

THE HELMET OF SALVATION

EPHESIANS 6:17

CHURCH GROUP SERMON DISCUSSION GUIDE – AUGUST 17, 2025

SCRIPTURE READING

Ephesians 6:10-17

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation.

Supporting Passages: 1 Thessalonians 5:8; Ephesians 1:3; 17-18, Psalm 16:2; Romans 8:32

ICE BREAKER QUESTION

Imagine you received news that you were guaranteed to receive something amazing (like getting your dream job, acquiring an unexpected inheritance, or going on an all-expenses-paid vacation) exactly one year from today. How would that knowledge change the way you approach challenges and difficulties between now and then?

SERMON RECAP

- **Hope is borrowed strength from the future** — Our present joy and perseverance come from our confidence in what God has promised for our future salvation.
- **The helmet of salvation represents hope in our future with Christ** — While salvation includes past (justification), present (sanctification), and future (glorification) aspects, the helmet specifically protects our minds with hope in Christ's return.
- **The enemy seeks to blind us to our hope** — Satan tempts us to place ultimate hope in worldly good things or to lose hope because of the pain of hard things in this world.
- We take the helmet by fixing our eyes on Jesus — Rather than trying to imagine heaven, we meditate on Christ's love in the present, trusting his heart and ability to lead us to goodness and glory.
- **Spiritual disciplines are spiritual warfare** — Bible reading, prayer, and fellowship help us "raise the sails" to catch the wind of God's love and remember our living hope in Christ.

DISCUSSION QUESTIONS

Observation: What does the passage say?

1. According to Ephesians 6:12, who are we really fighting against in spiritual warfare? What does this tell us about the nature of our struggles?
2. In verse 17, Paul mentions "the helmet of salvation" as part of the armor of God. Based on the sermon and 1 Thessalonians 5:8, how would you describe what this helmet represents?
3. Looking at Ephesians 1:13-14, what role does the Holy Spirit play in guaranteeing our future hope? What does it mean to be "sealed" with the Spirit?

Interpretation: What does the passage mean?

1. Pastor Eric defined hope as "when your present borrows strength and joy from your future." How does this definition help us understand why the helmet of salvation is essential for spiritual warfare?
2. Romans 8:32 asks, "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?" How does the cross serve as proof of both God's heart toward us and his ability to fulfill promises?
3. What's the difference between having access to hope and actually experiencing that hope? Why might Christians struggle to feel hopeful even though they possess the Holy Spirit?



Application: How can we apply this passage to our lives?

1. Identifying false hopes: Pastor Eric mentioned that the enemy tempts us to place ultimate hope in “good things” rather than Christ’s return. What are some “good things” in your life that you might be tempting to hope in more than your future salvation? How can you tell the difference between enjoying God’s earthly gifts and making them your ultimate hope?
2. Fighting through suffering: When facing difficult circumstances, how can you practically “put on the helmet of salvation”? What specific truths about your future with Christ can you remind yourself of when you’re tempted to say, like Roberto Duran in the boxing illustration, “no more”?
3. Spiritual disciplines as warfare: Pastor Eric said that Bible reading, prayer, and fellowship are ways we “raise the sails” to catch the wind of God’s love. Which of these disciplines do you find most challenging to maintain consistently? What practical steps can you take this week to strengthen your practice of these hope-building habits?