

SPIRITUAL ARMOUR — HELMET OF SALVATION

JAMIE MCNAB

2.3.24

We saw last week that we are in a conflict. We may not be fully aware ... as our 5 physical senses won't be sufficient. There are spiritual forces at work. This is Satan's world — Satan's leaders. We should be aware of that.

There is a battle for our mind (for everybody!)

Proverbs 4:20-23

20 **My son, give attention to my words;**
Incline your ear to my sayings.

21 **Do not let them depart from your eyes;**
Keep them in the midst of your heart; *(focus on the Words of Truth)*

22 **For they are life to those who find them,**
And health to all their flesh.

23 **Keep your heart with all diligence,** *(put some effort into it)*
For out of it spring the issues of life.

Above all else — GUARD YOUR MINDS!

We need to be alert ... aware. At least most of the time.

We have special weapons to guard our minds.

2 Corinthians 10:1-6

1 Now I, Paul, myself am pleading with you by the meekness and gentleness of Christ—who in presence am lowly among you, but being absent am bold toward you.

2 But I beg you that when I am present I may not be bold with that confidence by which I intend to be bold against some, who think of us as if we walked according to the flesh.

3 **For though we walk in the flesh, we do not war according to the flesh.**

4 **For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,**

5 **casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,**

6 and being ready to punish all disobedience when your obedience is fulfilled.

Those weapons are spiritual and effective. It makes sense that we'd want access to such special weapons in spiritual warfare.

Also ... Paul elsewhere refers to the need for effective spiritual armour.

Ephesians 6:10-18

10 **Finally, my brethren, be strong in the Lord and in the power of His might.**

11 **Put on the whole armour of God, that you may be able to stand against the wiles of the devil.** (*YOU — PUT ON THE ARMOUR!*)

12 For we do not wrestle against flesh and blood, **but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.**

13 **Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand.** (*YOU — TAKE UP!!*)

14 **Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,**

15 and **having shod your feet with the preparation of the gospel of peace;**

16 **above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.**

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

18 **praying always with all (types of) prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—**

The one that I'd like to focus on today: "Helmet of Salvation".

What does a helmet do? Protects our head — our brain/mind. Motor cyclists know the value of head protection. Quite a handicap if we lose an arm/leg in an accident — but losing our head? ☺

Proverbs tells us to **GUARD OUR HEARTS DILIGENTLY**. Ephesians tells us **there's SPIRITUAL ARMOUR available ... TO HELP GUARD OUR MINDS.**

One of the key aspects in guarding our minds is dealing with discouragement — or negative and depressing thoughts. If Satan can discourage us — we're very vulnerable.

Are we fatigued — too much carnality around us — the Church has fallen apart ... a lack of personal growth ... prophecy failed? Is it all hopeless ... too tired to continue running in the race?

WE NEED THE HELMET OF SALVATION!

GOD HIMSELF WEARS ONE!

Isaiah 59:9-20

9 Therefore **justice is far from us,**
Nor does righteousness overtake us;
We look for light, but there is darkness!

For brightness, but we walk in blackness!

10 We grope for the wall like the blind,
And we grope as if we had no eyes;

We stumble at noonday as at twilight;
We are as dead men in desolate places.

11 We all growl like bears,
And moan sadly like doves;

We look for justice, but there is none;
For salvation, but it is far from us.

12 For **our transgressions are multiplied before You,**

And our sins testify against us;

For our transgressions are with us,

And as for our iniquities, we know them: *(almost a picture of the world we live in today)*

13 **In transgressing and lying against the Lord,
And departing from our God,
Speaking oppression and revolt,
Conceiving and uttering from the heart words of falsehood.**

14 Justice is turned back,
And righteousness stands afar off;
For **truth is fallen in the street,**
And equity cannot enter.

15 So **truth fails**, (*most of the stuff you read on social media today is fake news — lies*)

And he who departs from evil makes himself a prey.

**Then the Lord saw it, and it displeased Him
That there was no justice.**

16 **He saw that there was no man,
And wondered that there was no intercessor;** (“wondered” —
“was amazed”)

**Therefore His own arm brought salvation for Him;
And His own righteousness, it sustained Him.**

17 For **He put on righteousness as a breastplate,
And a helmet of salvation on His head;**

He put on the garments of vengeance for clothing,
And was clad with zeal as a cloak.

18 According to their deeds, accordingly He will repay,
Fury to His adversaries,
Recompense to His enemies;
The coastlands He will fully repay.

