

WEEK 6: THE HELMET OF SALVATION

ARMOR OF GOD

The Helmet Of Salvation Protects Our Minds From Fear When We Believe In Jesus

Put on salvation as your helmet... (Ephesians 6:17)

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Our brains are arguably the most important part of our bodies, **supplying** each of our systems with the information needed to operate. Without our brain, our bodies would **quickly** fail. Roman soldiers knew the importance of protecting the head and opted for a strong, metal helmet during battle. This helmet covered their entire head, face and neck, leaving very little exposed. When javelins, swords and arrows thrown by their enemies came hurling toward them, they knew that their most valuable asset was properly **protected**. This helmet gave the soldiers confidence.

The Helmet of Salvation protects believers in the same way. Our Helmet of **Salvation** is the unshakable assurance of salvation through Jesus and the resulting **confidence** that it brings. Once someone surrenders their life to Jesus and accepts His free gift of salvation, the Helmet of Salvation is placed upon them to protect from the weapons of the enemy.

This helmet gives us assurance, knowing there is no need to fear because of secured eternal life with **Christ**. We can enter the battle with the confidence and hope that we **belong** to Jesus and though we can be beaten down, we cannot be destroyed.

Questions with space for them to respond in the book:

1. What are some ways Satan can attempt to attack your mind?
2. How does your salvation protect you?
3. When you are feeling beaten down, what are some ways you can ward off the enemy?