

Ephesians Series

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“The Helmet of Salvation”

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As we open the scriptures let us always remember that these are inspired by God through the Apostles and our Lord Jesus Christ as well as the Old Testament prophets and writers, that in the mystery of inspiration, God made sure that these men wrote down the truth, guarding their minds and their thoughts to speak forth that which is true, and so we trust the scriptures as God’s words given to us through men. As we read Ephesians six beginning at verse ten this morning, please remember that he spent the first three chapters explaining the salvation that we have in the Lord Jesus Christ: that He is the Son of God who was born of the Virgin Mary, and He came into this world to live a life without sin and die upon the cross as a perfect sacrifice for sinners. And Paul taught in chapter two that those who trust in Christ as their savior, who come to him raised from the dead (which he is), and cast their hope of eternal life upon Him, shall have it as a gift. And in that coming for salvation, that faith is a submissive faith, which bows the knee to Him and says, “Lord, now what would you have me to do?” That is true faith. So we now come to Ephesians six where Paul tells us that when you come to Christ as a Christian you are entering into a spiritual battle; and so he says in verse ten:

Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you may be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you may be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missals of the evil one. And take up the helmet of salvation, and the sword of the Spirit, which is the word of God.

With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints, and pray on my behalf, that utterance may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, for which I am an ambassador in chains; that in proclaiming it I may speak boldly, as I ought to speak.

On Friday a Wal-Mart employee was trampled to death when he opened the door to a crowd of hundreds of shoppers. They pushed their way in, trampling him under their feet and killing him. Other employees were hurt and trampled when they came to his aid. The mob just stepped over the hurt people on their way to shop for bargains. When ordered by the store manager to stop and exit the store because of this death, the shoppers refused. They had been there for hours waiting to get their bargains. Others present were horrified that they could see something like this happen, that people could be so hard hearted about it, and one witness called them savages.

Now you may sit back and shake your head and wonder: what in the world were these people thinking? What is wrong with these people? Or even say, ‘They weren’t thinking at all, they were just reacting.’ But the bible teaches: as a man thinks so is he, and out of the heart flows the issues of life: evil thoughts, murders, adulteries, fornications, false witness, slanders, and all manner of greed. So we have to assume that these people were thinking. These savages

did think about their actions and decided that shopping for bargains was more important than courtesy, order, and human life.

While some try to understand how people could think this way and be so unfeeling about others, the bible says that this is simply human nature unchecked; that the reason that God brought the flood upon the face of the earth, was because “he looked down upon the earth and he saw that every thought and intent of man’s heart was only evil continually.” And so He decided to bring judgment upon all men because of their sin upon the earth and He brought the flood, saving only Noah and his family.

It is the selfishness of sinful human nature without a conscience toward God that explains these people’s actions. And Paul describes such a heart perfectly to the Ephesians because this is the way the Ephesians use to be. Raised in that pagan culture where Diana of the Ephesians was worshipped and all kinds of drunkenness and orgies and immoral worship, they saw people raised up to all kinds of heightened lust after things of this world; and he said to them in Ephesians 4:17: “This I say, and testify in the Lord, that you must no longer walk as the gentiles do in the futility of their mind, being darkened in their in their understanding, alienated from the light of God because of the ignorance that is in them, due to their hardness of their heart; and they, having become callous, have given themselves up to sensuality greedy to practice every kind of impurity. But this is not the way you learned Christ.”

He is speaking to people who were like that who now have become different and he is exhorting them not to go back to that paganism. Paul contrasts that pagan thinking with what they learned from Jesus Christ, the Son of God, and the truth about Him. And he is saying that only Jesus Christ will stop man from thinking and living this pagan way. What is wrong with these people at Wal-Mart? They were simply acting like natural human beings, without giving submission to the God who made them and the Lord Jesus Christ who came to save sinners.

Now one of the things that shock our minds is that we read things like this in other countries and we say, ‘Well, those people are like that.’ But how could this happen in America where there is a church on every corner? Well, the answer of history, (and I do believe some of those people went to church last Sunday), the answer of history is that courtesy, kindness, unselfishness, restraint of one’s sinful selfish passions, common sense, morals, and respect for life, came to America through Jesus Christ’s teachings about loving your neighbor as yourself. That original base of the Puritans and of the Colonies was: that the truths of the bible about morality and courtesy and respect for other people and other people’s property, and all these things, are God’s will for man. And so for two hundred years we have been living off of that original influence on society of Christian virtues. Even if people are not Christians the pressure of society in the morays pressed them into behaving somewhat decently.

