



Meeting Notes: Helmet of Salvation (October 16, 2013)

These notes capture our October 16, 2013 meeting. We opened our meeting in prayer and then began our evening. Topic notes from the evening may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our evening. General notes follow each topic that was discussed.

CURRENT VISION: “The Year of Maturity: Learning how to hear with ears of faith that we may be doers of the word and not hearers only.” Scripture Reference: Mark 4:24.

TOPICS DISCUSSED:

Memory Verse: “³For though we walk in the flesh, we do not war according to the flesh. ⁴For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, ⁵casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶and being ready to punish all disobedience when your obedience is fulfilled” (NKJV)..

Discussion Topic: Helmet of Salvation

- **Ephesians 6:17:** “And take the helmet of salvation ...” Our primary discussion of the helmet is contained in the Teaching Notes.
- **Other discussion:**
 - **Receiving correction:** How we receive correction is a sign of maturity.
 - **Thoughts on the helmet.** The helmet had a cushion inside to protect the Roman soldier’s head from the weight of the helmet. One of us noted, the protection provided by our salvation isn’t necessarily comfortable, but necessary.
 - **Strongholds.** As identified in the Teaching Notes, there are two types of strongholds: rational and irrational. We noted the depth of irrational strongholds ties into our emotions. We also discussed how irrational strongholds have all these kissing cousins that tie into each other. For example, fear and insecurity often accompany rejection.
 - **Disconnecting.** In our discussion on hopelessness, one of us noted how one can actually go numb from hopelessness. You start living life on autopilot and living by your patterns of behavior.
 - **Perception:** When in conflict, sometimes we need to ask ourselves,

“What may I have done that created their perception of me.”

- **Takeaways:** Here are a few notable takeaways from our discussion:
 - “Sometimes, you don’t know what you’re thinking is wrong.”
 - “It’s important to have our helmet on tight so we’re thinking right.”
- **Summing up the discussion:** The **purpose** of our helmet of salvation is to protect our mind in the same way our breastplate of righteousness protects our heart. We **apply** our helmet of salvation by renewing our mind; we **keep it on** by repenting when the Holy Spirit reveals thoughts and emotions that do not line up with God’s Word.

Homework Assignments:

- **Examine our thoughts:** The goal is to learn how to see our thoughts through the filter of God’s Word and not through the filter of life. Practical steps for the assignment are:
 - **FOCUS:** Intentionally focus on our thoughts
 - **EXAMINE:** Ask yourself what does God’s Word say about my thought
 - **CAPTURE:** Write down any revelations the Holy Spirit gives in your journal so we can discuss it during group
- **Memory verses.** Please continue to work on all the memory verses: **Psalm 33:4, Psalm 51:6, Hebrews 11:1, 6, 2 Corinthians 10:4-6, and Mark 4:24.** The more we sow the Word in our hearts, the more it will help reveal and push out the lies the enemy uses to torment us.

Next Meeting: Our next topic is “I See Me.”

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site wow2women.com.



ATTACHMENT: TEACHING NOTES FOR OCTOBER 16, 2013

Closing the Loop on Last Week:

- **Accountability Partners:** Accountability partners have been completed. Any questions or concerns?

Memory Verse:

- **2 Corinthians 10:4-6:** “³For though we walk in the flesh, we do not war according to the flesh. ⁴For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, ⁵casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶and being ready to punish all disobedience when your obedience is fulfilled” (NKJV).

Discussion Topic: Helmet of Salvation

- **Ephesians 6:17:** “And take the helmet of salvation ..”
 - **Understanding Key Words in the Discussion Verse:**¹
 - **Take:** (G1209) to receive (in various applications, literally or figuratively):--accept, receive, take
 - **Helmet:** compound word ... encirclement of the head, i.e., a helmet:--helmet.
 - **Salvation:** (G4992) ... defender or (by implication) defence:--salvation.
 - **Visual Image of the Helmet.** The image I see is the helmet represents our salvation in Christ Jesus. When we take that helmet and place it on our head, we wrap our mind in the knowledge of all salvation has to offer. That knowledge is what defends us against the devil’s lies!
 - **Contents of the Helmet.** What does salvation mean? Strong’s defines “salvation” as “defence.” In addition, Rick Renner states, “This word literally means *saved* or *delivered*. In the broadest sense of the word, it means *to be brought into a safe place*.”² In this safe place we find

¹ Strong’s Concordance for the iPhone version 1.5.3, Copyright © 2009 Brian Thomas Webb

² Rick Renner, *Dressed to Kill: A Biblical Approach to Spiritual Warfare and Armor*, (Tulsa: Teach all Nations, 1991), p. 395.

