation, because we will start to understand the fullness of what salvation really is.

Pray today about the aspect of salvation you tend to underemphasize (as you have previously noted). Pray for balance in your understanding of these three elements.





DAY 4

Grace, Faith, Good Works

Unless we understand that salvation is by *grace*, through faith, and for good works—the way God defines it—we will be grabbing any old hat and trying it on for size and attempting to pass it off as a helmet.

In the meantime, our skull will get cracked by the Enemy. I don't know about you, but if I'm in a battle, I don't want a ball cap on my head. I want something strong and hard. I want a helmet. So let's consider those three components a little further and see how they rightly relate to one another.

Define *grace*.

Do you have a hard time accepting grace? Why or why not?

Grace is all about what God has done for you, independently of you. You have no responsibility in grace being grace. This is part of the reason we surprisingly have trouble with the notion of grace.

Most every other relationship we are in, to some degree, is based on performance. You quit performing at work, and you get fired. You start treating your friends badly, and you'll get dropped. You stop paying your mortgage, and you get foreclosed. We have been conditioned to believe that our acceptance is based on our performance.

But grace is unmerited favor. It's blessing completely independent of our performance. And it goes beyond our wildest measurements and expectations. Every opportunity God is ever going to open up for you has already been opened. Every stronghold He is ever going to break in you has already been broken. The joy you are looking for already exists. The peace you are praying for is already present. Even the power you need to live the life God has created you to live, you already have.

Read Paul's affirmation of these truths in [Ephesians 1:3](#). Do you have trouble believing these things to be true? Why or why not?

If this is true, then why aren't more of the previously mentioned things actualized?

The answer to this question is not about the lack of what you already have. The answer is about how you access what you already have by grace. This is where faith comes into the picture. You access what's been given to you by grace through faith, and through faith alone.

In fact, he demonstrated it. God cannot love you any more than He does right now, and the proof is in the death of Jesus Christ. When God sacrificed His own Son and turned His back on Him at the point of His death, He gave you all of the love He could ever give. You don't need to try and make God love you more, because you simply can't.

Do you agree that few people really understand that God loves them? If so, why do you think that is?

Think of someone you know who you believe truly understands the love of God. What are three words that characterize their life?

When we try to use good works to access God's grace, we prove that we don't really believe in His already given and proven love for us. We become like children trying to earn our parent's affection. A parent in a healthy and functioning home, set up the way God designed it, already loves that child unconditionally, regardless of what they do or don't do. Children are loved by virtue of their relationship to the one whose love they are trying to gain.

The parent may love the child unconditionally, but it's up to the child to actually believe that to be true. God greatly desires for us to be absolutely convinced of His love for us.

Read [Romans 8:15-16](#). According to this passage, why has God given us the Holy Spirit?

Do you typically think of the Spirit in those terms? Why or why not?

God is so concerned that we fully believe in His unconditional Love, that He has given us the Holy Spirit to remind us that we are His children. While we might think the voice of the Holy Spirit is condemning, constantly telling us all the things we do wrong, Paul says the opposite is the case. The Spirit's job is to remind us, over and over again, that we are the beloved children of God.

When you fully embrace that there is nothing you can do to get God to love you more because He's already given you all the love He can possibly give, you will discover the power to live a life of victory. When that truth takes root deep within you, you will have confidence like never before to overcome strongholds and resist temptations. You begin to actually become a whole new you.

Look again at [2 Corinthians 5:21](#). How does this passage describe a Christian?

Do you believe you are the righteousness of God? Why or why not?

It's amazing how far-reaching and yet shortsighted our faith can be. We believe the universe was created from absolutely nothing. We believe Jesus was able to feed thousands with a few morsels. We believe the dead can live and the blind can see. But we so often fail to believe what the Bible says about us.

Look back at some of the ways Paul greeted Christians in his letters. Record the name he uses in each instance below.

[Romans 1:7](#)

[1 Corinthians 1:2](#)

[2 Corinthians 1:1](#)

[Ephesians 1:1](#)

Would you call yourself a saint? Why or why not?

Regardless of what you think about yourself, God calls you a saint. A saint is one who is called out—a chosen one. This is how God sees us. Once we are saved, we are made righteous and have a place at God's table alongside Jesus Christ. Do you want to put on the helmet of salvation?

Believe what the Bible says about you!

When you do, you will begin to understand that saying no to temptation, conquering addictions, and breaking down strongholds is the most natural thing in the world. You are accessing, by faith, the power of God that He has already given to you by His grace, and you're applying it to individual areas of life in the form of good works.

That's what saints do. That's who you are. Wearing the helmet of salvation means you believe in what God has done in you, and you act accordingly.

Pray today for the faith to believe what the Bible says to be true about you.



The Sword of the Spirit

GETTING STARTED

1. Share one insight you gained through your personal devotions this week.
2. Did your perspective on your daily life and interactions change as you dwelt this week on the fullness of salvation? How so?
3. The final piece of armor is the sword of the Spirit, the Word of God. Why do you think this is the only offensive weapon in the armor?

ARMING UP