



## **Lesson Nine**

The Helmet of Salvation

Ephesians 6:17

## **Lesson Nine**

### **The Helmet of Salvation**

#### **Lesson Outline**

**Text:** Ephesians 6:17

Details concerning the Helmet

**Introduction:** The Battle of the Mind: Losing hope is deadly.

**Story:** Anne Frank. If we have no hope we will lose the will to fight.

1. The battle of the mind – the enemy seeks to make us lose hope.
2. The helmet of salvation gives strength to live a victorious Christian life.
3. The helmet of salvation will keep us from sin. We will keep ourselves pure as disciples of Jesus Christ.
4. The helmet of salvation will keep our minds steadfast in serving the Lord.

## *Details concerning the Helmet:*

1. The helmet was composed of 5 pieces:
  - a close fitting leather headpiece, worn like a cap, with metal plates sewn on.
  - a short peak covering the neck
  - a frontal band to protect the eyes, and
  - two hinged cheek pieces - These also protected the ears without covering them. They were pushed up from the face when the soldier was not engaged in warfare.
2. The bands and raised edges made it strong to resist the blows of an enemy.
3. Decorative feathers were worn for show but were removed when in battle.

**Introduction:** The Battle of the Mind - Losing hope is deadly.

**Salvation is the hope of the believer.**

1Thessalonians 5:8 `But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.`

The enemy attempts to stop the believer trusting in the promises of God so he or she will give up the fight.

**He does this by attacking the morale of the believer**

Low morale means little strength.

The devil seeks to lower morale and make us give up.

He will say `Why go on? You are just making yourself look stupid. You can believe in God but just don't be a fanatic.`

**He attacks the faith of the believer**

Why should you believe Jesus will come again when there is no evidence that it will happen? 2 Peter 3:4. He will say it's foolish.

When believers lose hope then become discouraged and give up.

Family life and earning money become more important than serving Christ.

## **The Diary of Anne Frank (1929-45)**

The young Jewish diarist who hid in the secret annex in Amsterdam with her family during the Second World War was captured by the Germans in August 1944.

After being captured, Anne Frank was sent to Bergen-Belsen concentration.

Anne Frank believed both her parents were dead. The death of her sister, Margot, at the concentration camp caused Anne Frank to lose all hope.

She died soon after her sister.



## **The war of the mind**

If Anne Frank had known that her father was still alive then maybe the hope of seeing her father would have given her the strength to live. But she thought all her family were dead.

The concentration camp where she died was liberated very soon after her death.

'The hope of salvation' (1 Thessalonians 5:8)

If we have no hope we will lose the will to fight.

## **1. The battle of the mind – losing hope.**

### **Losing hope will drain our strength for good works.**

Don't grow tired in well doing. 2 Thessalonians 3:13

We can become weary through feeling the heat of the battle – feeling hopeless. Galatians 6:9, 'we shall reap, if we faint not'.

### **Losing hope will stop us from doing the will of the Lord.**

We have been created in Christ Jesus for good works. Ephesians 2:10.

It is fulfilling the plan and purpose of God for our lives.

We have individual responsibility to fulfil the work that the Lord has called us to do.

We are a body working together. If one member gives up there can be a ripple effect that stops many members from being able to function.

## **Losing hope will rot a person on the inside.**

On the outside everything may seem OK but gradually the spiritual life of a person will rot and they will be easily defeated.

This kind of person will fall suddenly but the destructive process will be spread over a long period of time.



## **Losing hope will rot a person on the inside.**

### **Story: The Tree in the Storm**

When there was a storm in London many trees were blown down.

The next day when I was driving through the East End I saw a very big tree lying on the ground.

The tree looked beautiful on the outside, but it was obvious why the tree had fallen.

Part of the inside of the trunk was completely rotten and much of it was hollow. The tree appeared to be healthy while the weather was mild, but in the big storm the tree fell.



Another tree that fell in a storm.

## **Rotted and uprooted**

In the storm it was revealed that the tree had rotted and its roots were not firm.

Our roots need to be deep in Christ, Ephesians 3:17.

On the outside everything may seem OK but gradually the spiritual life of a person will rot and they will be easily defeated. This kind of person will fall suddenly but the destructive process will be spread over a long period of time.

The Psalmist wrote about a tree planted by the river.

The roots had a hidden supply of water so that it could flourish in the harshest of climates, Psalm 1:3.

A big tree needs deep roots.

Jeremiah 17:8 ‘For he shall be as a tree planted by the waters, and *that* spreads out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.’

## **2. The hope of salvation gives strength to live a victorious Christian life.**

The hope of salvation gives strength to overcome trials and temptations, worldliness, and the cares and concerns of daily life.

### **Trials.**

**The hope of salvation gives strength to endure trials with joy.**

Jesus endured the cross because of the joy of bringing salvation, Hebrews 12:1-2.

He looked to the reward.

Peter tells believers to think it not strange when they encounter trials.

All believers must face trials – it is the trials that bring out the beauty of the new life in us.

Overcoming trials and temptations, worldliness, and the cares and concerns of daily life.

We will be victorious personally if Christ is the centre of our lives.

We can rejoice knowing that Jesus is coming again.

## **Temptations.**

**The hope of salvation gives strength to overcome every temptation.**

Looking to please Him will keep us from sin.

Joseph said to Potiphars wife – I will not sin against God.

