

**Agape House of Worship**  
**Wednesday Bible Study**

**Study Series: Standing Strong in Spiritual Warfare**  
**Part 6: The Helmet of Salvation**

**March 5th, 2025**  
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**Ephesians 6:17**, *“Take the helmet of salvation and the sword of the Spirit, which is the word of God.”*

**Isaiah 59:17**, *“He put on righteousness as his breastplate, and the helmet of salvation on his head; he put on the garments of vengeance and wrapped himself in zeal as in a cloak.”* NIV

**Why do we need to put on the whole armour of God? Ephesians 6: 10 -18**

In Ephesians 6: 10-18 see that Satan is an enemy and he has strategies that he uses to attack the believer. We note that the believer wrestles in a battle that is not physical but spiritual and that the believer needs to put on the whole armour of God to resist the enemy, and to stand his ground!

**What is a Helmet?**

It is a **protective head covering or enclosing headpiece of ancient or medieval armour** usually made of a hard material to resist impact. It is a protective covering for the head, the brain, the mind. 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. Prov.4:23 NLT "Guard your heart above all else, for it determines the course of your life". The helmet reminds you constantly of what God has provided for you in Jesus Christ. When you have your helmet on, the fight is not in trying to earn your salvation. The fight is in remembering you don't have to earn your salvation because the price has been paid in full; so, your helmet reminds you of the victory and protects you.

**What of Salvation?**

Like the helmet, salvation guards our minds and thoughts where the enemy seeks to influence and sow doubts about our eternal standing, our **identity** in Christ; As believers, the biggest battlefield is in our minds, where much of the warfare we will fight takes place. When the enemy attacks, he usually attacks there because he knows if he can influence the way we think, he will influence the way we will act. One major focus of attack by the enemy is to attempt to move us to doubt our salvation.

**Why is Salvation Important?**

We see that there are two kingdoms at war - the Kingdom of God and that of Satan. Jesus said in John 3:3, “Jesus replied, “I tell you the truth, unless you are born again, you cannot see the Kingdom of God.” NIV. Until a human being obtains forgiveness from sin and is safely transferred from the kingdom of darkness into God's kingdom (Colossians 1:13), he/she stands no chance in spiritual warfare. When you submit to God in salvation, you commit not only to His Lordship but also to the culture or lifestyle of God and His kingdom. Jesus said seek ye first the Kingdom of God and His righteousness (Matt.6:33) - we must make our kingdom citizenship a matter of priority; we seek to be under the influence of the Government of God, and His lifestyle becomes our identity. His will becomes our will. Salvation is not limited to a one-time act of the past or even a future hope. God's salvation is an ongoing, eternal state that His children enjoy in the present. It is daily protection and deliverance from our sin nature and Satan's schemes.

When we put the helmet of salvation on, it becomes clear to the enemy which side we are on. Once you put the helmet on, you belong to Christ. You are marked with his seal ([Ephesians 1:13-14](#)) and Satan knows you are a threat to his kingdom.

**How Do We Put on the Helmet of Salvation?**

**1 Thessalonians 5:8**, *“But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet.”*

1. We must renew our minds with the word of God - so that we can live in this present world like people who have experienced the kingdom of God. We are the children of God's everlasting kingdom. Old ideas, opinions, and

worldviews must be replaced. We must allow God's truth to continually wash away the world's filth, lies, and confusion from our minds and adopt God's perspective.

2. Walk by faith not by sight - 2 Corinth 5:7, *"(for we walk by faith, not by sight);* 2 Corinth 4:18, *"So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever."* NLT. Accepting fear, doubt, unbelief, worry and anxiety is the product of walking by sight or walking in the flesh. But with the thought that we are now in Christ clearly etched in our minds, no sinful thought, self-condemnation, defeat or self-rejection can ever penetrate through our helmet into our minds and hearts.

3. Have a cordial relationship with the Holy Spirit. This is because He is the most tangible evidence that we are saved and will be saved for eternity: Ephesians 1:13-14; *"And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him."* [Romans 8:16](#), *"The Spirit himself testifies with our spirit that we are God's children."*

*"And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."* ([1 John 5:11-13](#))

4. Remember that victory is already accomplished. When we consider ourselves "dead to sin but alive to God" ([Romans 6:11](#)), we eliminate many of the opportunities Satan uses to entrap us. When choosing sin is no longer an option for us because we recognize ourselves to be "new creatures" ([2 Corinthians 5:17](#); [1 John 3:9](#)), we effectively cut off many avenues of failure.

## Conclusion

As we wear the helmet of salvation every day, our minds become more insulated against the suggestions, desires, and traps the enemy lays for us. We choose to guard our minds from excessive worldly influence and instead think of things that honour Christ ([Philippians 4:8](#)). In doing so, we wear our salvation as a protective helmet that will "guard our hearts and minds in Christ Jesus" ([Philippians 4:7](#); cf. [Isaiah 26:3](#); [1 Peter 1:5](#)). [Philippians 4:8](#), *"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."* NLT.

