

**Title: The Helmet of Hope & The Sword of The Spirit**

The Helmet of Hope - Protect that head of yours!

Ephesians 6: 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; Take the helmet of salvation and the sword of the Spirit, which is the word of God.

“Embrace the power of salvation’s full deliverance, like a helmet to protect your thoughts from lies. And take the mighty razor-sharp Spirit-sword of the spoken word of God.” Ephesians‬

Much of the Christian's battle is waged in the mind and thought life. It is the major battle zone. And, quite frankly, this helmet is needed more than ever in our day.

The unbelievers mind, scripture tells us, is corrupt ([*1 Timothy 6:5*](https://biblia.com/bible/niv/1%20Tim%206.5)), dull ([*2 Corinthians 3:14*](https://biblia.com/bible/niv/2%20Cor%203.14)*)*, depraved ([*Romans1:28*](https://biblia.com/bible/niv/Rom%201.28)), hostile to God ([*Romans 8:6-7*](https://biblia.com/bible/niv/Rom%208.6-7)) and blinded ([*2 Corinthians 4:4*](https://biblia.com/bible/niv/2%20Cor%204.4)).

2 Corinthians.10:3-5 (AMPC)

So what is this helmet and what salvation is it speaking of? Salvation in the Bible for the believer is threefold - past, present and future.

* Past - You have been saved by grace through faith and are spiritually reborn. You are a new creation in Christ Jesus (**justification**). ([Ephesians 2:8](https://biblia.com/bible/niv/Eph%202.8), [Romans 5:1](https://biblia.com/bible/niv/Rom%205.1))
* Present - You are being saved. This is an ongoing process where your soul (mind, will and emotions) is continually renewed and saved from the power of sin (**sanctification**)([Romans 5:10](https://biblia.com/bible/niv/Rom%205.10), [1 Corinthians 1:18](https://biblia.com/bible/niv/1%20Cor%201.18))
* Future - You will be saved. There is a day coming, hopefully soon, when your body will be transformed to be like Jesus' resurrected body and you will forever, in one moment, be saved and free from the presence of sin for evermore! (**glorification**) ([Rom 8:23](https://biblia.com/bible/niv/Rom%208.23), [Phil 3:21](https://biblia.com/bible/niv/Phil%203.21), [1 John 3:2](https://biblia.com/bible/niv/1%20John%203.2))

When Paul tells us to put on the helmet of salvation, which aspect of salvation is he speaking of?

* I believe Paul speaks of the present and future aspects of salvation. He is not looking back but forward. This is brought out more clearly in 1 Thessalonians 5:8-9 and Romans 13:11-12
* Paul writes of 'the hope of salvation as a helmet'. Our helmet is a helmet of hope. This is a confident assurance that guards the mind in troubling times.

The helmet of salvation gives confidence for today based on the faithfulness of God for tomorrow. It replaces every lie, doubt and fear that the enemy tries to sow in the mind with hope and truth based on the confident assurance of God's salvation. And that involves hope for the present day and our final salvation on that great day - the day of the blessed hope, the day of His return!

**Biblical examples - Attacks on the mind**

It might be useful to explore a few examples where God's people have come under an attack within the mind to see how this works. Can you think of any examples?

* **Eve** - The enemy came to her twisting God's words, causing doubt on God's word and character. And while she tried to repel this attack using God's word (the sword), she misquoted God.
* **King David & Israel**- Who has not read of the mental torture through fear that Goliath inflicted upon all of Israel? Except for David that is! 1 Samuel17:10-11
* **King Hezekiah** - During this godly King's reign, the King of Assyria came to lay siege against Judah and Jerusalem. Isaiah 36:18
* **Jesus** - the Devil came to Jesus with temptations and mind tricks of all types... Yet lost!