Personal victory – looks beyond the present.

The victory of the Church – looks to the reward.

**The strength to overcome worldliness, and the cares and concerns of daily life.**

**Worldliness. The love of the world will cause the believer to lose the hope of salvation.**

The effect of worldliness is that it will drain the believer of power and will gradually pull him or her away from Christ

Demas - 2 Timothy 4:10 'For Demas hath forsaken me, having loved this present world, and is departed unto Thessalonica;' The love of the world was in Demas long before he left Paul. He did not put on the helmet of salvation and the love of the world pulled him away from following Christ.

**How to be kept from worldliness.**

Look at the futility of seeking after earthly things:

Look at the world: The uncertainty of life; Nothing lasts; Wealth can be lost; Thieves steal;

Look at the final outcome.

## **The strength to overcome the cares and concerns of daily life.**

The Lord is leading us and we will be victorious even if we face difficult times.

He will always make us triumphant (2 Corinthians 2:14).

## **We have nothing to fear**

The Lord is with us (Philippians 4:5).

Paul told the Philippians not to worry about anything (Philippians 4:6-7)

Jesus told His disciples to not worry (Matthew 6:25-34)

### **3. The helmet of salvation keeps us from sin.**

#### **A life of purity.**

1 John 3:2-3, `Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. **And every man that has this hope in him purifieth himself, even as he is pure.**`

`Pure` - Greek word `hagnos`. Comes from the word meaning holy.

`Hagnos` - pure. Means keeping ourselves clean from sin.

`hagios` - holy. A vessel that is separated unto God. Refers also to Christians. A people belonging to God (saints).

#### **The desire for holiness.**

**This is a sign of true believers.** Jesus said `by their fruits you shall know them`.  
Matthew 7:16a.

## **The wise and foolish virgins Matthew 25:1-13.**

Jesus told a parable of ten virgins where all had lamps but only five had oil in their lamps.

The oil represents the Spirit of Christ - it is the presence of the Holy Spirit in the life of the believer. (Romans 8:9)

There are many who call themselves Christians but they do not have this new life.

## **We are being changed on the inside.**

Changed from glory to glory.

Being changed into His likeness – day by day we are learning to be like Him.

Becoming more like Him - He is meek and lowly in heart.



**A sign that a person is truly born again is the desire to be like Jesus.**

It is not good moral living.

It is being a disciple (a learner)

Learning to be like Jesus.

Meek and lowly (Compare Micah 6:8).

**When the Lord comes again we will be changed into His likeness on the outside.**

It makes no difference what people say because this hope is not built on arguments but it is produced by the new life of Christ in the believer.

This hope keeps us watchful.

Looking for the Lord's return.

We are to live our lives seriously because the Lord is coming; (1 Thessalonians 5:8).

**This hope keeps us from becoming discouraged because of mockers**

‘...where is the promise of His coming.’ (2 Peter 3:4)

We know Jesus will come again.

How do we know?

God's Spirit bears witness with my spirit (Romans 8:16)

#### **4. The helmet of salvation will keep our minds steadfast.**

##### **The helmet on the mind**

##### **Stedfast trusting Christ alone for salvation.**

Not trusting in our own righteousness.

Not discouraged by our own failings but trusting in Christ.

*On Christ the solid rock I stand*

*All other ground is sinking sand*

##### **Stedfast in keeping our minds set on Christ.**

Colossians 3:2 `Set your affection on things above, not on things on the earth.´

Our minds fixed as disciples of Christ.

1 Peter 1:13 `Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;´

## **Think on these things**

Philippians 4:8 `Finally, brethren,

whatsoever things are true,

whatsoever things are honest,

whatsoever things are just,

whatsoever things are pure,

whatsoever things are lovely,

whatsoever things are of good report;

if there be any virtue, and if there be any praise, think on these things.`

## **Our minds steadfast in the Lord's work.**

Our labour is not in vain in the Lord; (1 Corinthians 15:51-58)

The Lord will cause us to be victorious.

## **Our minds steadfast trusting in His strength.**

We are kept by the power of God and not by our own power.

Jude 1:24 `Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,`

He will keep that which we have committed to Him.

2Timothy 1:12 `For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day.`

He will keep us from evil.

2Thessalonians 3:3 `But the Lord is faithful, who shall stablish you, and keep you from evil.`

**Steadfast trusting that He is able to do more than we could ask or think according to His power working in us.**

Trusting His power working in us.

Ephesians 3:20, 'Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,'

He gives us power so that we are well able to do the work that He has called us to do.

Our minds set on Him not on our own abilities.

Jesus said 'without Me you can do nothing' John 15:5

**Steadfast trusting that it is His life that works in us and**

Galatians 2:20 'I am crucified with Christ: nevertheless I live; yet not I, but Christ lives in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.'

Christ lives in me.

## Summary:

The Helmet of Salvation protects the mind from thoughts that will cause us to lose hope.

Losing hope is deadly and can make us lose the will to fight.

1. Losing hope will drain our strength; stop us doing the Lord's will; and cause us to rot spiritually on the inside.
2. The hope of salvation gives strength to live a victorious Christian life. It provides strength to overcome in trials and temptations, and the strength to live in victory when confronted by the cares and concerns of daily life.
3. The helmet of salvation keeps us from sin and produces purity and holiness.
4. The helmet of salvation will keep our minds steadfast in serving the Lord.