

The Armor of God – The Helmet of Salvation

Welcome to Harvest Community Church

Series: Battle Ready

Text: Ephesians 6:17

As we have studied, much of the warfare we engage with is in the **mind**. One of the great maxims of warfare is – “cut off the head and the body dies”. This is why our enemy attacks fathers and mothers, leaders of businesses and pastors and teachers. This is why the devil attacks our head, our thinking and feeling.

The Armor of God is a great **pattern** for prayer. Using what the helmet covers is a great way to pray over our own lives. The head is our highest point. Start by placing Christ as the **highest** priority in our life. **Matthew 6:33**

Salvation is about the **blood** of Jesus – thank Him for the blood – ask Him to purify everything (mind, mouth, emotions).

- Salvation is a point of **praise**. Start your prayers by thanking God for who He is and all that He has done, that we are saved, healed, free and His.
- Salvation is a point of confession and **forgiveness**. Take time to examine your life and to repent of any known sin.
- Pray that there would be right thinking - **positive** not negative. That we would have higher thinking. **Isaiah 55:8-9** Pray to be disciplined in your thinking. Ask to think like Jesus and to know like Jesus. Pray that His thoughts would be your thoughts. The Bible tells us that we have the mind of Christ, pray to use it, to have insights and understanding of His ways. Confess that God has given you a sound mind, **creativity** and peace.

Thinking involves making good **decisions** and choices. Our thinking is a place we choose to trust and seek His ways, the ability to think quickly and biblically.

The head is the seat of our **thoughts** and emotions. It is also the focal point of our senses. Our senses are five points of entry or **gates** the enemy can use to get in.

The head is the most vulnerable point. So is our thinking. **Proverbs 23:7**

Pray over the Gates to the mind:

- A) **Eye** gate – pray that you would see what He sees and how He sees. Pray to have good spiritual **vision**. Pray that God would help you to accomplish His vision for your life. Pray to walk by faith and not by sight. To not be moved or frightened by what you see but to walk by the Word of God. The eyes are the window to the soul. Pray that people would see Jesus in you.

Pray that your face would reflect His **image** and that you would not be concerned about ‘my reputation’. **Philippians 2:5-7, Matthew 6:23 (NKJV & AMP)**

Pray that your eyes and your mind would not **wander**. Pray to be single minded and not have **double** vision. Ask God to keep you from looking at worthless things.

Psalms 119:37 (NKJV & AMP)

- B) The ear gate – pray that you would know and heed the voice of the Lord, to have spiritual discernment. Pray a covering to protect from lies, gossip and all wickedness. Pray to have selective hearing. Pray that you will be a doer and not just a hearer. That when you hear God give you direction, obedience is the next response.
- C) Touch / feelings - confess that God is greater than how you feel. This affects your attitude and moods. Whether you are depressed, fearful, angry or alone He is still God and He is good.
- D) The mouth gate. **Psalm 19:14, Luke 6:45**
Pray for your speech to reflect the heart of God. Pray to speak with wisdom and understanding. **Isaiah 50:4**
- E) Smell – pray that your life may be a sweet smelling aroma to the Lord. Nothing triggers as powerfully as smell. Smell reminds us of good things and even difficult people or events. Thank God that He is stronger than our senses and that He brings the sweet fragrance of His presence into every area of your life.

Salvation reminds us of the Lord's keeping power. **Jude 1:24-25, Psalm 91:11-12, Numbers 6:24-26**

The word 'helmet' is taken from a Greek word that means around the head. The helmet was shaped specifically for the soldier and molded to their shape. It was so strong that nothing could pierce it if a soldier were unable to avoid a blow directly to the head.

Because the helmet is worn, we are literally walking in our salvation. **Philippians 2:12**
We are to wear our salvation tightly around our mind. We are to walk in the full knowledge of our Salvation and what it requires and all of its benefits.

Remember, if the enemy can seize control of your mind then it is from this strategic position that he can manipulate your emotions. Jesus came to save us completely, spiritually, emotionally, and physically. Salvation provides forgiveness, soundness of mind and healing in body. It is when we train our minds to be convinced and to intellectually understand and comprehend all that our salvation entails that our correct thinking becomes a helmet. **Ephesians 3:17-19**

Remember when Satan works, he does so with wiles, devices and deception.

- Wiles are the methods or the road that he uses to gain entrance to our life.
This road goes straight to our mind, which is our will, desires, emotions and thinking.
- Devices refers to what can literally be translated as mind games.
- The word deceive in the Greek in its most literal sense means bait.
It means to deceive on purpose with a purpose.

If a believer perceives lies to be true and bites the bait, then the **process** of deception can be fully implemented in their life. **2 Corinthians 10:4-5** The word ‘stronghold’ in the Greek is used to describe both a **fortress** and a **prison**. Both are essentially the same thing but with different purposes.

A fortress has thick, fortified walls that cannot be penetrated; it keeps outsiders from breaking in. A prison serves just the opposite purpose it has thick walls and bars to keep insiders from getting out.

When a person has a stronghold in their life, either mental or emotional, they have **walls** around them so thick that those who desire to help them can’t ever seem to get **through** to them. God is to be our stronghold. He is to be our fortress and our protection and our help in time of trouble.

Nahum 1:7, Psalm 9:9, Psalm 46:1, Psalm 62:2 Psalm 18:2

Strongholds are rooted in our minds and emotions and they become walls that hold us a prisoner to our thoughts and fears and keep people from getting too close. This is a trick of the devil to keep us **isolated** and alone. **Ecclesiastes 4:9-12, Proverbs 27:17** Remember, lions and wolves prey on the young, sick, weak, lonely, injured and old.

