

Ephesians 6:17 *And take the helmet of salvation, and the sword of the Spirit, which is the word of God:*

I. Introduction

A. Review: The first four weeks of this series we've studied¹:

1. [An overview of the armor of spiritual warfare](#), Ephesians 6:10-13
2. [Truth and Righteousness](#) (the breastplate and belt), verse 14
3. [The Power of the Gospel](#) (the shoes of the warrior), verse 15
4. [The Priority of Faith](#) (the shield), verse 16

B. Every day every Christian is in spiritual warfare. Some of the battles in this war are:

1. The fight for our own walk with God
2. The fight with our flesh for control of our lives
3. The fight with the world for our testimony
4. The fight with the devil for the souls of unsaved people we know

C. Spiritual armor is given to us by God for use in these battles. The armor we have looked at so far:

1. The belt which protects the loins (abdomen) of the soldier
2. The breastplate which protects the vital organs (heart and lungs)
3. The shoes allowing the soldier movement on an uncertain battlefield
4. The shield of faith which protects us from our enemy's weapons

¹ To download the sermon notes for these lessons, hold down the CTRL key on your keyboard (the cursor will turn into a little hand) while left-clicking on the blue (or sometimes purple) text. If a small box pops up asking you if this is from a trusted source, click OK. The notes will appear as a small rectangle in the lower-left corner of the window. Left-click on the up arrow, then choose 'Open'. The notes should automatically open in an Adobe Acrobat Reader window.

II. The Helmet of Salvation

A. “And take...” (verses 13, 16, and 17) The helmet (and all the armor) must be **received** before it can be used. Salvation is provided freely by our Savior, but **we must receive salvation** before it will benefit us.

1. Without armor, a soldier will not be effective (and probably won't survive) on the battlefield. God wants us to put on our armor every time we join the battle, which is every day.
2. Salvation (the helmet) protects us in several ways:

- i. It protects our thoughts, keeping us pure and useful to our Commander. In the same way, the helmet protects our head, the location of our thought process (our brain or mind).

*2Corinthians10:3-5 For though we walk in the flesh, we do not war after the flesh: (For **the weapons of our warfare are not carnal** [not physical], **but mighty through God to the pulling down of strong holds** [but God's power will allow us to see evil in thought processes in order to correct them];) **Casting down imaginations** [errors which sound reasonable], **and every high thing that exalteth itself against** [and arrogant thoughts that seem intellectual but insult] **the knowledge of God, and bringing into captivity every thought to the obedience of Christ;***

- ii. It protects our senses. Four of our five senses (sight, hearing, taste, and smell) are completely located in our head. Without the helmet these senses can be easily damaged or destroyed. In the same way, the senses can feed the mind for good or for evil. Some Bible verses explain that:

*Mark 9:47 **And if thine eye offend thee** [causes you to sin], **pluck it out: it is better for thee to enter into the kingdom of God with one eye, than having two eyes to be cast into hell fire:***

*Luke 11:34-35 **The light of the body is the eye:** therefore when thine eye is single [good, healthy], **thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.** ³⁵**Take heed therefore that the light which is in thee be not darkness.***

*Mark 4:24 **And he said unto them** [a crowd listening to Jesus' sermon], **Take heed what ye hear:** with what measure ye mete, it shall be measured to you [the standard you use to judge others is the standard you will be judged by]: **and unto you that hear shall more be given** [you will be given discernment to judge correctly].*

Luke 8:18 **Take heed therefore how ye hear:** *for whosoever hath, to him shall be given* [if you hear when you are taught, more understanding will be given to you]; *and whosoever hath not, from him shall be taken even that which he seemeth to have* [If you don't hear when you are taught, even the understanding you had before will be taken away].

Psalm 34:8 **O taste and see that the LORD is good:** *blessed is the man that trusteth in him.*

Psalm 119:103 **How sweet are thy words** [the Bible] **unto my taste!** *yea, sweeter than honey to my mouth!*

B. And wear... This battle continues all day, every day.

1. Satan wants us to remove our helmet so we are vulnerable to his attacks. He would like access into our minds to change our pure thoughts to impure. Wearing our salvation daily reminds us of the battle we're in and who our Commander is.

2 Corinthians 5:17 **Therefore if any man be in Christ, he is a new creature:** *old things are passed away; behold, all things are become new.*

1 Corinthians 2:15-16 **But he that is spiritual judgeth all things, yet he himself is judged of no man** [We can judge things from God's perspective since we have the Holy Spirit, while an unsaved person will judge us from a self-centered perspective]. *For who hath known the mind of the Lord, that he may instruct him* [Who is as smart as God that would want to tell Him how His thinking is flawed]? **But we have the mind of Christ** [We have the example of Christ and the Holy Spirit to help us in our decision-making].

2. God wants us to always wear our helmets so that the decisions we make will bring Him glory. When we look at ourselves and our world from God's perspective we can understand why somethings we thought were right are actually in error.

Romans 12:1-2 **And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.**

1 Peter 1:13-15 *Wherefore gird up the loins of your mind* [protect your mind and prepare it for battle], *be sober, and hope to the end for the grace that is to be brought unto you* [never stop hoping that God's grace will save you] *at the revelation of Jesus Christ; As obedient children, not fashioning yourselves according to the former lusts in your ignorance* [not following the passions you had before you were saved]: *But as he* [God] *which hath called you is holy, so be ye holy in all manner of conversation* [in all decisions that make up your lifestyle];

3. God wants us to understand our position in His army. In the Roman army your rank (position) was displayed on your helmet. In the same way, God wants us to understand His place for us by:

- i. Reading His Word and letting it speak to us. We identify ourselves as part of His army by living our His Word in our lives. Both the enemy and your fellow soldiers will know who your Commander is by who you follow and which way your helmet faces.

