



## **The Helmet of Salvation**

Pastor James Heyward

We are in a fight; a spiritual fight. The helmet of salvation is essential as it protects us from the enemy's mind attacks. As the saying goes, the battle is won or lost in the mind.

*"In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation..."* Ephesians 6:16-17

- 1. What does a helmet protect you from and why is it important?**
- 2. Why is it unwise to enter the fight without your helmet?**

The helmet of salvation protects your mind and reminds us of the provisions that we have in our salvation.

### Provision #1: Justification

The word 'justified' is a legal term that literally means to be freed from guilt.

*"By entering through faith into what God has always wanted to do for us—set us right with him, make us fit for him—we have it all together with God because of our Master Jesus. And that's not all: We throw open our doors to God and discover at the same moment that he has already thrown open his door to us. We find ourselves standing where we always hoped we might stand—out in the wide open spaces of God's grace and glory, standing tall and shouting our praise."*

Romans 5:1-2 (MSG) [also read Romans 8:1-2]

- 3. What is your personal definition of justification?**
- 4. How does knowing you are justified protect you from the enemy's mind attacks?**

Provision #2: Sanctification:

The word ‘sanctified’ means to be set apart as or declared holy, to consecrate.

*“May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!”*

1 Thessalonians 5:23-24 (MSG) [also read 1 Peter 1:14-16 and Philippians 1:6]

**5. What does it mean to you to be sanctified?**

**6. How does knowing that you are sanctified (and being sanctified) protect you from the enemy’s mind attacks?**

Provision #3: Glorification

The word ‘glorified’ means to be made glorious: to be transformed and be like the glorified Jesus.

*“What a God we have! And how fortunate we are to have him, this Father of our Master Jesus! Because Jesus was raised from the dead, we've been given a brand-new life and have everything to live for, including a future in heaven—and the future starts now! God is keeping careful watch over us and the future. The Day is coming when you'll have it all—life healed and whole.”*

1 Peter 1:3-5 (MSG)

**7. What does being made glorious look like?**

**8. How does knowing that you will be made glorious protect you from the enemy’s mind attacks?**

Family Connect Discussion Starter:

Read Ephesians 6:16-17. Discuss the importance of having a helmet when in a battle.

Explain how knowing we are saved will protect us from the mind attacks of the enemy.