

# Ready for battle?

“...put on the full armour of God...”



## Week 6: “... take the helmet of salvation ...”

“Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **Take the helmet of salvation** and the sword of the Spirit, which is the word of God.”

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10–18 (NIV - Anglicised)

“ ....**take the helmet of salvation.**”

### Think/Talk Over the passage

**Question:** Have you ever been rescued? Maybe something small like being given a bus fare or parking fee when you had no money. How did it feel? How did you respond to your rescuer? How might people feel who’ve been rescued from a major incident?

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Sin could be described as “a web of guilt ....from which there is no escape”. How would you describe sin and its repercussions?

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One Old Testament word for salvation - 'Yasha' means 'rescue'. What do you think David's thoughts and feelings were in Psalm 18:16-19, 31:8?

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Read Ephesians 1:7. 'Redemption', (or redeem), is often used in relation to salvation in both the Old and the New Testaments and suggest a cost. In what way is salvation free yet very costly?

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How does the cost of salvation impact on you?

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Have you 'fallen out' with someone and then reconciled? How did it feel to experience both?

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Read 2 Corinthians 5:18 and Colossians 1:21-22. Reconciliation is another aspect of salvation. What does this mean to you?

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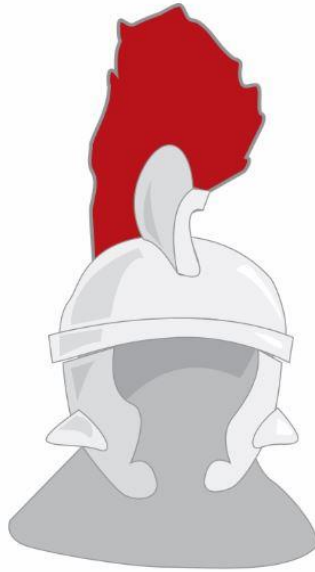
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**ARMOUR OF GOD**

**Helmet**

The iron helmet was forged from one piece of metal and lined with leather. Crests made of dyed horsehair indicated rank. Plates hung down along the cheeks and another plate protected the back of the neck and shoulders.



**ARMOUR OF LEGIONARY**

**Galea (Helmet)**

Protected head and neck from enemy attacks.

**ARMOUR OF GOD**

**Helmet of Salvation**

“...and take the helmet of salvation ....” Ephesians 6:17a

Scripture: English Standard Version

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**Think/Talk It Over** (continued)

Consider the following R's - What does each entail? Use these for praise and thanksgiving.

Rescued:

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Redeemed:

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Ransomed:

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Reconciled:

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Renewed

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Right relationship:

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