But now for at least three generations, Christian thinking has been rooted out of education by design. It has been removed from family life. The teaching of children the Ten Commandments, the belief in God, this basis for teaching them how to be courteous for others and concerned for others instead of self centered, has been missing. Now we are paying for it. We are starting to act like it more and more. That is why philosophy divides periods of American history from that of ‘believism’ to starting in the nineteenth century to Modernism, to around 1950 to following Post Modernism, and now Post Christian. That is the term that historians and

philosophers put upon our country today. We are past Christianity. We are past the influence of Christianity and it is starting to take over our minds and our nation and that is why those people did what they did at Wal-Mart.

As a man thinks so is he. The unbeliever thinks like an unbeliever, acts like an unbeliever, and lives for self and self-centeredness without caring what God thinks or anyone thinks about his behavior. It leads to great sin against others. The believer thinks like a believer knowing that they deserve nothing from God, thankful for anything good He brings their way, and desiring to overcome a selfish heart and be like this unselfish God who gave and sacrificed His Son on his or her behalf. They want to live God’s way in the world because they love this God who gave Himself for them, no matter what it cost, even if you have to miss a bargain.

The none-Christian’s understanding of life is darkened and ignorant of God’s way and calloused in conscience. He or she thinks in terms of sensuality and materialism and pleasure: what can I have? What can I do? What can I get? I, I, I ... and their thinking is so focus and consumed on the things and activities and pleasures of this world, that they have no time to think about God, to deal with their own heart and soul before God, and to consider what God wants of them. In fact Paul says when the thoughts of God enters their minds in Romans 1:18, because they do have some conscience that there is a God, and they are responsible for their actions to Him, when those thought come, they actually “suppress the truth in unrighteousness” because it would hinder them from getting them to do what they want to do.

That is what we are really like. We are all by nature a Wal-Mart mob. You say, “Well, I am not that way!” Well perhaps you have been raised in a family or a culture or a church that has taught you differently and that is the only reason you are not that way. If you had been raised and born where they were born, raised in the family they were raised in, without teaching of God and His truth, you would be just like them. Maybe you don’t realize how much the circumstances of your life have been arranged by God to keep you from being what you could be. But the truth about the gospel of Jesus Christ is that when one comes to Him everything changes. If He rose from the dead, and He is the truth as He said He was, then it starts to take precedence in your thinking, in your feelings, and what you choose to do, because as a man thinks so is he.

God made us in His image to love him with all our hearts, to know him and fellowship with him. He made us to love our neighbor as ourselves, and be considerate, be sacrificial, be unselfish, be courteous, be kind, and be forgiving. This world would be so different if we were that way by nature, but we are not. If we would come to the living God, all of us, and submit to him as our God and live the way he calls us to live, there would be no more Wal-Mart tragedies. There would be no more war. There would be no more adultery and broken homes and abortion, laziness and hatred. We are literally killing ourselves with unbelief in our nation. And until the gospel of Jesus Christ is preached and shines again beyond just historical morays of morality and people’s hearts begin to bow the knee to Him by faith in Him and change their lives to live for His glory, this country will not change.

The philosophy of the world is: let us eat, drink and be merry no matter who it hurts, for tomorrow we die. And that was King Solomon’s philosophy in Ecclesiastes. He built buildings, he built armies, he tried comedy and humor, he had over a thousand wives and concubines, he at times experimented with drunkenness and drugs to find out the meaning of life, and in the end

when he had spent most of his life trying to find some kind of comfort or happiness or pleasure in the things of this world he came to the conclusion and wrote in Ecclesiastes that all is vanity. We all die. We all go to heaven or hell and somebody else owns everything that we have. And then he wrote: “The end of the matter of all that I have heard is this: fear God and keep His commandments for this is the whole duty of man, for God will bring every deed into judgment with every secret thing whether good or evil.”

He wasted his life; he wasted his time trying to find some meaning and happiness and pleasure in life, and he went to this, to this, to this, to this, and having exhausted everything, (perhaps the riches man on the earth at that time), that he could afford. He found that it was meaningless and nothing. And he bowed his knee before God, as far as we know in Ecclesiastes, and said, “What matters is knowing this God who made us; fearing him, believing in him and living on earth the way he wants us to, the way he has commanded.”

