

BE ASSURED: THE HELMET OF SALVATION

Ephesians 6:17; 1 Thessalonians 5:8-11

As Christians, we sometimes think that our salvation is a one-time event sometime in the past: “I was *saved* at Bible camp when I was a teenager.” It’s a wonderful thing to be able to look back at the time when we responded in faith to the gospel and were transferred from the dominion of darkness into the kingdom of God’s Son (Colossians 1:13).

But salvation is much broader and deeper than a one-time experience at the foot of the cross. Salvation also flows into our everyday life. We not only *have been saved* (Ephesians 2:5, 8); we *are being saved* as we grow into maturity as believers (1 Corinthians 1:18; 2 Corinthians 2:15). We were delivered from the *penalty* of sin when we believed; we are delivered from the *power* of sin as we put off the remnants of the old life and live in the realm of the Spirit as a new creation.

Even beyond that, the day will come when we will be delivered from the *presence* of sin as redeemed men and women in heaven—we *will be saved* (Mark 13:13; Romans 5:9-10).

Group Discussion. Which of these three aspects of salvation—past, present, or future—do you tend to forget or ignore most? Why?

Personal Reflection. Do you intentionally seek to “work out your salvation” (Philippians 2:12) every day—to be outwardly what God in grace has made you inwardly? How is this different from simply relying on a commitment of faith you made in the past?

The fifth piece of the armor of God is represented by the Roman soldier’s helmet. Some helmets were made of thick leather, covered with metal plates; others were made entirely of metal that had been molded or beaten into shape. *Read Ephesians 6:17.*

1. What was the primary purpose of the soldier's helmet?

2. Translate that into our spiritual armor. What does this piece of armor do for the Christian?

3. Paul relates the helmet to salvation—not in the sense of coming to faith in Jesus but in the sense of the believer's confidence in salvation already received. What kind of attacks or doubts might Satan raise about our salvation and our assurance that we are saved?

4. Which of those doubts or attacks have you experienced in your mind and heart? How did you handle those struggles?

5. How would you describe a soldier who goes into battle without a helmet?

In what ways can you sometimes relate to that description?

Read 1 Thessalonians 5:8-11.

6. In these verses, what qualities does Paul associate with "putting on . . . the hope of salvation as a helmet"?

7. Which of those qualities are evident in your life, and which are lacking?

8. What responsibilities arise from being armored with the helmet of salvation (v. 11)?

9. How might you more intentionally encourage others with these truths?

10. **Armor Assessment.** What does your spiritual helmet look like: battered and dented from frequent use, or shiny and practically new because it sits in God's armory unused?

11. I have this statement written in the margin of my Bible at Ephesians 6:17. I'm not sure who said it or where I heard it, but it has encouraged me many times: "If you are fearful and lack confidence, reach for the helmet God has provided, pull it down hard over your head, fasten the strap, and stand tall in the battle. The victory is already assured." In what situations do you—or should you—intentionally put the helmet of salvation on?



Ask God to help you to be faithful to put on the helmet of salvation every day and to face the battle with confidence in him.

NOW OR LATER

Make a list of sporting events in which participants wear a helmet. Helmets not only provide protection; they also instill confidence. When you think of the spiritual battle around you, do you approach that battle with fear and insecurity, or does the presence of God's armor make you confident to face the enemy? How can you better display that confidence?