

STUDY NOTES FROM KAREN HOERDEL'S "SPIRITUAL ARMOR" TEACHING SERIES

Introduction to: The Helmet of Salvation

The next piece of armor is the helmet of salvation. The helmet was designed to protect the head from receiving blows which could result in disablement or death.

The spiritual function of this helmet of salvation is the total protecting of your mind against the enemy's attempts to bombard you with thoughts of discouragement, guilt and condemnation.

The Helmet of Salvation Study Notes

Salvation = deliverance, safety, preservation, healing

Spiritual and eternal deliverance is given immediately by God to those who accept repentance and faith in the Lord Jesus Christ.

Salvation from hell; from death, our past; our sins, our ancestors' sins, self, and the wrath to come.

The Helmet of Salvation protects our mind, ears, eyes and mouth; and protects us from Satan.

Take = accept or receive by faith

It is your choice to let temptation enter the mind.

Think of your helmet as a hard surface that the thoughts can bounce off.

"For God did not give us a spirit of timidity or cowardice, or craven and cringing and fawning fear; but He has given us a spirit of power and of love and of a calm and well balanced mind, discipline and self-control."

II Timothy 1:7

Prayer:

Heavenly Father:

You came with your armor to bring us salvation. You are the armor. We put on the helmet of salvation and the hope of salvation. We look to you Jesus who did deliver, is delivering, and will deliver all the way to the end and we look to our sure future. We look to our enemies being defeated. Show us anything in our lives that we've taken in through our eyes and our ears and mouth; even that we have breathed in through eastern meditation or mysticism or breathing exercises, yoga - Go, in the Name of Jesus. Anything we have taken into our minds either through hereditary curses, doctrines of demons, things we have learned through parents or school or churches that do not match the Word of God. We pull down strongholds and call them to obedience to Christ - vain imaginations, confusion, doubt, unbelief, depression, fear, paranoia, schizophrenia, bi-polar, insanity come down in the name of Jesus. Lord, clear our

minds. We choose this day to put on the mind of Christ. Any lie that we have received any time in life - we pull it down - we put it down - and we choose instead to think on the only thing that is true - the things of God. We proclaim peace for our minds. We want to walk in peace and victory. Thank you for this helmet you have given us. May we make the right choices one day at a time - one day at a time.
In Jesus' Name, Amen.

The Helmet of Salvation Scripture References

Ephesians 6:17a

Accept or receive (by faith) the helmet which is salvation

Cp. Isaiah 59:16-17 - crowning act of God

I Thessalonians 5:8-10 - hope

Hope = confident expectation (only in God) safety, security, trust, refuge

Lamentations 3:21-26 - hope in the Lord

Romans 8:24-25 - unseen

I Timothy 1:1 - Jesus is our hope

Titus 1:2; 2:13; 3:7 - the Blessed Hope

Hebrews 3:6; 6:11, 18-19 - anchor

I Peter 1:3-5, 9, 13, 21

Salvation = deliverance (physical or spiritual); preservation; to free; rescue; safety

Psalm 37:39-40; 51:12

Psalm 59:1-2 (all of it)

Psalm 79:9; 121:1-8

Acts 4:12

Romans 13:11 - did, is, and will yet deliver

The helmet protects the head - mind, ears, face, eyes, and mouth

Romans 8:6-7 - life and death

I Corinthians 2:16 - mind of Christ

II Corinthians 10:3-5 - control thoughts

Philippians 2:5 - choice

Philippians 4:8 - what to think on

II Timothy 1:7 - sound mind

I Peter 4:1 - arm yourselves

Psalm 119:59 - not my ways but God's ways

The Mind: A Battleground

Psalm 94:11 - our thoughts are vanity

Psalm 119: 59 - turn thoughts to God

Proverbs 3:5-6 - not your understanding

Isaiah 26:3 - peace of mind

Romans 8: 6-7 - life vs. death

Romans 12: 2, 3, 16 (all the chapter)

Renewing the adjustment of your thinking to the mind of God

I Corinthians 2:16 - mind of Christ

II Corinthians 10:4-5

Ephesians 4:14-23 - be renewed

Philippians 2:2-8 - humility of mind

Philippians 4:8 - what to think on

II Timothy 1:7 - sound mind

James 1:5-8, 14-15

James 3:14-18

I Peter 1:13 - gird the loins

I put on the Helmet of Salvation and bring my mind into the captivity of the Lord Jesus Christ. I submit my will to Your will and pray that Your perfect will be done in me.
Ephesians 6:17

Helmet of Salvation

I pull it tightly over my mind and command all of my thoughts into Your captivity. Father, make my thoughts righteous and pure. Pull the visor over my eyes and nose - let me see through the eyes of the Holy Spirit and let me be a sweet fragrance to You and for You. Pull the helmet tightly over my ears - let me hear through the ears of the Holy Spirit. Buckle the strap across my lips and guard my tongue today so that only Your words - words that are uplifting and glorifying to You - cross my lips today.
In Jesus' Name, Amen.