

The Helmet of Salvation

(Ephesians 6:17a)

Pre-Session Warm Up

[Teacher, bring in several types of helmets to class, such as a bicycle helmet, football helmet, etc. Have the children identify the various pieces of equipment.]

Who wears a helmet? (Football players, skateboarders, bicycle and motorcycle riders, soldiers, etc.) Why do athletes wear helmets? [Discuss the purposes for wearing protective headgear.] They all wear helmets for one reason — to protect their heads. Why is it important to protect our heads? [Let the children respond. Lead them to discover that it's important to protect our minds—our thinking capacity.]

The past few weeks we've been studying the pieces of a Roman soldier's armor and how they relate to our spiritual walk with Jesus. This morning we will discover just how important it was for the soldier to wear a helmet.

Opening Prayer

Lord, You don't want us to be unaware of Satan. You want us to be on guard at all times for his attacks. He wants us to doubt our salvation. He wants to discourage us from believing in You and following hard after you. I pray that this morning You will teach us how important it is to keep our thought life pure so that we don't get distracted by wrong or false beliefs about You. In Jesus' name, I pray. Amen.

Memory Verse

"And take the helmet of salvation..." (Ephesians 6:17)

Lesson

Let's review by reading Ephesians 6:10-13

A final word: Be strong in the Lord and in his mighty power. (11) Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. (12) For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. (13) Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

In battle, it was important for a Roman soldier to be properly dressed. He needed armor as a suit of protection. And, in the same way, God has given us spiritual armor to protect us from our enemy, Satan.

Let's review the pieces of the spiritual armor that we've learned about so far and how we put them on.

| Verse | Piece of Armor | How You Put it On |
|-------|------------------------------|---|
| 14 | Belt of Truth | <ol style="list-style-type: none">1. By learning as much as we can of the Bible's truths2. By always being truthful in everything we do |
| 14 | Breastplate of Righteousness | By choosing to do the right things... things God approves of |
| 15 | Gospel of Peace Shoes | <ol style="list-style-type: none">1. By making peace with God by receiving His gift of salvation2. By making peace with others by forgiving them as God has forgiven you |

| Verse | Piece of Armor | How You Put it On |
|-------|-----------------|---|
| 16 | Shield of Faith | By believing and trusting in God's promises |

Who remembers a promise of God? (He'll never leave you, He forgives you of your sins, He loves you with an everlasting love...) Do you see how remembering God's promises helps in your fight against Satan?

Look at our soldier. What is he missing? Of course, he needs something to protect his head. Let's give him that today. We Christians call it the Helmet of Salvation.

Ephesians 6:17

Put on salvation as your helmet...

Roman Helmets

A soldier in the Roman army wore a bronze helmet with an iron inner plate and a leather skullcap. His helmet was designed with a small peak in front and hinged sides to protect his cheeks and forehead. A piece of the helmet curved down in the back to protect his neck. This snugly fitted helmet kept many a soldier from having his head crushed. They needed that kind of protection when people dropped rocks off a city wall down onto their heads. If a soldier's head got hit and his brain got hurt, they would lose the battle.

Some of Rome's enemies fought bareheaded. This gave the Roman soldiers a distinct advantage in battle, as they could inflict head injuries on their enemies, but suffer few of their own.

Christian Helmets

As Christians we need to protect our heads, as well. Where is our battle with Satan and his demons fought? Primarily in our minds! Now that the Lord Jesus lives in our hearts, He wants us to have

right thoughts. Satan knows that when we allow wrong thoughts to stay in our minds, soon we will do wrong things.

What are some ways Satan puts bad thoughts into our minds? How does he give you ideas to sin? [Teacher, list on the board: Reading bad books, watching bad TV programs, going to bad movies, having friends who talk dirty, listening to naughty jokes...]

