

# Ready

## “The Helmet of Salvation”

### Ephesians 6:10-20 – January 25, 2026

<b>READY</b>		
<i>Ready for Anything with the Armor of God</i>		
Date	Message Title	Bible Text
Jan 4	The Belt of Truth	Ephesians 6:10-20
Jan 11	The Breastplate of Righteousness	Ephesians 6:10-20
Jan 18	The Gospel of Peace Shoes	Ephesians 6:10-20
Jan 25	The Helmet of Salvation	Ephesians 6:10-20
Feb 1	The Shield of Faith	Ephesians 6:10-20
Feb 8	The Sword of the Spirit	Ephesians 6:10-20

### Satan’s Tactic of Division

- Satan LOVES to cause division among friends, family members, church members, fellow believers, and fellow citizens!!!
- **James 4:1** – *What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?*
- **1 Peter 5:8** – *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.*
- Satan’s first line of attack to cause division is the mind, the way he defeated Eve (Gen. 3; 2 Cor. 11:1-3)

### The Function of a Roman Soldier’s Helmet

- The Roman helmet, known as the *Galea*, was a vital piece of protective gear for the military of Rome. Not only did it provide an excellent defense on the battlefield, but it also served as a symbol of identity, rank, and achievements within the military hierarchy. The Roman helmet’s strategic design and remarkable construction made it one of the finest armor pieces of ancient times.
- Roman helmets provided great defense against direct blows from weapons such as swords, arrows, or blunt objects, significantly reducing the risk of severe head injuries. However, the Roman helmet held a deep symbolic significance, which reflected the soldier’s identity and status.
- Different types of helmets were used by various ranks within the Roman army, which allowed for easy identification of officers, flag bearers, or Roman cavalry units. The design, decorations, and type of crests on the helmets varied based on factors such as rank, unit, and specialization. Your Roman army career was only valid if you had the armor to show for it.

### The Importance of The Helmet of Salvation

- Unfortunately, many Christians have the idea that intellect is not important when it plays a vital role in Christian growth, service, and victory. When God controls the mind, Satan cannot lead the believer astray. The Christian who reads, memorizes, and studies the Bible is not going to be led astray to easily.
- Largest study ever been conducted on the effects of reading the Bible was completed by The Institute for Biblical Research.
  - If someone reads the Bible 1 day per week it makes no difference
  - If someone reads the Bible 2-3 per week the difference is negligible
  - If someone reads the Bible 4 or more times per week everything changes
    - 228% more likely to share their faith
    - 407% more likely to memorize scripture
    - 59% less likely to view pornography
    - 30% less likely to struggle with loneliness
    - 50% less likely to experience anxiety
    - ...
- Wherever Paul ministered, he taught the new converts the truths of the word of God, and this helmet protected them from Satan’s lies.

### How to Put on the Helmet of Salvation

1. \_\_\_\_\_ yourself.
  - To put on the Helmet of Salvation you must receive the Gospel.
  - **1 Corinthians 15:1-3** – *I remind you of the Gospel by which you are being saved: that Christ died for our sins in accordance with the Scriptures, that He was buried, that He was raised on the third day in accordance with the Scriptures, and that He appeared to more than five hundred brothers.*
  - **Romans 10:9** – *If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved.*
  - **Ephesians 4:19-23** *They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity.<sup>20</sup> But that is not the way you learned Christ!—<sup>21</sup> assuming that you have heard about him and were taught in him, as the truth is in Jesus,<sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,<sup>23</sup> and to be renewed in the spirit of your minds,*
  - Application #1 – Receive the Gospel by faith.

Lord Jesus, I repent of my sin, and I receive the Gospel. I believe that You died on the cross for my sins and that You rose from the dead. I receive You, Jesus, into my life and choose to follow You.

- Now, go public with your faith decision through public water baptism. Our next baptism service is Sunday, March 1, at 12:45pm. More info and sign up at [WhatIsGrace.org/Baptisms](http://WhatIsGrace.org/Baptisms)

## 2. \_\_\_\_\_ yourself to becoming a student of the Bible.

- In these times, more than ever, the importance of being deeply rooted in Scripture cannot be overstated. The Word of God is not only the foundation of our faith but also the compass that guides us through every season of life.
- As believers, many of us may feel content knowing that we have accepted Christ into our lives, but our Christian journey is far more than just the moment of salvation. Yes, we are born again when we receive Jesus as our Lord and Savior, but our purpose doesn't stop there. We are called to become disciples, to grow in our knowledge of the Word, and to allow the Holy Spirit to transform us daily into the image of Christ. This transformation equips us to impact the world around us, and that begins with a deep commitment to learning and living out the Word of God.
- **Psalm 1** *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; <sup>2</sup> but his delight is in the law of the Lord, and on his law he meditates day and night. <sup>3</sup> He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. <sup>4</sup> The wicked are not so, but are like chaff that the wind drives away. <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; <sup>6</sup> for the Lord knows the way of the righteous, but the way of the wicked will perish.*

## 3. \_\_\_\_\_ with other people.

- The Bible says that people who share their faith have “beautiful feet.”
- **Ephesians 4:23-25** *and to be renewed in the spirit of your minds, <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness. <sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.*
- **2 Timothy 2:2** *and what you have heard from me in the presence of many witnesses entrust to faithful men,<sup>[a]</sup> who will be able to teach others also.*

**My Application Today** – With God's help and power, I am going to...

- Memorize Ephesians 6:10-20 (ESV) by memorizing two verses per week during this series.
- Put on the whole armor of God daily through prayer.

Father, thank You for making Your armor – the very armor that You Yourself wear – available to me through the merits of Jesus Christ. Right now, by faith, I put on Your armor: the belt of truth, the breastplate of righteousness, the Gospel of peace shoes, the shield of faith, the helmet of salvation, and the sword of the Spirit which is Your Word. Protect me from the evil one and use me to advance Your Kingdom. In Jesus' name.

- Put on the Helmet of Salvation by...
  - Receiving the Gospel myself
  - Reading through the Bible in a year using the daily journal
  - Attend the men's or women's bible study, faithful fathering, IBloom, Alpha, ... [WhatIsGrace.org/spiritualformation](http://WhatIsGrace.org/spiritualformation)
  - Sharing the truth of God's word with others with others
  - Teach kids ministry once a month (forcing myself to learn the basics of the Bible)
  - Lead a small group
  - Attend Sunday worship as often as possible and watch online when I can't.