 What do Dale Earnhardt, Jr., Dak Prescott, Corey Seager and Jake Oettinger all have in common? They wear a helmet when participating in their particular sport. Headgear is important. Why is that? Because our heads are important.

Charles Hodge tells us, “The most ornamental part of ancient armor, and scarcely less important than the breastplate or the shield, was the helmet. The Christian, therefore, is exhorted to take the helmet of salvation. According to the analogy of the preceding expressions, ‘the breastplate of righteousness’ and ‘shield of faith,’ salvation is itself the helmet. What adorns and protects the Christian, which enables him to hold up his head with confidence and joy, is the fact that he is saved. He is one of the redeemed, translated from the kingdom of darkness into the kingdom of God's dear Son. If still under condemnation, if still estranged from God, a foreigner, and alien, without God and without Christ, he could have no courage to enter into this conflict. It is because he is a fellow citizen of the saints, a child of God, a partaker of the salvation of the Gospel, that he can face event the most potent enemies with confidence, knowing that he will become more than a conqueror through him that loved him (see [Ro 8:37](bible:#002d0825)) (*The Classic Bible Commentary*).

Our heads and our hearts are certainly vital organs that need to be protected. What resides in our heads.? Our brains, and what resides in our brains? Our minds. So the helmet of salvation must provide protection for our minds.

Take note, Paul says “*take the helmet of salvation*.” The helmet **IS** our salvation; salvation **IS** the helmet. So, Paul is telling us to receive, to accept, ***to apply*** the salvation that we ***already have***. He is **not** telling Christians they need to go out and “get saved.” He certainly isn’t telling us to somehow be “MORE saved.” You cannot get “more salvation,” because one is either saved or they are not saved. Okay then, what ***IS*** Paul telling us? That is what we will explore in our message this morning.

We need to be prepared, EQUIPPED, because we are in an up-close and personal conflict with evil. We are involved in a spiritual battle.

The devil and his minions are against us. He wants to take us down. He cannot get us “unsaved,’ so he works to affect our lives. He wants to negate our testimony. He wants to keep us from serving and celebrating. He wants to keep us from worshipping and working and witnessing.

How can he do that? One way is to “mess with our heads.” If satan can “get into your head,” he can maneuver you off the right course. Paul says that we have a helmet to protect our heads. We have armor for our minds. What does he say is the protection for our heads? Salvation.

Stan wants to mess with us. He has a big bag of tools that he can use. These d***evilish*** tools include:

DECEPTION

DISTRACTION

DISCOURAGEMENT

DISABLING

DESTROYING

Jesus does the ***opposite***!

INFORMING

FOCUSING

ENCOURAGING

ENABLING

PERFECTING

All of these things that Jesus does for us and in us and to us are part of salvation. They are part of the on-going aspect of our salvation. Sometimes we talk about “the three tenses of salvation” as a way to explain the three main aspects. It might be like this :

PAST PRESENT FUTURE

Justification Sanctification Glorification

A point in the past A process in the present A point in the future

Have been saved Are being saved Will be finally saved

In chapter one of Ephesians, Paul unfolds **a LOT** of truths about salvation. He shows how each person of the Trinity is involved with us and for us :

FATHER 1.3; 1.4; 1.5

SON 1.6; 1.7; 1.12

SPIRIT 1.13, 1.14

Each of the three sections is brought to a crescendo by the repetition of the refrain, like the chorus in a song. Each person of the trinity blesses us with salvation “*to the praise of His glory”* (see 1.6; 1.2 and 1.14).

Thanks be to God, that He has provided us protection for our heads. We need to make sure that we **PUT ON** our helmets. We need to have the right perspective. The Bible says, “*As a man thinks in his heart, so is he*” (Pr 23.7). We need to think right, right???

Emerson said, “Sow a thought, reap an action’ Sow an action and reap a habit. Sow a habit and reap a character. Sow a character and reap a destiny.” You see, it ALL ***starts*** with a thought. This is why our minds are SO important.

There is an interesting correlation between our minds and our salvation :

REPENT Change the mind Mk 1.14-5

RENEW Channel the mind Rom 12.1-2

Resolve Choose with the mind Rom 6.12-4

So **how** can we ***PUT ON*** the helmet of salvation?

APPRECIATE our salvation Lift it up

APPROPRIATE our salvation Work it in

ACTIVATE our salvation Live it out

The thief wants to steal and to kill and to destroy. He can only do that if he gets by us. That is why we must protect our minds. We must not give-in to ‘stinkin’ thinkin.’ We must know who we are in Christ. We must understand what He has given us. We must ***BE*** who we ARE. We must ***HAVE*** what He HAS GIVEN US.