

The Armour of God part 6 The Helmet of Salvation

Ephesians 6 : 10-18. 10. Finally, my brethren, be strong in the Lord and in the power of His might. 11. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. 12. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13. Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand. 14. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15. and having shod your feet with the preparation of the gospel of peace; 16. above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18. praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.

Automatic functions.

The heart beats. We breath. We swallow. There are many things that we do automatically, without thinking about it. The Helmet in the armour protects the head. Within the head is the brain, and within the brain is the organ of the mind. The mind automatically accesses information that has already been written on it's memory banks. This information has come to us through a number of sources such as ;

- 1/. What we have been taught by parents, teachers etc.
- 2/. What we have read.
- 3/. What we have seen.
- 4/. What we have heard.
- 5/. What we have experienced ect.

This information we have stored up in our minds is probably the most important factor that determines the direction of our lives. We live out our lives based upon this information, this data, knowledge.

Question: What key events that you have been through, can you see have had long term negative effects on you and the way you think about things?

This knowledge has been stored up on the memory banks of our minds and we are receiving more knowledge every moment of the day. It is from this knowledge that we develop our beliefs, our convictions. We all have beliefs.

The head contains this knowledge. My actions, my vocabulary, my very way of life is going to be majorly influenced by this knowledge and any other knowledge that I may gain from this moment on.

Our minds are our organs of thought. Through the mind we are equipped to know, to think, to imagine, to reason, to remember and to understand. Our intellect, reasoning and wisdom all pertain to the mind.

If our will, the place where we make the decision to do, were likened to a fortress of a city, then our minds would be the land that surrounds the fortress. It is upon this land that the battle with satan takes place for the control of the fortress of our wills.



Who ever wins the battle, gets control of the fortress of our wills. Who ever gets control of the fortress of our wills, gets to control our very lives.
Our spiritual enemies desire is to take control of our wills so that we end up doing whatever he wants us to do.

There's a battle going on in our minds for the control of our wills.

2 Cor 10 : 3-5. 3. For though we walk in the flesh, we do not war according to the flesh. 4. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5. casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

The helmet.

The Helmet speaks of protecting the head, the mind, the control center of our lives. The saying, "he's head shot", or "he's lost his mind", describes someone who is acting or speaking abnormally, irrationally or unreasonably. The ability to reason properly with their mind has been affected with the result of a loss of control emotionally and even physically.

What is the Helmet that protects our minds?

1 Thessalonians 5 : 8-9. 8. But let us who are of the day be sober, putting on the breastplate of faith and love, and as a **helmet the hope of salvation**. 9. For **God did not appoint us to wrath**, but to **obtain salvation** through our Lord Jesus Christ,

Hope is the Helmet. It is the Helmet of the hope of Salvation.

The Hope of God's salvation, His deliverance from evil, from sickness, from poverty, from addictions and bad habits, from all manner of troubles we are faced with in this life.

The definition of Hope is to have a desire of some good, accompanied with a belief that it is attainable.

Biblical hope is : to have a confident expectation of a good outcome.

Question : What is our thinking like? How can we tell when we are thinking incorrectly, where the thoughts of our mind are not inspired and governed by the Holy Spirit of God?

Answer : When our behaviour or our words do not match up with the teachings of the BIBLE.

The purpose of hope.

HEB 6 : 16-20. 16. When a man takes an oath, he is calling upon someone greater than himself to force him to do what he has promised, or to punish him if he later refuses to do it; the oath ends all argument about it. 17. God also bound himself with an oath, so that those he promised to help would be perfectly sure and never need to wonder whether he might change his plans. 18. He has given us both his promise and his oath, two things we can completely count on, for it is impossible for God to tell a lie. Now all those who flee to him to save them can take new courage when they hear such assurances from God; now they can know without doubt that he will give them the salvation he has promised them. 19. **This certain hope of being saved is a strong and trustworthy anchor for our souls**, connecting us with God himself behind the sacred curtains of heaven, 20. where **Christ has**



gone ahead to plead for us from his position as our High Priest, with the honour and rank of Melchizedek.

Hope is An Anchor for our mind and emotions.

An analogy using the boats in Swansea bay during a storm.

The Anchor of Hope keeps us pointing in the right direction when the storms of life hit us. The Anchor on a boat is at the front of the boat. The idea is that when the storms hit, and the huge waves begin to crash against the boat, because the boat is facing into the waves it is able to ride the waves. Allowing the boat to cut through the water with as little resistance as possible.

If the anchor was at the back of the boat, where the boat is usually wide and flat, the waves would pound the boat, crashing into it like hitting a brick wall increasing the possibility of inflicting great damage and sinking the boat.

If the anchor was in the middle of the boat, then the whole of the boats length would be exposed to the crashing waves increasing the possibility of the boat being completely overcome by the waves and again sinking it.

The Anchor of Hope keeps us in the right position and pointing in the right direction when the winds try to blow us off course.

Verse 19. *This certain hope of being saved* is a *strong and trustworthy anchor for our souls*, connecting us with God himself behind the sacred curtains of heaven,

Hope connects us with God. When the anchor of our Hope is firmly fixed upon the Rock of Jesus Christ, we will be anchored securely into the very presence of God. For Jesus has gone into the very throne room of God in heaven, AND WE ARE IN HIM.

Hope is the anchor of our Souls.

