



Part  
5

## The Helmet of Salvation

This week Pastor Ken continued the series *Stranger Things: Winning the Battle with the Upside Down*. We are looking together at the struggle between good and evil and how to use each piece of the armor of God to resist the enemy. So gather with your Cathedral family on Zoom or other video platform and let's grow together.

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*  
Ephesians 6:12-13

1. When a soldier suited up for battle, the helmet was the last piece of armor to go on. It was the final act of readiness in preparation for combat. A helmet was vital for survival, protecting the brain, the command center for the rest of the body. If the head was badly damaged, the rest of the armor would be of little use. Spiritually speaking, the helmet of salvation (Ephesians 6:17a) provides hope and protects the mind against anything that would disorient or destroy the Christian, like discouragement. It represents our assurance of salvation.
2. Do you have that assurance? Are you proving your salvation by growing and producing fruit?
3. Pastor Ken said that we put on the helmet of salvation to protect our mind because whatever takes over our head takes over us (read Proverbs 4:23 and Romans 12:1-2).
4. Hope for the future gives you joy in the present (read 1 Thessalonians 5:8). If you have been in a battle with despair and lost your hope, today is the day to take back your hope.
5. The way we think can get so embedded into our brains that it actually makes little grooves in your brain, takes you captive, and then you get stuck (read 2 Corinthians 10:3-5). Where do you feel stuck; what are those mental strongholds and are you ready to demolish them?

Close in prayer