



Key Scripture: Ephesians 6:17 (ESV)

"and take the helmet of salvation, and the sword of the Spirit, which is the word of God,"

Objectives:

1. Understand the Context and Purpose of the Helmet Of Salvation and the Sword of the Spirit
2. Recognize the need for God's protection using The Helmet of Salvation and The Sword Of The Spirit.

Time Of Open Prayer

-Begin with a prayer asking God to open our hearts and minds to His word and guide us as we study and reflect on these aspects of His armour. Pray for understanding, protection, and growth in the knowledge of salvation and the power of His Spirit.

Overview of the Helmet of Salvation and Sword of the Spirit

The Apostle Paul, writing from prison, uses the image of Roman armour to depict the spiritual armour God provides to believers. By the time we reach verse 17, Paul has described several pieces of armour, each one vital to standing firm against the forces of darkness.

1. **The Helmet of Salvation:** In ancient warfare, the helmet protected the head—a critical area. For Christians, the "helmet of salvation" points to the protection we have in the knowledge of our salvation through Christ. This assurance guards our minds from doubt, fear, and confusion, helping us stay steadfast and focused on God.
2. **The Sword of the Spirit:** The only offensive weapon in the armor, the Sword of the Spirit, represents the Word of God, both in written form (Scripture) and spoken in faith. Through the Spirit, believers wield the truth and power of God's Word, both for defense and for defeating spiritual attacks.

“The helmet of salvation is our hope, our confidence, that we are secure in Christ. With this assurance, we can stand firm against anything the world throws at us.” — A.W. Tozer

“To use the sword of the Spirit effectively, you must know it well, let it pierce your own heart, and be armed with it whenever the enemy attacks.” — John MacArthur

Personal Application: The Helmet of Salvation and the Sword of the Spirit

1. Helmet of Salvation: Guarding Your Mind

- Assurance of Salvation: Reflect on the security of your salvation in Christ. Acknowledging that you are saved through faith, by grace, is foundational. This assurance protects you from fear, doubt, and insecurity.

- Renewing Your Mind: Practically, wear the Helmet of Salvation by actively filling your mind with God's truths rather than lies. Meditate on Scriptures that affirm God's love, salvation, and promises, such as Romans 8:38-39, which speaks to the unbreakable love of God.

- Setting Boundaries: Guard your mind from influences that weaken your assurance or lead you to doubt. This may mean setting limits on negative influences in media, conversations, or self-talk that pulls you away from God's promises.

2. Sword of the Spirit: Engaging with God's Word

- Daily Scripture Engagement: Make it a habit to study and meditate on the Word. Start with passages that speak to God's character and promises, arming you with truths to counter lies and temptations.

- Memorizing Scripture: Take time to memorize verses that you can call upon in times of spiritual attack. Scriptures like Philippians 4:13 ("I can do all things through him who strengthens me") can be powerful in moments of doubt or fear.

- Praying with Scripture: Use the Word of God in your prayers. For instance, if you feel anxious, pray using verses about God's peace and promises of comfort, like Philippians 4:6-7. Allowing the Word to shape your prayers strengthens your communion with God and affirms your trust in His truth.

Communal Application: The Helmet of Salvation and the Sword of the Spirit

1. Helmet of Salvation: Encouraging Assurance in Others

- Support One Another in Salvation: In community, encourage one another with the assurance of salvation. Remind each other of God's promise to never leave or forsake His people. In small groups, openly share testimonies of how God's faithfulness has affirmed your security in Him.

- Helping Others Combat Doubt: Create a safe environment for others to express struggles with doubt or fear. By sharing encouraging scriptures or personal experiences, you help fortify each other's confidence in God's saving work.

2. Sword of the Spirit: Building Up with the Word of God

- Scripture Sharing: During gatherings, take time to share verses or passages that have impacted you recently. Group members can share how specific scriptures have helped them face spiritual challenges, encouraging others to dig deeper into God's Word.

- Praying Scripture Over Each Other: Practice praying Scripture over community members who are in need or facing specific battles. This not only strengthens individuals but also reinforces the power of God's Word collectively.

- Bible Study and Accountability: Foster a communal approach to studying the Bible together. As a group, commit to memorizing key verses that speak to spiritual resilience and God's promises. Holding one another accountable to stay engaged with Scripture reinforces the communal commitment to wield the Sword of the Spirit effectively.

Reflection & Discussion

1. Why do you think Paul uses a helmet to represent salvation? What might this signify about the importance of our mind and thoughts in the Christian life?

2. How does knowing you are saved (the Helmet of Salvation) impact your daily life and decision-making?

3. How can you “put on” the Helmet of Salvation each day? What practical steps can you take to remind yourself of your salvation?

4. What are some common ways that the enemy tries to attack a believer’s sense of salvation and assurance? How can the Helmet of Salvation protect against these attacks?

5. The Helmet of Salvation guards the head—our thoughts and mind. What are some ways you have experienced doubt or fear in your Christian walk? How can remembering your salvation help combat these?

6. What does it mean to you that the Sword of the Spirit is both defensive and offensive? How do you use God’s Word when facing spiritual challenges?

7. How can you develop a deeper relationship with the Word of God, so that you can effectively wield the Sword of the Spirit in times of need?

8. Can you think of a specific time when you faced a spiritual battle? How did the knowledge of salvation and the truth of God’s Word help you during that time?

9. Paul describes the sword as the “Word of God.” How can memorizing Scripture strengthen your ability to respond to spiritual attacks? What verses do you rely on for comfort and strength?

10. In what ways does the Holy Spirit help us understand and use the Word of God? How can we be more attentive to the Spirit’s guidance when we study Scripture?

Closing Prayer:

Pray together, asking God to help each person to fully “put on” the Helmet of Salvation and to rely on the Sword of the Spirit. Ask for God’s protection over their minds and that He would empower them to live confidently and faithfully in the assurance of their salvation.

Personal Reflection: This week: Read Ephesians 6:10-18 several times.

Each day, meditate specifically on what it means to wear the Helmet of Salvation and wield the Sword of the Spirit. Reflect on how you can practically apply these truths in your daily life and spiritual battles.