And what has God commanded the goal of every human being in life? It is this: the two great commandments that Jesus spoke from the Old Testament: to love God with all your heart, soul, mind and strength, and to love your neighbor as yourself. To know God and live like that is the true meaning of life; to be restored to fellowship with the eternal God who made us, knowing Him, looking at the cross of Jesus and seeing a justice so perfect that it required perfect atonement to pay for our sins, and to see a grace so rich and kind that it would sacrifice even His only begotten Son to make atonement for us, to see God in His nature as worthy to be known and loved and then to have him; to have his forgiveness and love and presence, to have his care over everything in our lives as Jesus taught in the sermon on the mount: God cares for the birds of the air and the lilies of the field, does he not care for you; can he not care for you?

Which thinking dominates your life each day? A heart that is thankful for God’s blessings upon you in the Lord Jesus Christ and the salvation he has given to you? The promise of daily care, the promise of a future: that when you die you will not enter eternal judgment and hell, but you will enter into eternal life with God? Which kind of thinking dominates your life? That it is more important to become like God than to live in sin and evil? It will tell you a lot about yourself. Paul said that for the Christian every day there is a spiritual battle and warfare; and in 2 Corinthians 10 he said, “Though we walk in the flesh, we are not waging war according to the flesh, for the weapons of our warfare are not of the flesh, but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised up against the knowledge of God, and we take every thought captive to obey Christ.”

His ministry was to destroy the work of Satan who deceives our minds that sin is good and self-rule is right. And he says, ‘We preach Jesus Christ who teaches that sin is evil and the rule of God is right.’ And as he preaches and as he lives with his own mind and spiritual warfare between good and evil, he remembers Jesus Christ and takes captives those evil thoughts and those temptations to sin against God and man, and brings them under the power of Christ, to love God with all his heart, to love his neighbor as himself.

We live in a spiritual battle for our mind everyday between Christ and Satan. This is not a fairy tale or an old wives tail. It is not superstition. The entire bible teaches that Jesus Christ lived in history, died on the cross, rose from the dead, ascended to heaven and is coming again. It also teaches that he met face to face with an evil angel who tempted him to sin. And Jesus himself

and his apostles taught that this one still enters into this world and prowls about like a roaring lion seeking whom he may devour; whom he may destroy by bringing temptation to evil, whether it is to reject the truth of Christ and that there is a God, or to dishonor one's parents and disobey them, to commit adultery, to commit murder, to hate in the heart, to lie, to cheat and to steal. He does all these things that bring destruction, and tempts us to all these things that bring destruction to our lives, which destroy our very families, these things which harden our conscience, and these things which harden our hearts to feelings of love to God and man.

But Jesus Christ came into this world to reverse the fall of man and the hardness of heart, and to transfer us according to Paul from the kingdom of darkness to the kingdom of God's dear Son, and to learn how to love again, to overcome selfishness and self-rule, to be a light in the darkness instead of part of the darkness of this world, to show the truth that God lives and despite all the psychology and the social movements that have happened for centuries, the only thing that can change human nature and change the human heart is the encounter with the living God in the face of Jesus Christ: where a sinner bows the knee to the son of God and says, 'Lord have mercy upon me; and he hears these words: "The one that comes to me I will not cast out. He that believes in me has eternal life; does not enter into judgment but has passed out of death unto life." And this sinner now falls in love with God the Son and spends the rest of his days seeking to love Him and keep His commandments and bring glory to him by the way he lives.

No these people weren't thinking that at Wal-Mart, but we are just like them without Christ; without the God who comes to our conscience and holds us accountable for our actions; without the God who sent His Son to be our salvation.

Now in this armor of God, that we are to pick up to fight against the evil one, he says, 'First of all, put on the belt of truth, that is that God's word is true, that there is such a thing as absolute truth to live by. Let *that* be the core of your being of a Roman soldier's armor. And then he said, 'Take up the breastplate of righteousness and cover yourself with it, that you are a sinner and you deserve God's wrath, but under the righteousness of Christ, the gift of his righteousness to those who believe in Him, God accepts you as His child as if you have never sinned.' (That is how we can know that we can live in the presence of God all the time: the righteousness of Christ.)