So what are the types of thoughts that the enemy speaks? He (and your own fallen nature) will say:

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| The enemy says | Example (& what God says/did) |
| 'You are weak and useless' | That was the battle Gideon had when God called him against the might of the Midianites. 'But God I'm a nobody! I'm the youngest in the smallest family in the smallest tribe in Israel! You have got the wrong guy!' And yes, God used that nobody incredibly! |
| 'You have sinned too many times...  God won't forgive you anymore' | The Prodigal son in Jesus' story would have thought that. 'I don't even deserve to be thought of as a son anymore. I'll return as a lowly servant'. And yet he found great grace, forgiveness and acceptance with his Father. |
| Nobody is coming to help you' | This was the battle raging in the minds of Hezekiah and his men as they listened to the hiss of the enemy's words. Sennacherib, The King of Assyria was powerful indeed, naturally speaking. And yet there was One who came to Hezekiah's aid and sorted this problem very quickly. |
| 'You have no purpose in life' | I bet Moses battled with this after leaving his life of royalty in Egypt to live 40 years as a shepherd in the wilderness. You can possibly hear it in the naming of his first son Gershom saying, "I have become an alien in a foreign land." [Exodus 2:22](https://biblia.com/bible/niv/Exod%202.22) And yet God still had an incredible plan and purpose for this man Moses that would make him famous for all time. |
| 'You'll never get free from your past' | I'm sure the wicked King Manasseh battled with these thoughts as he lay chained in a cold Babylonian dungeon pondering his wicked past. And yet we read 'In his distress he sought the favor of the LORD his God and humbled himself greatly before the God of his fathers. And when he prayed to him, the LORD was moved by his entreaty and listened to his plea; so he brought him back to Jerusalem and to his kingdom. Then Manasseh knew that the LORD is God.' [2 Chronicles 33:12-13](https://biblia.com/bible/niv/2%20Chron%2033.12-13) |
| 'God doesn't love or accept you' | Peter may have wondered this after denying the Lord three times, and then being asked by Jesus three times whether he loved Him. And yet Peter soon learned the answer as Jesus then commissioned him to be a Shepherd and to 'feed my sheep' |
| 'The future is hopeless' | That was Elijah in the cave thinking he was the last of God's people left his life was in peril. But he found that God had reserved 7000 for Himself. |

The Sword of the Spirit

So far all of the pieces of the Christian's armor have been for defense; to block and prevent the attacks and flaming arrows of the enemy.

Yet in Ephesians 6:17, God has also given us a sword.

This sword, is the word of God. Specifically scripture given through the Spirit for the occasion. It can be used for defense to parry an attack but more importantly for offense.

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An example of this is in the classic David & Goliath story. From the “natural “perspective, Goliath was very intimidating. 1 Samuel 17:5-7 (MSG)

And yet David came out to meet him without any man-made armor because Saul's armor didn't fit him.

* Some may trust in Chariots or horses - Psalm.20:7
* “No king is saved by the multitude of an army; A mighty man is not delivered by great strength.” Psalms‬
* Many are the afflictions of the righteous – Psalm 34:19
* “………For by strength no man shall prevail.” I Samuel‬
* “Woe to those who go down to Egypt for help, And rely on horses, Who trust in chariots because they are many, And in horsemen because they are very strong, But who do not look to the Holy One of Israel, Nor seek the Lord!” Isaiah‬

David did not have any physical armor but he certainly came out ready in the armor of God. He came out swinging his spiritual sword using the name and word of God. 1 Samuel 17:45-47 (MSG)

* Goliath may have had fearful words, but David had The Word direct from the Spirit of God.
* Goliath may have had a large sword and javelin, but David had a spiritual double-edged sword and the power of the Spirit that Goliath knew nothing about.
* Your victory begins the moment you engage (this day)

**Final Word:**

We have looked at the helmet and the sword today and I hope you can see the connection between the two. The battle rages in the mind so the helmet of hope must be worn. The doubts, lies and fears of the enemy in our minds are overcome through this helmet and the word of God, given through the Holy Spirit, which is our sword.