

ARMOR



GROUP STUDY



ARMOR: Group Study

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Week 9

Take Up : The Helmet of Salvation

17 and take the helmet of salvation,

Ephesians 6:17a

PRAY

We are saved by grace through faith and in Christ the way in which we take up the helmet of salvation is through faith. Let's kick off our study this week by asking for the Lord in faith to give us faith. Let's trust the Lord together and ask for him to equip us with this very important piece of armor.

Don't forget that when we are lacking in our faith, we can cry out to the Lord for Him to increase our faith.

5 The apostles said to the Lord, "Increase our faith!"

Luke 17:5

SHARE

In this week's message, we learned an important truth about this strategic piece of armor. The Apostle Paul encourages the church in Ephesus to take up the helmet. This meant that they currently didn't have it on. It is possible to be saved by Jesus and not think as one who is saved by Jesus. Throughout this study we have been reminded that many times we try to live for Jesus without Jesus.

What are some personal examples of times when you have tried to live without the helmet of salvation? Why do we sometimes choose to accomplish what Christ has called us to do in life without Him?

If right thinking produces right living, why is it important for us to take up the helmet of salvation?

STUDY

There are two other examples of the helmet of salvation in Scripture. Paul was most likely presenting the helmet of salvation from his understanding of Isaiah's prophetic vision. Read Isaiah 59:17.

In this passage, God is the one equipped with the breastplate of righteousness and the helmet of salvation. Because of this the Lord went on and conquered his enemies and saved the people of God from defeat. This is the incredible grace of God who has done for us what we could not have done for ourselves. Re-read the Ephesians 2:4-10 and thank the Lord for the incredible gift of salvation.

In this week's sermon, from this grace we learned that there is nothing that God is going to do in your life that hasn't already been done through salvation in Christ. In Isaiah, this helmet of salvation displays what God does and has done. The Christ life is not first what we have done, it is about what Christ has done.

During life's many ups and downs, how does your assurance of salvation empower you to press on through all circumstances?

In Christ, we are given the fruits of the Spirit. Spend some time reading Galatians 5:22-23 as a reminder to what the Lord has already given to us. ***Consider discussing these different examples of fruit and share how the Lord has empowered you with these gifts. (example: being patience when you normally aren't)***

As Paul shares about the helmet of salvation in Ephesians 6 he focuses more on what the Lord gives to us through the helmet of salvation. A similar passage that mentions this helmet is I Thessalonians 5:8. Read this together.

The context of I Thessalonians 5:8 is an encouragement from the Apostle Paul to stay awake that the day of the Lord (or the end of times) will come at any moment. He encourages believers to live as children of the day and to stay alert. His description of this helmet is a little different than the description in Ephesians 6:17. He describes it as "a helmet which is the hope of salvation."

It is very clear that our world is getting increasingly darker and farther away from the light of Christ. In these times we need this helmet of salvation and grace to

equip us in order that we might remain faithful to Lord. Let's spend the rest of our study encouraging everyone in our group with a time of sharing and reflection on what the helmet of grace provides. If your group is too large, I would encourage you to break up into groups of 1-3 in order to share most effectively with each other. Please take your time with each of these provisions and allow the Spirit of God to minister and lead this time.

The Helmet of Grace provides...

1) Confidence

16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Hebrews 4:16

Discussion:

1. Where are you currently lacking in confidence?
2. How has and is the Lord providing confidence in your life?
3. In what ways can you equip yourself with the helmet of grace to keep providing confidence in your life?

2) Power

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

2 Corinthians 12:9-10

Discussion:

1. Where are you currently lacking in power or strength?
2. How has and is the Lord providing power or strength in your life?
3. In what ways can you equip yourself with the helmet of grace to keep providing power and strength in your life?

3) Inspiration

*10 But by the grace of God I am what I am,
and his grace toward me was not in vain.
On the contrary, I worked harder than any of them,
though it was not I, but the grace of God that is with me.*

1 Corinthians 15:10

Discussion:

1. Where are you currently lacking in inspiration?
2. How has and is the Lord providing inspiration in your life?
3. In what ways can you equip yourself with the helmet of grace to keep providing inspiration in your life?

RESPOND

*11 Therefore encourage one another and build one another up,
just as you are doing.*

1 Thessalonians 5:11

This is right after the Apostle Paul encourages us to take up the helmet of salvation.

WE NEED EACH OTHER!

As we close out our time of study together, take the different ways that you can equip yourself with the helmet of grace and write out some specific plans for this next week. Consider linking up with one or two people over the next week as an accountability team that will encourage you to get active with these ideas. Close out your time working on that plan, exchanging information, and then praying for each other as you commit to take up the helmet of salvation.