



Armor of God

Session 2 – Helmet of Salvation

February 22, 2022

Ephesians 6:11: Put on the full armor of God, so that you can take your stand against the devil's schemes.



The Roman helmet was called a galea, and it had two purposes: protection and identification. The helmets usually came with cheek guards and were thicker in places most likely to be hit. It was a metal helmet and in battle the soldiers could form a complete shell to cover their heads, with the shields covering overhead as well as in front and on the sides.

The helmet of salvation is for our protection and it identifies us as a Christ-follower, soldiers in the Lord's army. It offers complete covering for our heads—our minds—to withstand all the enemy's attacks on our thought lives. And we must learn where our helmet of salvation needs to be "thicker"—where Satan really like to "hit us."

Each piece of armor is described in this letter to the Ephesians, as we outlined last week:

Helmet of Salvation: Ephesians 1:1 – 23

Shield of Faith: Ephesians 2:1 – 10

Sandals of Peace: Ephesians 2:11 – 4:16

Breastplate of Righteousness: Ephesians 4:17 – 5:7

Belt of Truth: Ephesians 5:8 – 6:9

The Helmet of Salvation

Paul gives us a glorious picture and understanding of the salvation we have in Christ and who we are because of Christ Jesus.

Ephesians 1:3 – 14

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be

for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

What are the specific characteristics of our salvation that Paul describes in this passage?

Satan's Schemes against Your Mind/Your Thoughts:

Satan will do everything he can to capture your mind, to mess up your thinking, to confuse you about who you are in Christ. In depth knowledge of your salvation is your protection against Satan's schemes against your mind.

Psalm 139:13-16:

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

Have you believed and accepted God's opinion of you?

Satan's scheme is to block your development as a Christian by convincing you that you are worthless—you're not good enough—you've made too many mistakes—and on and on. He will use sin from your past and sins that others have committed against you to reach that goal.

Satan is a liar and a good one. These are some of the lies he will tell you:

- I'm so stupid.
- I can't do anything right.
- No one will ever really love me.
- It's always my fault.
- I'm useless, weak, no good.
- Nobody cares about me.
- I'll never change.
- I have never done anything worthwhile.

Have you ever heard lies like that from Satan? Did you realize those thoughts were from Satan?

God's Great Salvation

Paul describes the role that the Triune God played in providing our salvation. Let's consider the part each of the members of the Godhead contributed to your salvation.

God the Father's Part

Ephesians 1:3

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

- What are these "heavenly realms"?

Ephesians 6:12:

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

- What are the “spiritual blessings in Christ” that we have received?
2 Corinthians 9:8
And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.
- You were chosen by God before you were born!
Ephesians 1:4-5
For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—
- God the Father “chose you to be holy and blameless in his sight.”
2 Corinthians 3:18
And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.
- God the Father predestined you to be adopted as his daughter.
Romans 8:15
The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”

In the first century adoption was very special but it was only for sons. When a son was adopted, it cut every tie to his birth family. Any debt owed was canceled and all the resources and support of the new family became available to the adopted son.

This is why we were adopted into sonship—“born again” as Jesus put it—because the same privileges afforded the sons then are now available to all of us – male and female.

- God the Father acted “in accordance with his pleasure and will.”

It was God’s pleasure to choose you for salvation! Can you/do you believe that?

God the Son’s Part

Ephesians 1:6-8

...to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us.

- Through Jesus we have been given grace—freely given. How much did it cost God to bring you into his family?
- Through Jesus we have redemption.
Philippians 2:6-8
Who (Jesus), being in very nature God, did not consider equality God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!
- Through Jesus we have forgiveness of all our sins.
Psalms 103: 2-4, 10-12
Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion. . . he does not treat

us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

- Through Jesus we have all the “riches of God’s grace” lavished on us.

God the Holy Spirit’s Part

Ephesians 1:13b – 14

When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

- You were marked with a seal, the Holy Spirit himself!

Romans 8:9 and 16:

You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. The Spirit himself testifies with our spirit that we are God’s children.

1 Corinthians 12:13

For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink.

- The Holy Spirit’s presence is a down payment guaranteeing your inheritance.

All for God’s Glory

Notice this phrase: *To the praise of his glory* or *To the praise of his glorious grace*. It appears after each description of the roles each person of the Godhead has contributed for your salvation. (Verses 6, 12, and 14)

Repeat after each of these: “To the praise of his glory”

- You were chosen, blessed and adopted by God the Father.
- You were redeemed, forgiven and granted overflowing grace by Jesus.
- You were sealed and your salvation guaranteed by the Holy Spirit.

Paul’s Prayer:

Ephesians 1: 18 – 21:

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

- We can know the hope to which he has called us
- We can know the riches that are in store for us as his holy people
- We can know the great power for us who believe – the same power that raised Jesus from the dead

And all of this is because we have the Helmet of Salvation!

How Do You Put on the Helmet of Salvation?

1. Name the lies Satan has been telling you. Write them down.

These are the lies Satan has been telling me:

2. Confess to the Father that you have believed those lies. Renounce those lies.
3. Acknowledge that you know you are adopted into God's family and you have been redeemed and forgiven and the Holy Spirit now abides in you.
4. Declare who you are according to Ephesians 1. Recite what the Triune God has done for you in saving you. Repeat it out loud.
5. Commit that you will put on the helmet of salvation every day, specifically and completely, in prayer and in faith.

Romans 8:38 – 39

*For I am convinced that neither death nor life, neither angels **nor demons**, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*