“deliverance from sin, salvation from hell, divine protection, preservation, healing, wholeness, and complete soundness of mind.” A sound mind is one that “has been set free and is thinking correctly.”³

- **Wearing the Helmet of Salvation:**

- **Purpose.** The Roman soldier’s “opponent carried a short-handled axe called a battleaxe – and when battleaxes were used, heads rolled ... if you don’t walk in your salvation and all that your salvation entails, you may feel the brunt of the enemy’s battleaxe coming to attack your mind and steal your victory.”⁴ The battleaxe the devil uses is mind games intended to plant unreasonable fears in our heart. In other words, just like the breastplate protects our heart from the devil’s lies, our helmet protects our mind.
- **Applying.** We apply our helmet by renewing our mind with God’s Word. We renew our mind by “pulling down strongholds, casting down arguments and every thing high thing that exalts itself against the knowledge of God, and bringing every thought into captivity to the obedience of Christ” (2 Corinthians 10:4-5 NKJV). The prayers we have been doing are one example of pulling down strongholds!
 - **Pulling down strongholds.**⁵ Strongholds serve as both a fortress (way of thinking) in our mind that keeps people out and as a prison (oppression) that keeps us in! According to Renner, “There are two kinds of strongholds: rational and irrational.”
 - **Rational strongholds.** These are the thoughts we have that make sense! They are the “arguments” or “imagination (KJV)” that make logical sense when we try to think our way through a situation.
 - **Irrational strongholds.** These are unrealistic fears and worries that occupy our thoughts! These are the thoughts we have to bring “into captivity to the obedience of Christ.” They will not go away on their own. We have to intentionally replace these thoughts with the Word of God!
 - **Takeaway.** There are two types of strongholds we have to pull down in our mind: logical thought processes that do not line up with God’s Word AND unrealistic fears the devil plants in our mind. We pull these strongholds down by replacing them with the truth from God’s Word.

³ ibid, p. 392.

⁴ ibid, pgs 376-377.

⁵ ibid, pgs 385-390.

- **Oppression.** Whenever we do not renew our mind with God’s Word, oppression results. “Oppression is ... a *force that comes to powerfully dominate and manipulate* ... And when oppression sets in, the end result is *hopelessness!*” Takeaway. Strongholds lead to oppression and oppression leads to hopelessness. Thus, if we are feeling hopeless, there is a stronghold in our mind that we must pull down!
- **Keeping it on.** Repent when we recognize our mind and emotions are not submitted to God’s Word, and then submit to the work of the Holy Spirit in our lives as we “seek to daily renew [our] mind to right thinking and right believing with the Word of God. “As [we] faithfully meditate on the Word of God and allow it to work in [our] thought life, [our] mind *will* be renewed.”⁶
- **Overall takeaway.** The purpose of the helmet is to protect our mind from the devil’s mind games. We apply the helmet by renewing our mind with the truth of God’s Word and then choosing to think according to God’s Word. We keep the helmet on by repenting for thoughts and emotions that do not line up with God’s Word.

Tidbits from *Dressed to Kill*:⁷

- “If your salvation – like a helmet – is not worn tightly around your mind, the enemy will come to chop the multiple benefits and blessings of your salvation right out of your belief system. He will whack away at your spiritual foundation, trying to tell you that healing, deliverance, preservation of mind, and soundness are not really a part of Jesus’ redemptive work on the Cross. By the time the enemy is finished with your mind, the only thing he will leave you with is Heaven! (p. 377)
- “The first step to eradicating strongholds in your life is to recognize YOUR responsibility in the matter. You permitted your mind and emotions to get into this mess!” (p. 384)
- “The truth is if you don’t take your thoughts captive, your thoughts will take you captive! (p. 388)
- “Rather than listen to these lying emotions and slanderous accusations, you must lay hold of your mind and tell it to submit and listen to what the Word of God has to say. On the other hand, if we choose to let our minds and our emotions continue to dominate and control us, we will inevitably become *oppressed*. (p. 389)

⁶ Rick Renner, *Dressed to Kill: A Biblical Approach to Spiritual Warfare and Armor*, (Tulsa: Teach all Nations, 1991), p. 398,

⁷ *ibid.*