

¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness 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.

Ephesians 6:10-13





The whole armor of God

¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God

Ephesians 6:14-17

The Helmet of Salvation



- Wearing the helmet indicates you have your eyes open (I Thess. 5:4-8)
- Putting on the helmet shows watchfulness and sobriety (I Thess. 5:6)
 - Double mindedness is dangerous (James 1:5-8)
 - Anxiety (Phil. 4:6) is of the same nature
 - **3309** *merimnáō* (from [3308](#) /*mérimna*, "a part, as opposed to the whole") – properly, drawn in opposite directions; "divided into parts" (A. T. Robertson); (figuratively) "to go to pieces" because *pulled apart* (in different directions), like the force exerted by sinful *anxiety* (*worry*).
 - We must guard our hearts and minds!
- Having the helmet on should be precipitated by prayer (Eph. 6:17-18)

The Helmet of Salvation



- We find the helmet of Salvation worn by the prophesied redeemer (Is. 59:16-21)
- David recognized the need of the Lord's strength and protection for his head (and vulnerability without it) Ps. 140:6-7
- Saved people are instructed to put on the helmet of salvation (Heb. 9:29; I Pt. 1:5)
- This outfitting is done daily in hope of ultimate victory (I Thess. 5:9-10)
- Do you eagerly wait for the Savior and heaven? (Phil. 3:20)