Strongholds do not suddenly appear in our lives overnight. The Holy Spirit will have been **warning** us about them. It is when we allow lies in the mind to go unchallenged and because we permitted wrong thinking and believing to take root and grow inch by inch that we are taken captive mentally and emotionally by unrealistic fears and hurts. Sometimes we are taken captive because of **legitimate** fears and hurts.

The first step to breaking free from strongholds is to **humble** ourselves before God and to trust Him. **Proverbs 3:5-6, James 4:7** It is as we trust Him that we can also **repent** of our part in building our prison instead of allowing Him to be our fortress. Until we take responsibility for our part nothing else can occur. When we have humbled ourselves and repented, we are in a place to **cooperate** with the Holy Spirit as He renews our mind with His word. It is His word that will help us return to right believing and correct thinking.

There are two Kinds of Strongholds – The rational and the irrational
2 Corinthians 10:5

- Rational strongholds deal with **logical** thinking. These are natural arguments for or against something. Rational thinkers love pro and con lists. Being logical is not a bad thing but it can be a limiting thing. A good sound mind that thinks logically and methodically is essential and wonderful. A logical mind will work against your spiritual life unless it is submitted to the control of the Holy Spirit. An **unsubmitted** mind will always talk you out of obeying God and will give you all the rational reasons for doing so. If a rational mind is not taken charge of, it will begin to completely dominate and control our obedience to God. People who are ‘thinkers’ and ‘**analyzers**’ are prone to fall into the traps of such rational strongholds. They are naturally inclined to allow their minds to conquer their faith.

- Irrational strongholds are something that we all fall into at times – these are what the Bible calls ‘vain imaginations’. These strongholds deal with our fears and our worries. These can be the normal reaction to difficult problems that quickly form into worst case scenarios They can range from things like fear of disease, worry over financial collapse or lack, or the fear of being rejected.

These vain imaginations seem real in the mind and work on our emotions. They play out in our creativity as we simulate situations that have no basis in reality and leave out the promises we depend on as believers found in the Word of God. **Psalm 34:10, Psalm 37:25** Irrational strongholds always leave out the history of faithfulness that we have lived out with the Lord.

Irrational strongholds are usually so ridiculous that eventually we wake up to realize this is a trick of the enemy to keep us from functioning normally as a child of God, free from fear and insecurity. When these types of thoughts persist in our minds, we must insist on obeying the Word of God and deal with them straightforwardly. We are to cast down imaginations and every high thing that exalts itself above the knowledge of God. Notice that this verse does not say to take the devil captive. If we do not take our own thoughts captive, then our thoughts will hold us captive.

The word ‘captive’ in the Greek is a brutal and forceful word that means – ‘to take one captive with a spear pointed at the back’. Our thoughts are not going to be taken captive easily. We must be forceful with ourselves and seize control of our mind. If our mind and emotions try to get away from us, we must, with the help of God, force them into subjection to obey Christ.

The Helmet of Salvation is God’s armor to help protect us from the mind games Satan throws at us and the mental gymnastics that we put ourselves through. Rather than listen to these lying emotions we make them listen to us and submit to the Word of God.

If we choose to allow our minds and emotions to dominate our lives, we will become oppressed. **Acts 10:38 (NLT)** The word oppressed seems so mystical to many Christians. It simply means to be overpowered and dominated. It is used to describe someone who forcibly imposes their will on people against their wishes. When a stronghold goes unchallenged, oppression sets in, when oppression sets in hopelessness is the end result. This manifests in depression, poor health, doubt and unbelief, despair, and the paralysis to live life in all of God’s fulness.

When the helmet of Salvation is firmly in place these strategies of the devil to take you captive cannot work against you. **Isaiah 54:17** When salvation is wrapped fully around your mind and you have your mind fully wrapped around your salvation, you are safe and protected. Your mind is fully wrapped in what God says, not what the devil says and not even what you have to say. God gave you a brain to engage not to set on auto-pilot. **1 Peter 1:13** We need to gather up all the loose ends of our thinking and get our mind into shape.

The Helmet of Salvation gives us a sound mind. **2 Timothy 1:7** Some translations call it sensible thinking. Sound mind is a compound word in the Greek which means saved and delivered intelligent thinking. A sound mind is a mind that has been set free and is thinking correctly. When our mind is guarded and renewed by the Word of God you will have saved thoughts. You think, walk and talk like a saved person. Some people have been saved for years but do not think like a saved person. Some saved people have more belief in false thoughts of what God cannot do than belief and trust in what He can do. Remember the opposite of faith is not fear but unbelief. The opposite of trust is doubt.

This is important to know because when you step out to live a life of faith and you begin to reach out to do the impossible, the enemy will assault you mentally and emotionally. When you walk in your Helmet of Salvation you think like God thinks, you reason like God reasons, you believe like God believes and you act like God acts. **Romans 8:6-8, Titus 1:15** If we don't wear the Helmet of Salvation then we will walk around with a carnal, contaminated mind and conscience that is defiled.

The word 'salvation' means saved or delivered. It means to be delivered from danger and brought to a safe place. Knowledge of the Gospel sets our mind free. All areas of our mind, how we think, and our ways of thinking are renewed and changed. **Romans 12:1-2**

God doesn't want one area of our mind to think like the world. God doesn't desire for one brain cell to have unbelief. God's will is that our mind is dominated by His will and the New Birth of Salvation. God is not going to force His mind and will on us we must receive it and then live in it. When we PUT ON the Helmet of Salvation we are mentally and emotionally stable, sound and safe able to fend off Satan's mind games. We are free indeed!