And then he said, 'Put on the gospel shoes of the foundation of the gospel everywhere you go, to make you strong thinking of that gospel, and take the shield of faith: that is always remembering and believing in the face of Satan's fiery darts and evil thoughts and temptations that he brings our way, hold up the shield of faith, and say, "I believe in Jesus Christ. This is not a false truth it is a real truth, and He is alive, and I believe in Him, and I will not go this way."

But now he talks about a helmet of salvation. Every Roman soldier had a helmet as he went into battle. Paul is chained next to a Roman soldier in the Roman jail when he wrote Ephesians. And he could see each piece of armor, and he saw that Roman helmet, and he thought to himself going out to live as a Christian is like going to war with sin and Satan and the world, and I need a helmet: a helmet of salvation to help me.

Now what is this helmet first of all? What is the symbol of a helmet? The Roman soldier's helmet was largely made of very thick leather; sometimes almost a half inch thick which covered the entire head to ward off the blow of a sword or to soften the blow of hammer. And sometimes

the soldiers, if they could afford it, attached pieces of brass or bronze all over that leather helmet to make it more likely to ward off a sword's blow and a strike to the head. Those who were able to purchase their own helmets sometimes had a complete helmet made of bronze or brass, and these soldiers were more protected than any of them. The Roman helmet usually had something of an insignia or plume on it to tell whether they were infantry or artillery, or something else, but the idea was to protect all around the head.

It was meant to protect the brain in battle; to protect one from concussion that confuses the thinking of a soldier. And so Paul looked at that helmet of a Roman soldier, and said, 'You know what? We need salvation surrounding our head and thinking like a helmet.' Now he also had the image from the Old Testament, in which God himself put on a breastplate of righteousness and put the helmet of salvation on His head in Isaiah 59, when he came down to fight against his enemies and to protect those who were his believers. But nevertheless, Paul chose that image of a helmet: the helmet of salvation.

But what does it mean to wear a helmet of salvation? Well, it means that it is designed to protect our thinking, to protect our minds about living as a Christian. The truth of God's salvation is to surround and mold the mind and the thinking of the Christian about everything. So the Christian fights against Satan's schemes to draw us into anger and immoral lusts and to lying and cheating and stealing, rebellion against the authorities God has placed over us, an unwillingness to worship God in the heart; he comes with these temptations and it is that helmet of salvation that enables us to resist the sin.

Here the word salvation means more than just the forgiveness of sins. The Christianity that is taught in so many of the churches in our country doesn't even qualify. Jesus did not come just to give us the forgiveness of sins and heaven. He came to restore us to the image of God from which we had fallen and to make us like himself again; not just to take us to heaven when we die but to transform our character on earth. Romans 8:29 says that "Whom he foreknew, He predestined to become conformed to the image of His Son, so that he would be the firstborn among many brethren." Jesus died and shed His blood to transform our character as well as to bring us to heaven.

Christianity is a complete package. When Paul was writing to Titus, he was trying to explain that the salvation that has come to us is actually Jesus Christ himself. All that He is and all He accomplished and all that He does for the sinner now, both in the past and the present and the future, and he was saying that this salvation is so comprehensive that when you understand it, when you believe it, and when you live with it surrounding your thinking it transforms you into a person that is like the Lord Jesus Christ and makes a difference in your life. Here is what he said in Titus 2:11, "For the grace of God has appeared..." (That word *grace* is meaning Jesus Christ, Jesus Christ has appeared. When we look at Him we see the one full of grace and truth and we see on the pages of the scriptures in history, that have been recorded here, when we look at him in the scriptures, we are looking at the grace of God; what God is like in his mercy, what God is like in His kindness and sacrifice and love; how he received sinners and welcomes them into his presence, how he transformed these ignorant disciples into godly men.)..."the grace of God has appeared like a sunrise on high bringing salvation for all people; training us to renounce ungodliness." Now he is talking about what Jesus Christ came to do in bringing God's grace to men; training us to

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“renounce ungodliness and worldly passions and to live self controlled, uprightly, and godly lives in the present age” (verse 12). And not only that, but waiting... “waiting for the blessed hope, the appearing of the glory of our great God and Savior, Jesus Christ” (verse 13)... waiting for His return, believing in Him.

The salvation of Christ is not just on the cross so long ago, though that is the foundation of it, it is completion when he returns and makes all things new and raises us from the dead as he promised to enter a new heaven and a new earth; “waiting for the blessed hope the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us” (verse 13)...why?... “to redeem us from all lawlessness...” (That is rejecting living according to God’s law: being disobedient and not caring, but rather looking at God’s commandments and saying, ‘I will bring all of my life under His rule.’)