Our Souls. This is talking predominantly about our emotions. When all hell comes against us. When life's storms rage over our heads, our emotions can be torn to shreds, tossed about like a ship in a hurricane lost at sea . One minute you're on top of the waves, the next minute you're just about ready to go under. Hope is what keeps our emotions stable.

Proverbs 13 : 12. Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.

Hope deferred. Hope that has been put off. Yielded to another's opinion. If we lose our Hope, we will become Hopeless. Like being sea sick in stormy conditions. Fear comes into our lives. Anxiety and worry. Our mental health suffers. If prolonged we can become depressed and it will eventually take its toll on us physically. We can become physically sick.

How can we cultivate Hope?

Romans 5 : 1-10. 1. Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2. through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God (manifestation). 3. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; 4. and perseverance, character; and character, hope. 5. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. 6. For when we were still without strength, in due time Christ died for the



ungodly. 7. For scarcely for a righteous man will one die; yet perhaps for a good man someone would even dare to die. 8. But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. 9. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. 10. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

Hope is the fruit of a good character that has been developed through adversity.

It begins with our faith in the truth of God's word. The Belt.

Then faith in our condition before God. Breastplate of righteousness. We have been justified.

Then faith in our peace with God. The shoes.

Faith in this grace in which we stand. Belt, breastplate, shoes, shield. Truth, righteousness, peace. Superimposed with Faith.

Then we must Stand firm with our minds fixed upon the Hope of God's promise of salvation. The Helmet.

Points to consider in Romans 5:1-10.

1/. We also Glory in tribulations knowing that tribulation produces perseverance;

What is our attitude towards hardship? What kinds of things do we think when faced with problems? Do we grumble and complain? Do we blame others for our problems? Do we feel sorry for ourselves? Do get bitter with people rather than get better with people?

Do we think like the Israelites when they came out of Egypt when they said, "it would have been better for us to stay in Egypt? Do we drift in our minds back to the days before we were saved? "It seemed so much easier then".

If I run from tribulation, from hardship, from life's problems. If I am always looking for an easy way to avoid trouble. To take the less painful rout rather than standing on God's promises and seeing things through, being committed, keeping to my word, being loyal, faithful, integrous, submissive etc. Then I need to change the way I think about trials, about problems.

Our spiritual enemies will battle against us in our thought life, trying to get us to abandon ship. To turn back. Telling us it's not worth the hassle. True commitment, faithfulness, the ability to endure hardship can only be developed by standing your ground, by staying in position when the storm hits.

2/. Persevere.

If we are to persevere, then we must have something to focus on.

we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God (manifestation).

Having a Vision of seeing God's grace move in our lives.

We must Hope in The glory of God. The manifestation of his power to deliver us. Hope is what keeps us going. Set your mind to thinking about your deliverance. Your victory. See yourself free, see yourself healed, see yourself strong in Jesus. We can do all things through Him.



Question : Do you have thoughts like;

“I’m always going to feel like this”

“I may as well give up”.

“I’ll never overcome this problem i’m facing. I’ll always be stuck with it”.

“Well that’s typical. If something bad’s going to happen then it’ll happen to me”.

These thoughts reveal a mindset that has been formed through bad experiences and wrong teaching. We need to replace these thoughts with Gods word on each area of life that these apply. As we confess Gods word daily we can renew the way we think, redirect our focus and bring stability to our emotions.

3/. Rejoice in the Hope.

Rejoice means to vaunt. To boast in a good sense. Give voice to what your Hoping for. God promises to save us, to deliver us. So let the redeemed of the Lord say so. This is putting on your armour.

4/. Perseverance produces a good character, and the fruit of a good character is Hope.

A person of good character is always full of Hope. It is in their words and their actions. Their words are seasoned with salt and full of grace. They are steadfast, reliable and trustworthy. Why? Because they have learned that through all things God is able to make all grace abound towards us.

A good character Hopes for others.

Being hopeful is a godly quality. Believing the best for others. Not giving up hope for them is a sign of a person of good character that has come through troubles themselves.

Question : When we think about certain people, do we see problems or do we see potential? Are we able to see past the faults and weaknesses and see the person Jesus died for?

Leo Aikman quotes; “You can tell more about a man by what he says about others than by what others say about him”. True love always hopes all things.

Variation on the serenity prayer :

God grant me the serenity to accept the people I can not change, the courage to change the one I can, and the wisdom to know it’s ME.

Question : What dreams do you have ?

Do you really believe God wants the best for you? Do you believe that God wants to bless your life and not destroy it?

Reading Romans 5 again. The timing of God. Hope believes He will come through for us.

Romans 5 : 1-10. 1. Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, 2. through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God (manifestation). 3. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; 4. and perseverance, character; and character, hope.5. **Now hope does not disappoint,** because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. 6. For when we were still without strength, in due time Christ died for the



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Before we were saved. We had nothing. We had no Hope. And God, in due time, still came through for us. HOW MUCH MORE, BEING ONE OF HIS OWN CHILDREN, SHALL WE BE SAVED BY HIS LIFE. HIS POWER. HIS STRENGTH.

Hebrews 11:1. Now faith is the substance of things hoped for, the evidence of things not seen.

The cycle is complete. We began with faith. Entered into tribulation with Hope for our future deliverance by God. Persevered and developed character which in turn strengthens our Hope. We then see God's grace in our lives to deliver us which produces faith.

Question : Are you struggling with a problem today? Are you finding it difficult to see a way out?

Be renewed in the spirit of your mind. Put away your negative thoughts. Bring them all captive to Jesus. Put your hope in Jesus. Your Hope will not disappoint.

