

“The Helmet of Salvation”  
Ephesians 6:17  
(Preached at Trinity, March 13, 2016)

I'm supplying these notes for the benefit of busy pastors who may be engaged in bi-vocational work, feeling the pressure of preparing to preach twice on the Lord's Day while trying to balance full-time secular work as well as caring for their families. While the notes of another man are no substitute for personal study, I pray that these may aid in the process of preparing to preach.

**Disclaimer:** These are the actual notes I bring with me to the pulpit, which I follow loosely. They are not designed for publication. While I try to make every effort to give proper credit to my sources from the pulpit, adequate citations will sometimes be absent from my notes. If anyone feels their intellectual material has been used without adequate citation, please contact me and I'll make immediate correction giving credit.

1. The Christian life is one of intense warfare with a powerful, unseen, unrelenting enemy. We need to engage this enemy with courage and strength. But our strength is not our own.  
**Ephesians 6:10-11 NAS** - "Finally, be strong in the Lord, and in the strength of His might."
2. We also need strong armor that is also not our own.  
**Ephesians 6:11 NAS** - "Put on the full armor of God"
3. We've been looking at this armor. Paul is describing the armor in a particular order. This would have been the order in which it was put on by the soldier.
  - A. Paul describes the first piece of armor as a belt; a girdle worn around the waist. This belt was put on before anything else. It held the loose clothing in place so the warrior could march forth unhindered. Paul calls this belt truth. This is something we must actively put on in order for us to be adequately prepared for battle.
  - B. The second piece of armor is the breastplate of righteousness. This was an important piece of armor covering all of the vital organs. Paul is saying that righteousness is our breastplate. This righteousness must involve our entire being. It defines us, characterizes us. It gives us confidence before God. It equips us to stand against the lies and accusations of Satan.
  - C. The third piece of armor is Gospel shoes. The soldier's shoes protected the feet and allowed the necessary mobility for war. The Gospel provides us protection, mobility, and confidence as we battle with Satan.
4. As we've seen, this armor is given in the order the soldier put it on. He first pulled his tunic up and secured it around the waist to allow for free movement. Then he covered his torso with a breastplate. This protected all of the vital organs. Then he put on his shoes in preparation for agility and movement.
5. The first three pieces of armor were objects to "put on." In other words, they were worn. The remaining objects were to be taken up—a shield, a helmet, and a sword. Last time we saw the first of these, the shield.  
**Ephesians 6:16 NAU** - "taking up the shield of faith"  
Paul says this shield protects the Christian warrior the fiery arrows of the evil one. The Christian's faith is an impervious shield that is able to extinguish the fiery arrows of Satan. It enables the believer to call upon and trust in God, embracing His promises and waiting upon God for the performance of them
7. Now we come to another piece of armor that the soldier took up before going into battle. It was essential that he take a helmet to protect his head. Paul calls this the "helmet of salvation."

8. The Roman soldier's helmet was usually made of leather with metal plates to protect his head from the blows of the enemy. The Spiritual implications are obvious. The focus of this spiritual armor is the mind, the understanding.
9. It is true that the other pieces of armor also protect the mind. The mind certainly must be girded with truth. The mind surely includes the emotions which the breastplate protects. The gospel of peace is seated in the mind. The shield of faith is not removed from the understanding of the mind.
10. The helmet of salvation protects us in a different way.
  - A. The Christian life is very difficult.
    1. There are struggles against sin and temptation
    2. The world has an unrelenting draw
    3. There are Christian disciplines to which we must attend
  - B. On top of this there is discouragement as we view the world
    1. No one is concerned about God - His Law is ignored. Few give any respect to the Sabbath. Sexual purity is almost non-existent.
    2. There is a rising tide of hatred directed at God and against those who live for Him. We used to hear of Christophobia – a fear and hatred of Christ. The term Christianophobia now is very much a reality – a fear and hatred of Christians. We are labeled as intolerant and narrow minded, incapable of critical thinking.
    3. Few today are concerned about truth and even fewer can actually identify what truth is.
    4. Satan tempts us with despair - he tells us the job is too great - the Christian life is too difficult - give up!
  - C. Paul is telling us that at this very point we must take our helmet of salvation - what does he mean by this?

