



THE HELMET OF SALVATION

Once again, we are coming back to our Bible study on the weapons of our warfare. We trust that you already have your loins girt about with truth, the breastplate of righteousness on, your feet shod with the preparation of the gospel of peace, that you took the shield of faith, and that today you will put on the helmet of salvation.

Let us first talk about a helmet. A dictionary describes a helmet as a *form of protective gear worn on the head to protect it from injuries, a variation of the hat. The oldest use of helmets was by Ancient Greek soldiers, who wore thick leather or bronze helmets to protect the head from sword blows and arrows. In the 2000s, soldiers still wear helmets to protect the head from bullets and shell fragments. In civil-*

ian life, helmets are used for recreational activities and sports (e.g., jockeys in horse racing, American football, or ice hockey); dangerous work activities (e.g., construction); and transportation (e.g., bicycle helmets).

So, we know that a helmet covers the head; it covers the brain and protects it. The brain then is the part of you that thinks and directs you in all you do. It tells you whether to wiggle in your chair or not, whether to go somewhere or do something or whether to sleep or to stay awake. This all is done by your brain.

Let us look at a simple example: when you go out to ride your bike, what do your parents tell you? "Don't forget to put on your helmet!" So you put it on, your mom buckles it tight so that it protects your head when you

don't make the curve and run into some bushes and end up flying over your handle-bars. You may break your leg or arm, but the helmet protects your head so that even before your limb heals, you can do lots of things. If you have an accident like this without your helmet on and you hit your head, even if your legs and arms remain untouched, you won't be able to do anything without your head.

In the spiritual sense, your head has to have the helmet of salvation on. Your mind is so important that it has to be covered at all times. It needs to be covered by the Blood of Jesus. You need to know that Jesus saved you from certain death and hell and gave you life by shedding His Blood on the cross. We all need to admit that we are not righteous within ourselves, but we need Jesus to

forgive us our sins and cleanse our heart. Each one of us needs to ask Jesus to be the King of his/her life. We have to know that we accepted the Blood of Jesus that was shed on the cross for us and made a covenant with God.

We need to have this, because as we walk through our lives, we have different accidents when we do something wrong. In such situations, the devil comes against us, but if we have the helmet of salvation on, we can say, "Watch out, devil! I have the helmet of salvation on my head and I am not going to believe your lies. I am going to repent right here from what I did, shake myself off of it, the Lord Jesus will forgive me and I am going to walk on in righteousness." The helmet is like a mind sealed by the Lord Jesus Christ.

Because the mind is constantly making decisions about how your soul is going to be doing - whether good or bad, never forget your helmet. Each one of us has to examine it for himself. For example, talk about it with your parents or think about it for yourself. No matter how you do it, make sure that you have really put the helmet of salvation on and that it is staying straight on your head and

not falling sideways or even off.

It is very important when you get into battle to have your helmet on. That way, you will not get hurt. The truth of the matter is that there are people in the world that have, for example, a big shield of faith and really believe something, but they don't have the helmet of salvation. Then, when the thing they believe doesn't come to pass, they are discouraged and their faith cannot hold them, because they didn't have any covering and their head got hit.

Also, you have to understand that salvation is a con-

EPHESIANS 6:17A

**AND TAKE THE
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tinuous process. Even though you can point out one day in which Jesus saved you by His Blood, this work of grace must continuously work in your life as the Apostle Paul says in Philippians 2:2, *Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence,*

work out your own salvation with fear and trembling.

Revelation 3:5 tells us that even though we have received Jesus, if we don't walk with Him and work out our salvation, we can be blotted out of His Book of Life. It basically means that you must work with God on having your whole soul saved, not only a part. You get up in the morning and say, "Lord Jesus, help me to overcome my wrong attitudes this day. I don't want to be disobedient to my parents. I don't want to fight with my sister or brother. I want to be an overcomer and work out my own salvation." And you will see what situations God will put you in so that you can get a little bit more of Jesus into your mind and heart.

Let us finish with I Thessalonians 5:8-10, *But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation. ⁹For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ, ¹⁰Who died for us, that, whether we wake or sleep, we should live together with him.*

(Based on children's lessons given by a number of teachers in Prague, Czech Republic.)