19 So shall they fear
The name of the Lord from the west,
And His glory from the rising of the sun;
When the enemy comes in like a flood,
The Spirit of the Lord will lift up a standard against him.

20 **“The Redeemer will come to Zion,
And to those who turn from transgression in Jacob,”**

Says the LORD.

God goes into battle and He wears armour figuratively speaking. He puts the Helmet — of salvation — on His head.

It would be foolish to engage in battle with no head protection! We wouldn't survive long.

But why the Helmet of Salvation? What would salvation have to do with the temptation to discouragement?

1 Thessalonians 5:1-11

1 But concerning the times and the seasons, brethren, you have no need that I should write to you.

2 For you yourselves know perfectly that **the day of the Lord so comes as a thief in the night.** (*For some people — but hopefully ... not for you and I*)

3 For **when they (those out there in the world) say, “Peace and safety!” then sudden destruction comes upon them,** as labor pains upon a pregnant woman. And they shall not escape.

4 **But you, brethren, (believers) are not in darkness, so that this Day should overtake you as a thief.** (*We believers should not be caught out!*)

5 **You are all sons of light and sons of the day. We are not of the night nor of darkness.**

6 Therefore let us not sleep, as others do, but **let us watch and be sober.**

7 For those who sleep, sleep at night, and those who get drunk are drunk at night.

8 But **let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation.**

9 For God did not appoint us to wrath, (*destruction*) but to obtain salvation through our Lord Jesus Christ,

10 who died for us, that whether we wake or sleep, we should live together with Him.

11 Therefore comfort each other and edify one another, just as you also are doing.

“Put on as a helmet the hope of salvation”.

Hope = Greek “ELPIS”— Biblically — **a joyful and confident expectation** (used over 50 times in the New Testament).

Not just wishful thinking: “I hope it won’t rain next weekend ... I hope my team win the big championship trophy”.

Wishes can be strong ... passionate what we wish for ... can be real desire. But we can’t have real confidence.

Bible hope is CONFIDENT. It’s real. **The event will happen.** We are expecting it ... eager anticipation. Though we don’t know when.

If we possessed it now we wouldn’t need hope. **Our hope isn’t just wishful thinking ... it’s confident expectation.**

Romans 8:18-25

18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

19 **For the earnest expectation of the creation eagerly waits for the revealing of the sons of God.**

20 For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope;

21 because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God.

22 For we know that the whole creation groans and labors with birth pangs together until now.

23 Not only that, but **we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the sonship, the redemption of our body.**

24 For **we were saved in this hope**, but hope that is seen is not hope; for why does one still hope for what he sees?

25 But **if we hope for what we do not see, we eagerly wait for it with perseverance.**

Not wishy-washy!

We’re fully confident! Expecting to be fully saved.

However ... if Satan can weaken this hope ... this confident expectation ... if he can create doubt in our minds ... so we start wondering — then — we're in trouble.

Biblical hope is not passive. Not a vague wish that something “nice” might happen “someday”. **It's expectation that should motivate us.**

Titus 1:1-3

1 Paul, a bondservant of God and an apostle of Jesus Christ, according to the faith of God's elect and the acknowledgment of the truth which accords with godliness,

2 **in hope of eternal life which God, who cannot lie, promised before time began,**

3 but has in due time manifested His word through preaching, which was committed to me according to the commandment of God our Savior;

This is an expectation ... it's reality. It influenced Paul's life there and then ... not just vague “pie in the sky”.

Paul faced huge difficulties in his life ... but his hope of eternal life ... confident expectation — from God who cannot lie — helped him stick with his calling.

Satan couldn't win if Paul's mind held to his hope of salvation and eternal life.

Colossians 1:19-23

19 For it pleased the Father that **in Him** all the fullness should dwell, 20 and **by Him** to reconcile all things to Himself, **by Him**, whether things on earth or things in heaven, having made peace through the blood of His cross.

21 And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled

22 in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight—

23 **if indeed you continue in the faith, grounded and steadfast, and are not moved away from the hope of the gospel which you**

heard, which was preached to every creature under heaven, of which I, Paul, became a minister.

DON'T BE MOVED AWAY FROM THE HOPE OF THE GOSPEL.

If we “see” the hope ... it’s real ... expectant — it’s difficult for Satan to discourage us. Our mind is protected ... why would we give up such a wonderful future?