I. What is the helmet of our salvation?

As always, the best rule for the interpretation of Scripture is to allow Scripture to interpret Scripture. Do we have any other light on this helmet? Yes we do.

**1 Thessalonians 5:4-8 NAU** - "But you, brethren, are not in darkness, that the day would overtake you like a thief; <sup>5</sup> for you are all sons of light and sons of day. We are not of night nor of darkness; <sup>6</sup> so then let us not sleep as others do, but let us be alert and sober. <sup>7</sup> For those who sleep do their sleeping at night, and those who get drunk get drunk at night. <sup>8</sup> But since we are of *the day*, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation."

- A. Isn't our salvation something we already have? Yes, but no.
  1. The best way to see our salvation is "already" & "not yet"  
It has a past, present, and future aspect  
**Romans 13:11 NAU** - "*Do this, knowing the time, that it is already the hour for you to awaken from sleep; for now salvation is nearer to us than when we believed. <sup>12</sup> The night is almost gone, and the day is near. Therefore let us lay aside the deeds of darkness and put on the armor of light.*"

2. Paul refers to our salvation as "the hope of glory"  
**Colossians 1:26-27 NAU** - "the mystery which has been hidden from the *past* ages and generations, but has now been manifested to His saints, <sup>27</sup> to whom God willed to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory."
  3. Our helmet is an infallible hope for that which is above this world.
- B. Our protection against the attacks of Satan against our mind is this hope of glory
1. When all seems hopeless, when we are about to give way to despair we are reminded of our hope of glory - the helmet of salvation – the promise that Christ is going to return and we shall be with Him
  2. This is the consistent teaching of the New Testament  
**2 Timothy 4:7-8 NAU** - "I have fought the good fight, I have finished the course, I have kept the faith; <sup>8</sup> in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing."  
**Titus 2:11-13 NAU** - "For the grace of God has appeared, bringing salvation to all men, <sup>12</sup> instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, <sup>13</sup> looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus,"  
**Hebrews 6:19-20 NAU** - "This hope we have as an anchor of the soul, a *hope* both sure and steadfast and one which enters within the veil, <sup>20</sup> where Jesus has entered as a forerunner for us, having become a high priest forever according to the order of Melchizedek."  
**1 John 3:2-3 NAU** - "Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. <sup>3</sup> And everyone who has this hope *fixed* on Him purifies himself, just as He is pure."

## II. How does this helmet work?

- A. Remember, the helmet is protection for the head - the mind
  1. It affects how we think which affects our actions
  2. What would cause a man to sell all of his possessions and go to a foreign land amidst danger, disease, and discomforts
    - a. Because he has on his helmet - his hope is upon another world - (compare to the worldling whose hope is earthly)
    - b. God's people can see beyond this world. Our mind has been transformed. We have on the helmet of salvation

- c. This is what brought Abraham to leave all behind to begin a journey to a strange land  
**Hebrews 11:8-10 NAU** - "By faith Abraham, when he was called, obeyed by going out to a place which he was to receive for an inheritance; and he went out, not knowing where he was going. <sup>9</sup> By faith he lived as an alien in the land of promise, as in a foreign *land*, dwelling in tents with Isaac and Jacob, fellow heirs of the same promise; <sup>10</sup> for he was looking for the city which has foundations, whose architect and builder is God."
- d. This is why we spend time going door-to-door? We are able to see beyond this world.  
 One minute into eternity what will we think of yards to mow or all of the endless projects that consume our days
- B. If ours is a heavenly hope it keeps us resolute in denying those things which hinder our journey towards it  
**Hebrews 12:1-2 NAU** - "let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, <sup>2</sup> fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."
1. It is wrong to see salvation as something you enter – that you can make a decision which allows you to enter in and its done.
  2. Salvation is described as a journey, a race to be run, a fight to be fought, "a narrow way which leads unto life."  
 If your Christian profession has not led you to an active pursuit of the Kingdom of our Lord, you have no confidence that you have entered
  3. Peter called our hope a "living hope"  
**1 Peter 1:3-5 NAU** - "Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup> to *obtain* an inheritance *which is* imperishable and undefiled and will not fade away, reserved in heaven for you, <sup>5</sup> who are protected by the power of God through faith for a salvation ready to be revealed in the last time."
  4. The Christian has vowed the death of his lusts  
**1 John 3:3 NAU** - "And everyone who has this hope *fixed* on Him purifies himself, just as He is pure."  
**2 Peter 3:13-14 NAU** - "But according to His promise we are looking for new heavens and a new earth, in which righteousness dwells. <sup>14</sup> Therefore, beloved, since you look for these things, be diligent to be found by Him in peace, spotless and blameless,"  
**Philippians 3:13-14 NAU** - "Brethren, I do not regard myself as having laid hold of *it* yet; but one thing *I do*: forgetting what *lies* behind and reaching forward to what *lies* ahead, <sup>14</sup> I press on toward the goal for the prize of the upward call of God in Christ Jesus."

