

Keeping My Head Straight

Eph 6:17

The Helmet of Salvation covers our head which protects our mind and thoughts. Just to know that we are saved keeps us from intellectual surrender and rationalistic doubt. Satan wants to attack our minds as he did in the garden with Eve (Gen 3:1-6), so being able to think clearly will make the difference between victory and defeat (1st Thes 5:6-8).

We must protect our minds and thoughts and keep them focused on our Savior Jesus Christ and His objective of reaching others with the Gospel (Matt 28:19-20, Phil 2:5-11).

An unsaved mind cannot be protected from the fiery darts of temptation because:

- That mind will be focused on the lust of the flesh, the desires of the eyes and the pride of life (1st John 2:16)
- That mind is at enmity with God (Rom 8:5-8)
- That mind cannot receive the things of God (1st Cor 2:14)

Satan's blows are directed at the believer's security and assurance in Christ. He uses discouragement and doubt to attack us. To discourage us he points to our failures, our sins, our unresolved problems, our poor health, or to whatever else seems negative in our lives to make us lose confidence in the love and care of our heavenly Father (Gen 3:1-6, Luke 22:31, 1st Peter 5:8).

- A saved mind is protected when it is focused on Jesus Christ (Col 3:1-2).
- A saved mind is protected when it is committed to serving (Phil 2:5-11)
- A saved mind is protected when it is led by the Holy Spirit (Ro 8:26-27)

The *helmet of salvation* means the knowledge and hope of salvation. Knowing that we are saved and hoping for the glorious day of redemption is what we need to survive this battle.