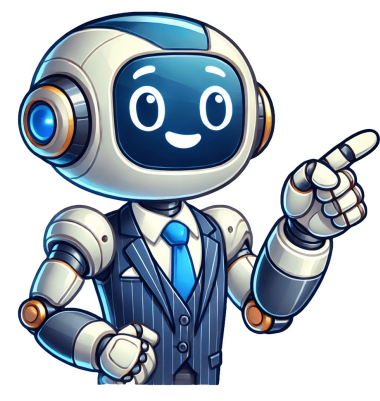


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How to apply the helmet of salvation

The helmet of salvation is another crucial piece of God's armor, as described in Ephesians 6:17. This spiritual helmet shields our minds, safeguarding our thoughts and ideas from the enemy's attacks. Our minds are the battleground where we think, reason, discern, and live out our Christian faith. What we believe determines how we live, and what we think is closely tied to our actions and soul. The Bible emphasizes that we must love God with all our heart, soul, mind, and strength (Matthew 22:37; Mark 12:30; Luke 10:27). This means that our thoughts are just as important as our external actions. Jesus teaches us that thinking certain things can be a sin, even if they're not acted upon (Matthew 5:22, 28). Our thought lives reveal our hearts and commitment to God. As believers, we should regularly evaluate our own thought patterns to ensure they align with God's will. Our choices control what occupies our minds, and the apostle Paul warns us that setting our minds on earthly things can lead to spiritual death (Romans 8:5-7). We must make a conscious decision to set our minds on things above, seeking life and peace in Jesus Christ. Even Peter, one of Jesus' closest followers, struggled with this temptation (Matthew 16:23). Paul encourages us to transform our minds by renewing them through God's Word, so we can discern His will for our lives (Romans 12:2). What does it mean to be surrendered to God and think the thoughts of Christ? When we surrender to Him and allow Him to teach us, we can know His will and serve Him better. As believers, we have the mind of Christ (1 Corinthians 2:16), but this is only possible if our minds are set upon thinking the thoughts of God. God instructs us to take every thought captive to obey Christ (2 Corinthians 10:5). If we don't control our thought life, we won't be able to live a victorious life of faith. Our inner thoughts will affect our outer actions, and Jesus warns that evil thoughts can lead to sinful behaviors (Matthew 15:19). God is the source of our spiritual peace and mental protection (Philippians 4:6-7). However, if we disconnect from Him, we risk losing the source of life and peace. We must be diligent in nurturing our relationship with God, seeking His face, loving Him with all our hearts and minds, and thinking the thoughts He wants us to think. Ultimately, it's our responsibility to what we think about (Philippians 4:8). Spiritual warfare occurs mostly in the mind, and if we want to live a victorious Christian life, we must be devoted to God mentally, spiritually, and physically. We can't say we love Him if our thoughts are focused on worldly desires. By renewing our minds through prayer, study, and submission to God, we can stay connected to His strength and protection, the "helmet of salvation". You are what you think, a concept that goes beyond the saying "you are what you eat." Your thoughts have the power to shape your life, control your world, and create your destiny. The significance of our thoughts is often overlooked, but it's through this principle of human psychology that we can change our lives. Thoughts don't change magically or through positive thinking alone; they must be changed by altering how you think. Our emotions are created by our thoughts, which in turn lead to certain behaviors and actions. To change your actions, you must first change your thoughts. If you want to break a destructive habit or change a negative behavior, the first step is to start thinking differently. This connection between thought patterns and human behavior is evident throughout Scripture. For example, Paul writes in Romans 12:1-2 that we can transform our lives by renewing our minds. As we learn to think differently, we live differently too. It's for this reason that Paul instructs the Corinthians to take every thought captive, making it obedient to Jesus Christ (2 Cor 10:5). By controlling our thinking and conforming our thought patterns to Jesus' values, our lives will change. Philippians 4:8 tells us to think on whatever is true, noble, just, pure, lovely, right, and praiseworthy. This enables us to experience the peace of God in our lives and with others. The Helmet of Salvation The Roman soldier's helmet was a crucial piece of spiritual armor in battle. Made of heavy bronze or iron, it covered the back and sides of the neck, protecting the face and side of the head. As Christians, we are called to put on the helmet of salvation as part of our spiritual armor (Ephesians 6:17a). We will explore its significance by examining how the Roman soldier used their helmet in battle and how it can help us in life. The Helmet for the Christian The helmet is a metaphor for the protection and defense we receive through Jesus Christ. Just as the Roman soldier's helmet protected them from harm, our salvation protects us from the spiritual attacks of Satan. By putting on the helmet of salvation, we become more like Jesus and live out our faith in a way that brings glory to God. The Helmet helps us to think and behave in ways that are pleasing to God, enabling us to experience the peace of God in our lives and with others. Helmet: The Last Line of Defense for Roman Soldiers Roman soldiers wore helmets made of leather or metal, often decorated with gold or silver plating, and sported colorful crests or plumes. These decorations were primarily used during celebrations and military parades, not in battle. The helmet featured a ring attached to the top, which allowed the soldier to secure it to their belt or backpack when marching. The Helmet for the Christian: Understanding Salvation The term "salvation" is often misunderstood by Christians, leading to a misconception about its meaning. While many associate salvation with escaping hell and going to heaven when we die, this is not what the Bible teaches. In Ephesians 6:17, Paul compares the helmet of salvation to salvation itself, but what does it truly mean? The word "salvation" means "deliverance," or being rescued from negative situations. It's about being delivered from enemies, sickness, premature death, and the consequences of sin in our lives. When we see the word "salvation" in Scripture, we should substitute it with "deliverance" or "delivered" to understand its context. In Mark 4:35-41, when Jesus is asked to save them from a storm, they're not asking for forgiveness and eternal life; they want to be delivered from drowning. In Ephesians 6:17, the salvation referred to is deliverance from wicked spiritual forces and their evil schemes. The helmet of salvation protects our minds and thoughts from the devil's