“...to redeem us from all lawlessness and to purify for Himself a people for His own possession who are zealous for good works” (verse 14).

All of that is salvation. The grace of God has appeared in Jesus Christ to make us like Him. When we reduce the salvation of Christ to simple forgiveness of sins and don’t worry about hell, we are actually saying we haven’t gotten it at all, because He came to transform us into His image: to love God with all our heart, to love our neighbor as ourselves, and to do unto others as we would have them do unto us, to change our world by how we live, and to preach to our world that Jesus Christ is real. To put on the helmet of salvation means that you have determined to think about everything in your life from the viewpoint of the truth of that complete salvation. It means that when you are tempted to sin against God, and you think of the pleasure of that sin and the momentary satisfaction it brings, you remember the Son of God crucified upon a tree who has given you heaven: eternal life; who gave himself to rescue you from doing evil; and you think about the joys and happiness of the new heaven and the new earth that he has purchased for you and you compare the eternal blessings that God has given to every believer in Christ to the pitiful offerings of sin, and you turn from sin to Christ: from anger and bitterness to forgiveness and patience, from sinful lusts to the purity of Christ and faithfulness to your spouse or future spouse, that you turn from lying and stealing and remember that God has told you the truth about your soul, the truth about Christ, and the truth about your future. How can you live in lies?

And on and on we go, we let the salvation: that God has brought us in the cross of Christ, his preserving salvation today, whereby his spirit dwells in every Christian; with us, never leaving or forsaking us, bringing to our remembrance God’s word, working in our conscience to teach us how to live for Christ. We also remember that future salvation that awaits us and we say, “I have everything that I need for happiness in this world. I don’t need sin anymore.”

Putting on the helmet of salvation keeps you thinking straight, keeps you from getting confused from a hit on the head by Satan and getting a concussion as you walk through the circumstances of your life you consider: What has this situation have to say ten years from now? How important will it be then? And even greater: what difference will this make in a thousand years or a million and into eternity? Compared to all that God has done for me in Christ, what has sin to offer but death and destruction? And looking into face of Christ and the eternity that he is

preparing for every single one of his people we are able to live as Christians in this world; to say no to selfishness and self-rule and say yes to a life of sacrifice to loving God and loving others.

Well how do you put on this helmet of salvation every day? And the answer is by faith. You have to believe it every day. You have to take it up every day as you get up in the morning to remind yourself that there is a God and I am his child and he has shed blood for me and I am his and he is mine. And this day is a day to live for him not for myself; to show the love and grace of God to my family instead of expecting them to show it to me, to go to work and be the best worker I can be instead of stealing from my employer by laziness, to go to church with a clear conscience in the way I have lived this past week for Christ, and if there should be something I should have fixed for somebody I go and do it and come in and worship the God who sent his Son for me with a clear conscience and with thanksgiving for his grace.

Ephesians 1, if you will turn there with me, Paul rehearsed beginning at verse 3—the salvation of God, the helmet of salvation, is this: Ephesians 1:3-14, this is that complete salvation. He even continues on through the rest of the book, but he starts off in verse three: “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.” Every time you see the phrase ‘in Christ’ you are thinking about the cross, the crucifixion, the nailing to the tree, and taking your sins upon himself and paying the full price of them in the wrath of God, that all these blessings may flow to you.

“Blessed be this God who has blessed us with every spiritual blessing” (verse 3). Paul often begins his letters this way. And this is how we need to wake up in the mornings: remembering the salvation of God, the blessings. “Just as he chose us in Him before the foundation of the world,” it says in verse 4, that God knew us before the world began and sent his Son in time to bring us to his side as his children.

“That we should be Holy and blameless before Him...” (verse 4). This is the design of God: to make us like himself again, from the defiled image that we have made ourselves. “...in love He has predestined us to adoption as sons through Jesus Christ” (verse 5). Through Christ and his salvation we are the adopted children of God and have all the privileges and the rights and the future that any adopted child has: an inheritance that will not fade away.

“According to the kind intention of His will to the praise of the glory of His grace which he freely bestowed on us in the beloved” (verse 6). God did not have to save anyone here, but if he brought the truth to your life, if he brought it to your ears, if he caused his Spirit to stir up your heart in your sinfulness and your need of a savior, it is all of God. You have been blessed beyond measure to have that work of Him in your heart and mind. Do you remember it?

