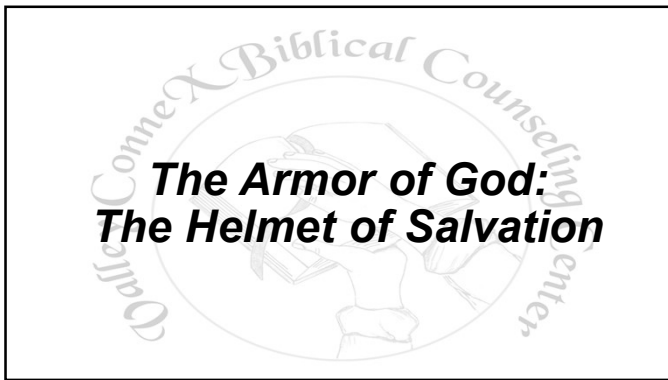



1



2



The function of the helmet of a Roman soldier.

- Protect the most vital and vulnerable part of the soldier's body.
- Confidence to engage the battle with greater confidence and intensity.

3

The Armor of God

• *“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.*

4

The Armor of God

• *Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. 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, and the sword of the Spirit, which is the word of God; praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,”* (Ephesians 6:10–18, ESV)

5

Observations

- Our strength to live and minister effectively comes exclusively from our Lord Jesus Christ.
- People are not the enemy.
- We must always factor in the opposing spiritual activity in our lives and the lives of those we are serving.


6

Set free to thrive through the gospel of our Lord Jesus Christ

σωτήριος

sōtērios
bringing salvation

7



Salvation is the basis for mental health.

- Nebuchadnezzar, a biblical case study. Daniel 4:28-37
- *Persisted in pride and self-centeredness even after God's warning.*
- *The duration of the time of madness was set and no "cure" would be effective in that time.*
- *God gave Nebuchadnezzar an opportunity to turn to Him which Nebuchadnezzar did.*

8



Mental instability

- Result of our sin nature
- Genesis 6:5
- Matthew 15:18-20

9



Mental instability

- Rejection of God's revelation
- Romans 1:28-32

10



Mental instability

- Rebellion
 - Deuteronomy 28:15; 28-29

11



Salvation is the transition from mental instability to mental health.

- Ephesians 2:1-10; 4:17-24
- Hebrews 9:11-14; 10:19-25

12



Salvation provides opportunity for growth in mental health.

- Matthew 22:37-38
- Romans 12:1-2

13



Salvation frees us to orient our mind toward mental health.

- Romans 8:1-8

14



Salvation frees us from the mentally unhealthy condition of a self-centered life.

- Philippians 2:1-11

15



Salvation offers hope for restoration of mental health.

- Mark 5:15

16



Salvation positions us to engage life in a mentally healthy way.

- Philippians 4:4-7
- 1 Peter 5:6-8
- Isaiah 26:3-4

17
