

## 8 - THE HELMET OF SALVATION

*“16 In all circumstances take up **the shield of faith**, with which you can extinguish all the flaming darts of the evil one, 17 **and take the helmet of salvation;**”*

Ephesians 6:16-17 (ESV)

**(Context: READ Ephesians 6:10-20)**

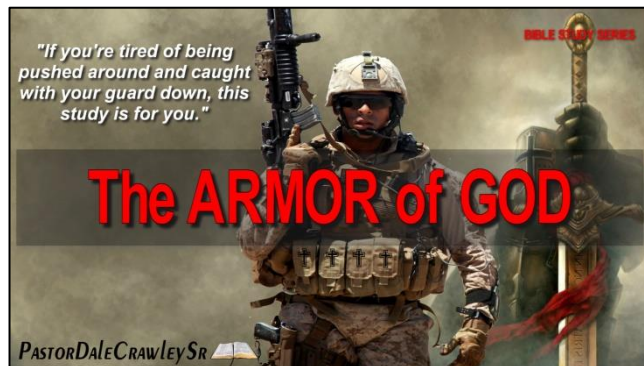
### **“THE ARMOR OF GOD”**

In studying the armor of God and our need to stand in spiritual warfare, **we must remember that each piece of armor not only represents an action or attitude that we need to daily practice ... but it also represents ways our enemy attacks us!**

We need the **belt of truth** because Satan is a liar who tries to deceive us and keep us from God’s best. We need the **breastplate of righteousness** because Satan continually attacks our vital organs which represent our mind and emotions.

In addition, when believers sin, we become vulnerable to our enemy. Believers need the **footing of gospel of peace** because Satan is always trying to attack our relationship with God and our relationships with others. The gospel, truly understood and applied, produces peace with God, the peace of God, and peace with others. The last piece of armor considered was the **shield of faith**. Our enemy always encourages us to doubt God and his promises.

**However, it is by believing in God and His promises ... that we can stand in the war.**



### **TAKING THE HELMET**

When Paul wrote to the Ephesians about the helmet of salvation, some of them may have found the analogy to be a familiar one. In the book of Isaiah, a description of God shows Him as having put on both the breastplate of righteousness and the helmet of salvation (Isaiah 59:17).

In referencing this Old Testament scripture, Paul drives home the point that it is in every sense of the word the armor of God—the same armor He Himself wears. But it also leads us to consider what salvation is, what it has to do with a helmet and what it means for us.

**What purpose did the helmet serve in the Roman army?** The Roman helmet, known as a **“galea”**, protected the head from the attacks of the enemy. It could vary quite a bit in design, since mass manufacturing didn’t exist at that time and each helmet was created individually.

Usually the helmets were made of metal, though poorer soldiers or soldiers from the early days of the empire may have had leather helmets fortified with pieces of metal.



**The most obvious value of the helmet was to protect against blows to the head.** Helmets usually had cheek plates to guard against blows to the face, and a metal piece in the back to protect against blows to the back of the neck. In addition, during the early first century the helmets began to include a brow ridge to provide protection for the eyes.

- ***In warfare, the enemy commonly attacked the head since the soldier's mind controlled his decisions and reactions in a fight. To harm the head was to gain an advantage in combat. Our enemy, Satan, does the same!***

When a soldier suited up for battle, the helmet was the last piece of armor to go on. It was the final act of readiness in preparation for combat. A helmet was vital for survival, protecting the brain, the command station for the rest of the body. If the head was badly damaged, the rest of the armor would be of little use.

**The assurance of salvation is our impenetrable defense against anything the enemy throws at us.** Jesus said, *“Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell”* (Matthew 10:28). The idea in this verse is that, as we prepare for Satan's attacks, we must grab that helmet and buckle it on tightly.

## **WHAT IS SALVATION?**

Salvation means being saved—receiving deliverance. For Christians, salvation means receiving deliverance from the penalty of sin.

It means “to be rescued, delivered.” And we can be delivered, or rescued, from almost anything negative. Whenever you see the words “salvation” or “saved” in the Bible, you should pause, substitute in the word “deliverance” or “delivered” ... and then look in the context to discover what sort of deliverance is in view. When you do this, you will see that salvation in the Bible is deliverance from enemies, sickness, premature death, the devastating consequences of sin in our life, and a wide variety of other calamities.

## **THE HELMET OF SALVATION IS A MINDSET**

**Salvation is not limited to a one-time act of the past or even a future hope. God's salvation is an ongoing, eternal state that His children enjoy in the present. It is daily protection and deliverance from our sin nature and Satan's schemes.**

***Because of the power of the cross, our enemy no longer has any hold on us. He knows that, but he also knows that most of God's children do not know that—or, at least, they do not live as if they know.*** We must learn to keep our helmets buckled so that his fiery missiles do not lodge in our thoughts and set us on fire. (2 Corinthians 10:5).

**There are several actions a believer can take to keep this Helmet of Salvation fastened and functioning:**

**1. Renew our minds.** Our minds are battlefields. The outcomes of those battles determine the course of our lives. Romans 12:1–2 instructs us to renew our minds by allowing the truth of God’s Word to wipe out anything contrary to it. **Old ideas, opinions, and worldviews must be replaced. We must allow God’s truth to continually wash away the world’s filth, lies, and confusion from our minds and adopt God’s perspective.**

**2. Reject doubts that arise from circumstances.** Human beings are sensory creatures. What we cannot fathom with our five senses, we tend to disregard. If we allow them to, circumstances may convince us that God does not really love us or that His Word is not true. **It is impossible to have faith and doubt at the same time. God rewards our faith. With the helmet of salvation firmly in place, we can choose to believe what appears impossible** (Hebrews 11:6; 1 Peter 1:8–9).

**3. Keep an eternal perspective.** When life crashes in around us, we must remember to “look up.” Our salvation is the most precious gift we have received. Keeping our eyes on that can help us weather life’s storms. We can choose to live our lives by the motto: *“If it doesn’t have eternal significance, it’s not important”*.

**4. Remember that victory is already accomplished.** When we consider ourselves *“dead to sin but alive to God”* (Romans 6:11), we eliminate many of the opportunities Satan uses to entrap us. When choosing sin is no longer an option for us because we recognize ourselves to be *“new creatures”*, we effectively cut off many avenues of failure.

**5. Find all our hope in Him.** Psalm 73:25 says, *“Whom have I in heaven but You? Besides you, I desire nothing on earth.”* Our helmet is most effective when we treasure what it represents. **The salvation Jesus purchased for us cannot share the place of importance in our hearts with earthly things.** When pleasing the Lord is our supreme delight, we eliminate many of Satan’s lures and render his evil suggestions powerless.

**As we wear the helmet of salvation every day ... our minds become more insulated against the suggestions, desires, and traps the enemy lays for us.** We choose to guard our minds from excessive worldly influence and instead think on things that honor Christ (Philippians 4:8).

**In doing so, we wear our salvation as a protective helmet that will “guard our hearts and minds in Christ Jesus”.** (Philippians 4:7; cp. Isaiah 26:3; 1 Peter 1:5)