

Ready

“The Helmet of Salvation”

Ephesians 6:10-20 – February 1, 2026

- Fear of what others think Fear of death or sickness
- Fear of losing someone I love Fear of the future
- Fear for someone I love Fear of the unknown
- Fear of _____

READY		
<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 Shield of Faith	Ephesians 6:10-20
Feb 1	The Helmet of Salvation	Ephesians 6:10-20
Feb 8	The Sword of the Spirit	Ephesians 6:10-20

The Function of a Roman Soldier’s Helmet

- Provided defense against direct blows to the head from weapons, primarily the broadsword, reducing the risk of head injuries.
- Included cheek guards, neck guard, and brow band.
- Created a sense of unity and camaraderie among allies.
- Crest: decorative feature placed on top of the helmet – served as symbol of rank and identity. Also created an intimidating presence that struck fear in the hearts of their enemies.

Satan’s Tactic of Fear

- Our enemy knows that if he can capture our thoughts, he has us. He targets the battlefield of our minds to weaken us.
- Fear is experienced in your mind but triggers a reaction in your body.
- **Peter 5:8** *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.* His primary weapon against our mind is fear.
- The disciples fear the storm/death – Mark 4:35-41
- Gideon fears his enemies – Judges 6:11-40
- The disciples fear the leaders – John 20:19
- Saul fears the people – 1 Samuel 15:24
- Elijah fears Jezebel – 1 Kings 19:3
- Peter fears men – Matthew 26:69-75
- Adam and Eve fear God – Genesis 3:10
- Joseph’s brothers fear his judgment – Genesis 50:15-18

Question: Which of these fears has satan been attacking your mind with:

- Fear of failure Fear of change or loss of security
- Fear that I am not significant or I am inadequate
- Fear of being alone, rejected, or abandoned
- Fear of not being in control Fear of criticism

How to Put on the Helmet of Salvation

2 Timothy 1:7 NKJV: *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

1. Trust in the **Hope** of your salvation.

1 Thessalonians 5:8 *But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.*

- Justification: saved from the penalty of sin
- Sanctification: saved continually from the power of sin
- Glorification: saved in the future from the presence of sin
- **Philippians 1:6** *For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.*
- **2 Corinthians 4:7-18**

Application #1: How can we have hope in our salvation? How can we access the power that comes through Christ and achieve that peace that settles any fear?

- Accept Jesus as your Lord and Savior (justification)

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.

- Abide in Christ through prayer, reading the Word, and spending intentional time with our Father (sanctification). Dwell in the peace that only He can provide by trusting and abiding. *Dwell Women’s Retreat on February 27-March 1. For more information: WhatIsGrace.org/spiritualformation – registration closes today!*
- Trust what God has revealed through His Word about our future (glorification). When worry dominates your thoughts, remember who you are and Whose you are, and what your future holds.

2 Timothy 1:7 NKJV: *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

2. Trust in **God’s Love** and His Promises.

1 John 4:18 *There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.*

- **Romans 8:35-39** *Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*
- **Deuteronomy 31:8** *It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.*
- **Philippians 4:19** *And my God will supply every need of yours according to his riches in glory in Christ Jesus.*
- **Isaiah 41:1-2** *But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel, "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned and the flame shall not consume you.*
- **Joshua 1:9** *Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.*

Application #2: How can we trust in God's love and His promises?

- Choose an anchor Scripture that helps you to focus on His love and/or promises. Something that settles the fear inside of you. Write it down, memorize it, and be prepared to fight the battle in your mind with that truth.
- Spend time journaling (Immanual Journaling, Prayer of Examen, SOAP) where you engage with God and listen for what He may be revealing to you.
- Reflect on the ways God has demonstrated His love in your life. Write these down, keep them for those moments when you need to remember.

2 Timothy 1:7 NKJV: *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

3. Take every thought **Captive in Obedience to Christ.**

2 Corinthians 10:5 *We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ*

- **Philippians 4:6-7** *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.*

- **Psalm 34:4** *I sought the Lord, and he answered me and delivered me from all my fears.*
- **Philippians 4:8** *Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

Application #3: How can we take every thought captive to obey Christ?

- Think about what you are thinking about - and don't feed the fear! Instead starve it with the truth of God's Word
- When fear enters your mind - stop, pray and give thanks to God for His provision, His promises, and His love
- What consistent thoughts do I need to take captive that are fueling my fears? _____

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. (On Feb 8 we will recite vv. 10-20 together!)
- 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... fighting the battle in my mind and driving fear out with the truth of God's Word:

Fear of failure: *Philippians 4:13 I can do all things through Him who strengthens me.*

Fear that I am not significant or I am inadequate: *2 Corinthians 5:21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*

Fear of being alone, rejected, or abandoned: *Isaiah 41:10 fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

Fear of not being in control: *Proverbs 19:21 Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.*

Fear of change or loss of security: *Isaiah 43:19 Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.*

Fear of criticism: *Proverbs 15:31-32 The ear that listens to life-giving reproof will dwell among the wise. Whoever ignores instruction despises himself, but he who listens to reproof gains intelligence.*

Fear of what others think: *Proverbs 29:25 The fear of man lays a snare, but whoever trusts in the Lord is safe.*

Fear of death or sickness: *Psalm 23:4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

Fear of losing someone I love: *Psalm 56:3 When I am afraid, I put my trust in you.*

Fear of the future: *Romans 8:28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.*

Fear for someone I love: *Psalm 56:3 When I am afraid, I put my trust in you.*

Fear of the unknown: *Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*