Colossians 1:3-6

3 We give thanks to the God and Father of our Lord Jesus Christ, praying always for you,

4 **since we heard of your faith in Christ Jesus and of your love for all the saints;**

5 **because of the hope which is laid up for you in heaven**, of which you heard before in the word of the truth of the gospel,

6 which has come to you, as it has also in all the world, and is bringing forth fruit, as it is also among you since the day you heard and knew the grace of God in truth;

Your hope is laid up — reserved — in Heaven. Secure!

And notice 3 keys — Faith ... Love ... Hope.

1 Corinthians 13:8-13

8 **Love never fails.** But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away.

9 For we know in part and we prophesy in part.

10 But when that which is perfect has come, then that which is in part will be done away.

11 When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.

12 For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.

13 **And now abide faith, hope, love**, these three; but the greatest of these is love.

The 3 key ingredients of a Holy life.

Faith ... Hope ... Love.

Hope is “up there” as one of the most important characteristics of our lives. **Important because ...it’s our helmet!**

Hebrews 6:9-20

9 But, beloved, we are confident of better things concerning you, yes, things that accompany salvation, though we speak in this manner.

10 For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister.

11 **And we desire that each one of you show the same diligence to the full assurance of hope until the end,**

12 **that you do not become sluggish, but imitate those who through faith and patience inherit the promises.** (*faith and patience — the power twins*)

13 For when **God made a promise to Abraham**, because He could swear by no one greater, He swore by Himself,

14 saying, “**Surely blessing I will bless you, and multiplying I will multiply you.**”

15 And so, after he had patiently endured, he obtained the promise.

16 For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute.

17 Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, **confirmed it by an oath,**

18 that **by two immutable things**, in which **it is impossible for God to lie**, we might have strong consolation, who have fled for refuge **to lay hold of the hope set before us.**

19 **This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,**

20 where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Verse 18 “to lay hold of the hope” — to seize!

Hebrews 6:18 AMPLIFIED

18 ... to **grasp and hold fast the hope** appointed for us and set before [us].

That takes firm action (Like: **take the helmet of salvation**).

We need to hold on to the hope ... the confident expectation of a great future ... even if today we are currently experiencing difficult times. Satan will try and get us ... set up a strategy.

Psalms 23:1-6

1 The Lord is my shepherd;

I shall not want.

2 He makes me to lie down in green pastures;
He leads me beside the still waters.

3 He restores my soul;
He leads me in the paths of righteousness
For His name's sake.

4 Yea, 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.

5 You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.

6 Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the Lord
Forever.

We may be in the valley of the shadow of death? But it is only temporary. **The Good Shepherd doesn't let us down.**

So. LET'S KEEP OUR HOPE ALIVE!

Psalms 42:1-3, 5, 11

1 As the deer pants for the water brooks,
So pants my soul for You, O God.

2 My soul thirsts for God, for the living God.
When shall I come and appear before God?

3 My tears have been my food day and night,
While they continually say to me,
"Where is your God?"

5 Why are you cast down, O my soul?

And why are you disquieted within me?

Hope in God, for I shall yet praise Him

For the help of His countenance.

11 **Why are you cast down, O my soul?**

And why are you disquieted within me?

Hope in God;

For I shall yet praise Him,

The help of my countenance and my God.

Why be down at heart? It is only natural. But ... keep hope alive!

The hope is the helmet.

Isaiah 40:28-31

28 Have you not known?

Have you not heard?

The everlasting God, the Lord,

The Creator of the ends of the earth,

Neither faints nor is weary.

His understanding is unsearchable.

29 **He gives power to the weak,**

And to those who have no might He increases strength.

30 Even the youths shall faint and be weary,

And the young men shall utterly fall,

31 But **those who wait on the Lord**

Shall renew their strength;

They shall mount up with wings like eagles,

They shall run and not be weary,

They shall walk and not faint.

Verse 31 “wait” in the sense of “expect” ... to look in hope towards the Lord.

Isaiah 40:31 AMPLIFIED

31 But **those who wait for the Lord [who expect, look for, and hope in Him]**

Isaiah 40:31 NIV

31 **but those who hope in the LORD**

It's a confident expectation in Someone greater and more powerful than us.

No defeat! Supernatural power ... supernatural weapons and armour.

It's not like having "human" hope in politicians or civil leaders. We can be 100% confident as we hope in God.

That's what the scriptures tell us.

Romans 15:4-6, 13

4 For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

5 Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus,

6 that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ.

13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

Patience is necessary ... it may be a long wait ... but the fact that our hope is sure — is comforting.

We have lots of weapons and armour. But **protecting our minds is all-important!**

KEEP ALIVE THE HOPE OF SALVATION — OUR HELMET!