Ephesians 2:1 *And you* [Christians] *hath he quickened* [made alive], *who were dead in trespasses and sins; Wherein in time past ye walked according to the course* [Before you were saved you lived in the pattern] *of this world, according to the prince of the power of the air* [Satan], *the spirit that now worketh in the children of disobedience: Among whom also we all had our conversation in times past in the lusts of our flesh* [We all had that lifestyle before we were saved, being controlled by our fleshly passions], *fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others* [even as the unsaved people living around you do].

- ii. Watching as the Holy Spirit works in our lives to direct us to where He wants us to go. We received a new identity and position when we became God's child.

Ephesians 1:3 *Blessed be the God and Father of our Lord Jesus Christ, who **hath blessed us with all spiritual blessings** in heavenly places in Christ:*

The spiritual blessings of Ephesians 1:

- We were chosen by God to belong to His holy and blameless family, verse 4
- We were adopted as children by Jesus Himself, verse 5
- We have been accepted by God because of Jesus' love for us, verse 6
- We have had all our sins forgiven because of Jesus' blood, verse 7
- We have been given wisdom and understanding, verse 8
- We have been shown mysteries that people in the past couldn't know, verse 9
- We have been shown our inheritance that waits for us when His will is finally accomplished, verse 11
- We have recognized Him working in our lives all along, being predestined by Him even though we didn't it, verse 11
- We are counted among few that praise God for His goodness, verse 12
- We are sealed by the Holy Spirit, never to be out of His family (though we can be out of His will), verse 12
- ...and many more blessings through the end of Ephesians 1.

4. God wants us to understand the ultimate victory of His army. Satan wants us to live like we're defeated. God's Word tells us that Satan is the one who is already defeated. Telling Christians that we are the ones who are losing is another one of Satan's lies. A soldier must have some hope of victory to keep fighting.

1 Corinthians 15:58 *Therefore, my beloved brethren, be ye steadfast, immovable, always abounding in the work of the Lord, forasmuch as **ye know that your labor is not in vain in the Lord.***

1 Thessalonians 5:8 *But let us, who are of the day, be sober, putting on the breastplate of faith and love; and **for an helmet, the hope** [to be SURE something will happen in the future] **of salvation.***

III. The Sword of the Holy Spirit: The Bible

- A. The only offensive weapon in listed in this passage (Ephesians 6:10-17) on the armor of God. Everything else is to protect or defend the soldier (or the believer). The Bible only lists two resources for the believer to use in the fight for people's souls:
1. The Word of God (The Sword)
 2. Prayer
- B. Although the sword is an offensive weapon, we are not instructed to attack but rather to stand. We are commanded not to retreat, either.

- C. It is important for a soldier to practice and be familiar with his weapon before he enters a real battle. It is important for a Christian to be familiar with his weapon (the Bible) before he enters into spiritual battle.

Example: When Jesus was in a spiritual battle with the Devil (Matthew 4:1-11) He used Bible verses to defeat the temptations. He did not attack, nor did He retreat; He stood and used His Sword in that battle.

1. We need to know the Bible. Knowing which of the many Bible verses to use in a particular situation makes the Christian warrior more effective.
2. We need to practice with our weapon, the Bible. When David went out to fight Goliath, King Saul gave David his armor to use in the battle. David told Saul that he couldn't use it because he was unfamiliar with it. David used the two weapons he was familiar with, his slingshot and his knowledge of God (1 Samuel 17:4-51). God gave David the victory.
3. We need to learn the Bible as opportunities present themselves.
 - i. Personal time reading God's Word.
 - ii. Personal time in prayer, listening to the Holy Spirit, and meditation.
 - iii. Being attentive to sermons and Sunday school lessons.
 - iv. Other opportunities as they become available (retreats, fellowship times, formal classes, etc.)

- D. Beware of the strategy of human reasoning rather than using Bible verses. Eve tried this strategy when the serpent tempted her (Genesis 3:1-7), with catastrophic results.
- E. Have confidence in the power of your weapon.

Hebrews 4:12 *For **the word of God is quick** [living, active], **and powerful**, and sharper than any two-edged sword, piercing even to the dividing asunder [separating] of soul and spirit, and of the joints and marrow, and is a discernor of [and can truly reveal] **the thoughts and intents of the heart.***

- F. The Sword is necessary because it is the only source of Truth.

John 17:17 Sanctify them [the disciples] through thy truth: **thy word is truth.** (Jesus praying to His Father)

- G. The Sword teaches us practical righteousness

2 Timothy 3:16-17 ***All scripture** is given by inspiration of God, and is **profitable for doctrine, for reproof** [to explain to someone why they are doing wrong], for correction, for **instruction in righteousness**: That the man of God may be perfect [mature, complete], **thoroughly furnished unto all good works.***

H. The Sword is the record of the gospel. Salvation is only found in the Bible. All false teachings about God and salvation come from outside of the Bible.

1 Peter 1:25 *But **the word of the Lord** endureth forever. And this **is the word which by the gospel is preached** unto you.*

I. The Sword is the strength of our faith.

Romans 10:17 *So then **faith cometh by hearing, and hearing by the word of God.***

J. The Sword provides security (assurance) of salvation.

1 John 5:11-13 *And this is the record, that **God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life. These things have I [Apostle John] written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God..***