



THE HELMET OF SALVATION

Week 56 | June 24, 2025

*“Put on **salvation** as your helmet...”*

Ephesians 6:17

Of all the different areas in our lives, the one the Enemy seems to target most often is **our minds**. Their strategies seem to center around sowing seeds of *doubt*, *division*, and *deception* among our thoughts, hoping to reap a **harvest of destruction** in the future. Thank the Lord we are not left defenseless! God has granted us *His salvation* as a helmet to guard and keep **our thoughts** pure.

This salvation not only justifies us before God, *rescuing us* from hell and making us **righteous** in His eyes, but also offers us continued deliverance from sin in the *day to day* and a **hope** of future glorification in a time and place where *sin does not exist*! Because of this, God’s salvation is the **perfect helm** to protect our vulnerable minds by offering us:

1. SECURITY ([Philippians 4:7](#))

- a. **NOTE:** Satan loves to attack **our identity** as well as the *character* of the God we serve, seeking to twist and pervert our thoughts on both subjects in order to see **our actions** follow suit. Life comes at us quickly and the Enemy will seek to use *every bump* in the road, every dip in the trail, to try and pull us **off course** and derail our *peace of mind*. The key to inward serenity, though, is focusing on the truth of who we are as a result of our **salvation** and fixating on the *loving nature* of our heavenly father. Like a ship tossed about in a violent storm, what we need is a fixed reference point to keep us steady.

([Philippians 4:8](#); [Isaiah 26:3](#); [Colossians 3:2](#))

- i. **For Ex.** “Lord God, thank You for *saving us* in Your **grace** and **mercy**. Thank You for making us right with You and for making us *new creations*. Remind us, Lord, of what Your salvation says of **who You are** and who we are *in You*. Remind us of the love it reveals and of **the security** it promises. Fix our eyes *to the cross*, Lord, so that even in the most turbulent of times we can remain **steadfast**.”

1. **REMEMBER:** *Stability* comes as we **hear** and **obey** God’s word.

([Luke 6:47-48](#))

2. STRENGTH ([2 Timothy 1:7](#))

- a. **NOTE:** Mental **toughness**, or *resilience*, is the ability to keep going despite **opposition**. This type of *supernatural endurance* comes as we hold tightly to the hope of a **future glory**, clinging to *the promise* of a day and time when sin is removed in its entirety and we are free to **love** and **live** with God without *any interference*. But that day is not today. This day is still **dark** and this life is still *a warzone*. We must grow in **resilience** through prayer and we do so by asking God to *consistently remind us* of the purpose behind our **salvation**—for we were surely *saved for more* than what this life has to offer.

([Romans 5:3-5](#); [Jeremiah 29:11](#); [Romans 8:18-25](#))

- i. **For Ex.** “Father God, thank You for **always** keeping *Your promises*. Thank You for being the one thing we can always rely on to come through. Remind us of our **promised future**, of *the hope* we have in heaven. In our **darkest days** and most *trying times*, remind us that this life is not all there is. **Guard our minds** from every attack of *discouragement* and *disappointment*, granting us resilience and covering our heads in Your **eternal** salvation.”

1. **REMEMBER:** Endurance is **developed** through *trials*. ([James 1:2-4](#))

3. SANCTIFICATION ([Hebrews 10:14](#))

- a. **NOTE:** Salvation encompasses so much **more** than a simple *escape from hell* and a ticket to heaven. Its power is at work **here and now**, granting us *deliverance* in our daily struggle against sin. This process of becoming more like **our holy Savior** is known as “*sanctification*” and is an essential component to growing in the faith and experiencing the **abundant life**. One of the most vital parts of this process is learning to think from the “*mind of Christ*” we receive upon our rebirth. **Learning** to *see, think, and understand* like He who saved us is the key to all that the helmet of salvation has to offer.

([1 Corinthians 2:16](#); [Matthew 16:23](#))

- i. **For Ex.** “Dear Lord, thank You for **rescuing** and **redeeming** us from the *cost of our sin*. Our eternal security and **right standing** with You is worth every ounce of *praise* we can muster. But we are also so grateful that You did not stop there. Thank You for choosing to live **in** and **through** us, *day by day*, minute by minute. Thank You for giving us Your mind, for granting us **a window** into *Your thoughts*. Teach us, Lord, to **see, think, and understand** as You do so that we might then *speak, live, and act* as You would.”

1. **REMEMBER:** Pride is the greatest **limitation** to our *sanctification*.

([2 Corinthians 10:5](#))

Questions for Reflection:

- Do you find yourself “**unsteady**”, too *easily shaken* by the storms of life?
 - Ask God to search you and point out any disobedience. The word of God serves only as **a stumbling block** when we *refuse to respond* to it.
- Are you in the midst of **a trial**, *floundering for air* or stuck in the fiercest part of a battle?
 - Take heart, God wants to use this for your **good** and your **growth**. One day this *test* will be a testimony to His power at work in your life.
- What **pride, arrogance, or entitlement** is preventing you from seeing things *God’s way*?
 - Please, humble yourself and **let go** of those thoughts. *Surrender* and *submit* them to God and ask Him to give you His perspective.