wiles and the principalities' plans. This understanding of salvation reveals that Paul was not thinking about escaping hell, but about living free from satanic deception in this life. The correct interpretation of salvation is being liberated from wickedness, with our eyes open to see things as they really are, so we can think and treat others correctly. Paul highlights how racial and religious divisions among people were caused by demonic spirits of accusation and wickedness, but Jesus has torn them down. He reveals that in Jesus, all are accepted, loved, and forgiven by God. This truth allows us to live peacefully with others rather than at war with them. We can choose love and acceptance over condemnation and hatred. The devil's greatest deception is the lie that God hates those who don't resemble or believe as we do, prompting us to condemn and shun them. Jesus exposed this lie, showing that God loves, accepts, and forgives all. Now, we who've seen this truth can live similarly towards others, experiencing God's salvation and peace with people (Ephesians 2:14-18). Salvation in Ephesians isn't about going to heaven when we die; it's about living peacefully with others in this life, delivered from the devil's lies that cause us to hate and condemn. The helmet of salvation is a change in how we think, view, speak, and treat other people, especially those we used to consider enemies. Our thoughts come from our brain, which forms our perspective on others. The helmet protects our head, containing our eyes, ears, and mouth, allowing us to properly see, hear, and speak about others as loved and accepted by God. This is spiritual warfare – the struggle against demonic forces that wish to divide humans. We can be saved from this struggle by putting on the helmet of salvation, seeing others as fellow soldiers in the battle against evil spirits. To put on the helmet, we must recognize it belongs to God (Isaiah 59:17). God equips believers with the "helmet of salvation" to counteract the devil's lies and deceptions. This salvation is not earned through eternal life but is a gift from God. The helmet protects our thoughts, emotions, and actions. To wear it, we must learn to think about others as Jesus did – valuing every person's worth and loving them without condition. We should see people as trapped in sin and deception, rather than enemies, and focus on rescuing and delivering them. By putting on the helmet of salvation, we can develop a God-like perspective, viewing people as His children, worthy of love and respect. This requires us to speak differently about others, avoiding condemnation and instead encouraging each person to discover their unique gifts and passions. Watch what you say and speak the truth with love We must pay attention to our words as they have a great impact on others. We should strive to speak the truth, but also do so in a loving manner, so that others can be uplifted, encouraged, and inspired by what we say. We need to tell people that they are forgiven and accepted not just by God, but also by us. We must express appreciation and praise for others when they do good things or achieve their goals. Speaking words of beauty and love towards others helps us wear the helmet of salvation. It's equally important to be mindful of what we hear from others. As Christians who wear the helmet of salvation, we should protect our ears from harmful accusations, gossip, and slander. We should only listen to positive and uplifting statements about others. By doing so, we ensure that our hearts remain pure and our spiritual armor stays secure. When we view people through the eyes of Jesus Christ, we see their worth and value. We should speak to them with words of love, compassion, and forgiveness. This mindset helps us create peace and unity among people groups who were once at odds. Just like the Roman Empire, which crumbled due to a lack of discipline and protection, if we abandon the helmet of salvation, we risk falling into the same traps of accusation, blame, and hate. But by wearing this spiritual armor, we can maintain love, forgiveness, and unity within our church and with others. We should strive to view people as unsurpassable worth and speak to them with words that bring love and inspiration. Our helmet of salvation enables us to transform this world into a loving and peaceful place where God's kingdom can thrive, and His presence be felt by all around us. Are you interested in learning about spiritual warfare and how to equip yourself with the full armor of God? If so, our course on the Armor of God (as described in Ephesians 6:10-20) is here for you. This comprehensive guide teaches you how to overcome sin and achieve victory over temptation, allowing you to live a more righteous life that honors Jesus. The entire course costs \$297, but joining the Discipleship group grants you access to it for free. This lesson marks the sixth installment of our series titled "How to Win Against Sin," which draws its inspiration from the Armor of God teachings in Ephesians 6. All of our resources are completely free and can be used in your ministry without restriction. Share your thoughts and insights with us below, or offer helpful advice to fellow readers by leaving a comment. Lesson Six: The Helmet of Salvation Scripture References: 1 Thessalonians 5:8-9 Romans 8:37-39 Teacher Preparation: Familiarize yourself with the lesson beforehand and feel free to adapt it as needed while maintaining its core theme. Pray for your class and gather the necessary materials before proceeding. We are still sinners, but to reach heaven, we must accept God's free gift of salvation. Today, let's start by singing our marching song, then I'll introduce the helmet of salvation. Who among us has worn a helmet while riding fast things with wheels? We wear helmets for protection, just like soldiers wear them for safety in battle. As we learn about spiritual armor, one important piece is the head, and salvation protects us from sin's consequences. Salvation comes when Jesus takes away our sins, saving us from hell and allowing us to spend eternity with God. It's a gift that requires faith, confession, and trust. Romans 8:37-39 reminds us that nothing can separate us from God's love, not even Satan's temptations. With salvation, we are winners against sin, thanks to Christ's love. Let's practice our memory verse with motions: "Put on the whole armor of God." 1. "Put on the whole armor" - Dress up like a superhero. 2. Sign your name with a flourish. 3. "Stand against" - Hold an imaginary sword or shield. 4. Rub hands together like a villain. 5. Sign your name again, this time with a devilish grin.

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