- C. All men have set their hope on something
1. Nothing can separate a carnal man from his carnal hopes
    - a. Material things - the new car, house, job
    - b. The good life - vacation, retirement
  2. You cannot separate him from his love of this world  
You cannot scare him from his love of this world
  3. Only God can grant unto us this blessed hope that looks beyond this world. Nothing but this blessed hope of salvation can keep our minds fixed upon glory  
**Colossians 3:1-2 NAU** - "Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your mind on the things above, not on the things that are on earth."
  4. Only the helmet of salvation will lift the mind above this present world.

### III. Exhortations of how we might strengthen our helmet - increase our hope

- A. Study the Word of God diligently
1. We were begotten by the Word - if we do not feed upon it our increase of grace will die - if we do not feed our soul we it will continue to weaken
  2. The Word of God is the chief means of grace  
**Romans 15:4 NAU** - "For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope."
  3. Satan knows this well and will try to deprive you of God's Word. He will keep you occupied and entertained on endless other things.
  4. How can you be strengthened in a hope of which you know so little
- B. Keep your conscience pure - nothing so hinders our hope of glory than a conscience wounded by sin
1. This demands the active denying of sin  
**Titus 2:11-13 NAU** - "For the grace of God has appeared, bringing salvation to all men, <sup>12</sup> instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, <sup>13</sup> looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus,"
  2. The solution for a wounded conscience is confession and repentance  
**1 John 1:6-9 NAU** - "If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; <sup>7</sup> but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. <sup>8</sup> If we say that we have no sin, we are deceiving ourselves and the truth is not in us. <sup>9</sup> If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."
- C. Turn to God continually in prayer
1. We are strengthened in fellowship with God
  2. We are strengthened as we draw near to Him  
**James 4:8 NAU** - "Draw near to God and He will draw near to you."

- D. Labor to increase your love
1. That you might love Jesus more  
**Jude 1:20-21 NAU** - "But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, <sup>21</sup> keep yourselves in the love of God, waiting anxiously for the mercy of our Lord Jesus Christ to eternal life."
  2. Love strengthens our helmet of hope  
**1 John 4:15-18 NAU** - "Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. <sup>16</sup> We have come to know and have believed the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him. <sup>17</sup> By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world. <sup>18</sup> There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love."
- E. Store up memories of past mercies. The mind is a wonderful storehouse of memories. We must remember our experiences of grace.  
**Romans 5:1-4 NAU** - "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. <sup>3</sup> And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; <sup>4</sup> and perseverance, proven character; and proven character, hope;"

#### Conclusion:

1. We have some strong armor, but do not fail to put on your helmet of salvation - the blessed hope of glory—the ability to look into eternity.
2. With this hope life's circumstances become insignificant.  
**Philippians 4:12-13 NAU** - "I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. <sup>13</sup> I can do all things through Him who strengthens me."
3. We are not of this world. May we keep our eyes on our hope of glory. Satan's flaming arrows cannot permeate the mind of the one's whose eyes are fixed upon the hope of eternity.