“In Him we have redemption through His blood, the forgiveness of our trespasses according to the riches of His grace which He lavished upon us” (verses 7-8). Undeserved mercy, undeserved kindness, undeserved salvation; lavished like a river that flows in upon us; this is what Paul is doing here. He is reminding them of the helmet of salvation. The things to remember so they will think straight about life: if Christ is really true, if he really rose from the dead then all these things are true and more important and more substantial than any kind of evil this life has to offer, any kind of sin against God; and this actually brings a great joy: that everything we have that is good is a gift undeserved.

So when you get up in the morning you think about Christ, and you think like this because the love of Christ controls you having concluded this: that one died for all, therefore all died, and He died for all that they who live shall no longer live for themselves but for Him who died and rose again on their behalf. Why would anyone no longer live for themselves? Got to be a good reason. Selfishness is too ingrained; we will walk over dead people to get to a bargain on the counter. It takes something pretty important to change our nature and our thinking, and that thing, the only thing that will, is the realization that God the Son had to be nailed to a tree to make me right with God. And that is a great gift and a great reason to live for this One who gave His life to save mine.

It means as you walk through the day you think about this One who worked in a carpenter shop all day long sweating in the heat of Judea without air conditioning to support the rest of the family after Joseph died; who knows what it is to do business with people that lie and cheat and try and manipulate you to get a better deal; and yet who Himself never sinned or lied; and to think about that, no matter how difficult it is to live in this world, at work, or at home, or sometimes even in the church of Jesus Christ.

Jesus rose from the dead to show us that there is a future resurrection and there is something that is going to happen that is so amazing and so wonderful we will not be able to take it in now fully, and even then, it will take an eternity to take it in. For in 1 John 3:1, John tried to explain this and he said, “See what kind of love the Father has given to us that we should be called children of God and so we are. The reason why the world does not know us is that it did not know Him. Beloved we are God’s children now and what we will be has not yet appeared, but we know that when He appears, we shall be like Him.” We shall be like Him. No sin, no evil, no selfishness; we shall be like Him, because we shall see Him as He is.

And every one who thus hopes in Him, that is, who continually hopes in Him through the day as he walks, purifies himself as He is pure. When we think of this complete salvation from beginning to end, it helps us to think straight now in the way we talk to others, in the way we think about others, and what we choose to do or choose not to do. The exercise of faith in our lives is believing the truth and acting upon it. Remembering and believing Jesus Christ’s love for us and the blessings he has brought to us so that it motivates us to overcome selfishness and the attractions of sinful temptations to live godly in this present age; that is what it means to put on the helmet of salvation: continually putting it on.

Every time the Roman soldier went to bed at night he usually put down his shield and unbuckled his sword, at least he took his helmet it off where he could rest it on a pillow, but we cannot do that, because when we go to bed at night it is the helmet of salvation that reminds us of how we have lived that day for One who gave so much for us. It reminds us of what sins we have committed and need to confess before God. And that helmet of salvation, as we lay our head on the pillow, brings to mind how we shall live better for Christ tomorrow and love God with all our heart, and love our neighbor as yourself, and even as Jesus said: love your enemies. We need the helmet on when we go to sleep so it will be on when we wake up.

Though we walk in the flesh we are not waging war according to the flesh, for the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised up against the knowledge of God and take every

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thought captive to the obedience of Christ. If you do not know the hope and protection of God’s salvation over your mind and thinking, you are dominated by sin and temptation to sin, you are confused about the meaning of life, the purpose of life, or you are just depressed about it, you need the helmet of salvation of Jesus Christ. You need to come to Him as you are and repent of self-rule and self-interest as the motive of your life and be humbled and conquered by the One who is totally unselfish and absolutely loving to give His life for the likes of you. And at His feet be transformed, not only forgiven of sin, not only promised untold blessings that you can only image, but also, transformed in the way you think about life from then on: to love one another as He has first love you, to forgive one another as He has forgiven you, and to serve one another as He has served you.

If you put on the helmet of salvation, you will always think like that and your life will change more into the image of Christ. Husband, wives, parents, children, workers, bosses, friends at church, whoever and where ever, when we put on the helmet of salvation it causes us to think differently. Come to Christ. It is that simple and it is that profound.