One of the worst thoughts Satan can put into your head is that God isn't real and that it doesn't matter if you sin and do wrong things. Not only is He real, but He is going to judge people for their sins. The protection God has provided for your head is the truth that now that you've accepted Him into your life, you have power over Satan's temptations to do wrong. You do have a choice to sin or not.

Satan wants to attack your mind, so you need to let God control what enters your thoughts. We all need to be careful about what we read, what we watch on TV, and what we listen to in music.

What are some ways we can put right thoughts into our minds? [Teacher, list on the board: Memorize God's Word, talk with people who love the Lord Jesus, read good books, listen to music about God.]

Remember, the Lord Jesus is more powerful than Satan (1 John 4:4) Satan cannot possibly win when you put on the Helmet of Salvation and guard your thoughts.

We need to be thinking often about the salvation that God offers to us as Christians. When Jesus died on the cross He saved us from the punishment for our sins (Romans 8:1a). Now the Holy Spirit is with us every day to give us power over sin (2 Corinthians 12:9; Philippians 4:13). And when we die, Jesus has a place prepared for us in Heaven where we will be delivered forever from the presence of sin (John 14:1-4; Revelation 21:27).

A soldier's helmet protected his head and gave him confidence that he was safe from the enemy's attack. You put on the Helmet of Salvation when you believe the Lord's promises of salvation — past,

present, and future — and confidently expect Him to deliver you from the power of sin (1 Thessalonians 5:8.)

No matter how much armor you have for your body, it will do you no good unless you protect your head.

Finally, now that we've given our soldier his helmet, he is completely covered from head to foot. Likewise, if we put on all of God's armor, Satan cannot harm us. Our mind, our heart, and our other vital organs are completely protected by God.

Closing Prayer

Lord, You don't want us to be powerless against Satan's spiritual attacks against us. Thank You for giving us all these pieces of spiritual armor! We can have confidence that You are protecting our whole being – our mind, our heart, and our other vital organs! Help us to remember now to always give our thoughts of doubt and discouragement over to You. In Jesus' name, I pray. Amen.

Learning Activities

Craft Corner

Game Center

Use the following questions in a game of your choice:

Review questions:

1. Why do we need to protect our heads? (Satan is always trying to corrupt our minds.)
2. Where is our battle with Satan and his demons fought? (Primarily in our minds!)
3. What does it say in verse 11 about why it is easy to sin and hard to do right? (The devil plays tricks on us.)
4. How do you put on the Breastplate of Righteousness? (By choosing to do the right things)
5. What piece of armor do we use when we choose to remember Jesus came to set us free from Satan's temptations to sin? (The Helmet of Salvation.)
6. How do you put on the Shoes of Peace? (By making peace with God — by receiving His free gift of salvation, by making peace with others, by forgiving them when they sin against you, and by being ready to tell others about Jesus.)
7. Why do we have to be careful of the thoughts that we think? (Because when we think about something for a while, then we will do it)
8. How do you take up the Shield of Faith? (By believing and trusting in God's promises)
9. How do you put on the Helmet of Salvation? (When you believe the Lord's promises of salvation)
10. What piece of the armor do we use when we trust God's promises? (The Shield of Faith)
11. What is the gospel? (The good news that Jesus paid for our sins and we can go to Heaven)
12. What is faith? (When you count on someone to keep a promise because you know that person can be trusted to tell you the truth)
13. How do you know that your sins are forgiven? (Because the Lord Jesus paid for them and promised that we would belong to Him forever)

Easier Questions:

14. What is the piece of armor that protects our minds? (The Helmet of Salvation)
15. Who gives us power over sin? (God)
16. What are some ways Satan puts bad thoughts into our minds? (Reading bad books, watching bad TV programs, going to bad movies, having friends who talk dirty)
17. What are some ways we can put right thoughts into our minds? (Memorize God's Word, talk with people who love the Lord Jesus, read good books, listen to music about God.)
18. Is one piece of armor enough to stand against the devil? (No, we must put on the whole armor of God.)