

The helmet of salvation

[Eph 6:17 ESV] 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God,

I. Intro

- A. We Gird up the Belt of Truth
- B. We RECEIVE the breastplate of Righteousness
- C. We Secure our feet with the readiness of the gospel of peace
- D. We Receive the Helmet of Salvation
- E. The Security of your salvation rests in the hands of Jesus, and He is faithful.

II. Text

- A. Take: dekh'-om-ahee: to receive, accept
 1. When you receive the helmet of salvation, you accept the gift God provided for you.
 2. We accept, receive, take...but we do not earn
- B. The helmet:
 1. A helmet protects the head, a defense against attacks on your most important tool in the battle.
 2. It is a useful piece of armor, and its importance should never be minimized.
 3. The helmet allows a layer of protection for the mind, and that is so important in our battle.
 4. We know the battlefield of our walk with Jesus is the mind:
 - a) Doubts creep in
 - b) Destructive thoughts
 - c) Justification of sin
 - d) Reasoning away the vital truths of the faith...
 - e) ALL are problems as we fight the battle
 - f) We must guard against it
 - g) In this context:
 - (1) We have protection for our thought life
 - (2) We have protection for our changing feelings and emotions
 - (3) We know the truth, righteousness, preparedness, and protection of our God, and should walk in that truth.
 - (4) Our minds are the battlefield, but our minds are secure in Christ!
 - h) When you doubt...remind yourself of the promises of God!
- C. Of Salvation!
 1. This is the ultimate of blessing from God!
 2. Salvation is through Christ and Christ alone.
 3. [Jhn 14:1-7 ESV] 1 "Let not your hearts be troubled. Believe in God; believe also in me. 2 In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? 3 And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. 4 And you know the way to where I am going." 5 Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" 6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. 7 If you had known me, you would have known my Father also. From now on you do know him and have seen him."
 4. [Rom 6:23 ESV] 23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.
 5. [Rom 1:16-17 ESV] 16 For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. 17 For in it the righteousness of God is revealed from faith for faith, as it is written, "The righteous shall live by faith."

6. [Jhn 1:12-13 ESV] 12 But to all who did receive him, who believed in his name, he gave the right to become children of God, 13 who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.
 7. We are saved to BRING GLORY TO GOD
 8. We are saved to ACCOMPLISH HIS MISSION
 9. We are saved and blessed by salvation
 - a) Salvation doesn't just rescue me from hell
 - b) Salvation also provides peace and favor
 - c) Salvation also provides blessing and protection!
- III. Point: the blessing of salvation FOR us:
- A. Heart and Mind
 1. [Pro 4:20-27 ESV] 20 My son, be attentive to my words; incline your ear to my sayings. 21 Let them not escape from your sight; keep them within your heart. 22 For they are life to those who find them, and healing to all their flesh. 23 Keep your heart with all vigilance, for from it flow the springs of life. 24 Put away from you crooked speech, and put devious talk far from you. 25 Let your eyes look directly forward, and your gaze be straight before you. 26 Ponder the path of your feet; then all your ways will be sure. 27 Do not swerve to the right or to the left; turn your foot away from evil.
 2. Invest in things that are eternal, rest in the truth
 3. Your heart and mind are interconnected, and sometimes divided.
 - a) Your heart is many times willing to serve and follow
 - b) Your mind tends to talk you out of it.
 4. Keep your mind focused on Christ, and find direction in Him, and your heart will follow.
 - B. Mind and Body
 1. Doubts...
 - a) There are some doubts along the way, even when we know they should not be.
 - b) [Mat 28:16-20 ESV] 16 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. 17 And when they saw him they worshiped him, but some doubted. 18 And Jesus came and said to them, "All authority in heaven and on earth has been given to me. 19 Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."
 - c) Your Mind effects your body:
 - (1) Center for Disease Control and Prevention: How common are mental illnesses?
 - (a) Mental illnesses are among the most common health conditions in the United States.
 - (b) More than 1 in 5 US adults live with a mental illness.
 - (c) Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.
 - (d) About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.
 - (e) Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.
 2. Your mental health is under attack, but your salvation is secure
 - a) Our Physical well being is also under attack when we are mentally struggling.
 - b) So, the blessing from God, is that our minds have the protection of the helmet of salvation

- c) So, though we may be in the battle, and we may feel like we are struggling, we find the foundation of our world is secure in Christ, NO MATTER WHAT.

C. Body and Soul

1. Blessings for the body, are also blessings for the soul.
2. The Helmet of salvation gives me PHYSICAL PEACE, and REST FOR MY SOUL.
3. [Mat 11:28-30 ESV] 28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”
4. [Mat 8:23-27 ESV] 23 And when he got into the boat, his disciples followed him. 24 And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. 25 And they went and woke him, saying, "Save us, Lord; we are perishing." 26 And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. 27 And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?"
5. You can be saved by Jesus, trust him.

IV. Close

- A. I have accepted the free gift of salvation
- B. I have been rescued from my sin and my self
- C. I believed on the Lord Jesus, by grace through faith
- D. Grace drew me in, Faith was a leap, the result is security in Christ.