

# The Helmet of Salvation

(Ephesians 6:17a)

## Introduction

[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.]

**Ask:** Who wears a helmet? (Football players, skateboarders, bicycle and motorcycle riders, soldiers, firemen, etc.)

**Ask:** Why do athletes wear helmets? [Discuss the purposes for wearing protective headgear.] They all wear helmets for one reason — to protect their heads.

**Ask:** 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.]

This morning, we are going to add a helmet to our Roman soldier and we will discover just how important it was for him 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

*But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation. (1 Thessalonians 5:8 NLT)*

*Put on salvation as your helmet. (Ephesians 6:17a NLT)*

## Lesson

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.

For review, read Ephesians 6:10-16

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.

[Teacher, refer to the previous lesson for details for this review.]

Verse	Piece of Armor	How You Put It On
14	Belt of Truth	By knowing The Truth (Jesus) and believing everything He says, the Word of God.
14	Breastplate of Righteousness	By confessing your sins and asking God to forgive you. He declared you righteous the moment you put your faith in what Jesus did on the cross.
15	Gospel of Peace Shoes	By receiving God's forgiveness, you made peace with God. When we have the peace that comes from knowing we are forgiven of our sins, we are ready, or "fully prepared" to tell how they can also have peace with God.
16	Shield of Faith	By believing and trusting in God's promises.

**Ask:** What are some of the promises of God? (He'll never leave you; He forgives you of your sins; He loves you with an everlasting love...)

Remembering God's promises helps us in our fight against Satan.

Let's look at the next piece of the armor of God.

Ephesians 6:17

*Put on salvation as your helmet... (NLT)*

### **Salvation**

**Ask:** What does the word "salvation" mean? (To be saved.)

**Ask:** How did you get saved?

Simply by trusting that what Jesus did on the cross saves you and asking Him to forgive your sins and to put you on "Team Jesus"! All you need do is ask Him; He won't refuse you!

Romans 10:13

*For "Everyone who calls on the name of the LORD will be saved."*

Let's back up and read...

Romans 10:9-11

*If you openly **declare** that Jesus is Lord and **believe** in your heart that God raised him from the dead, **you will be saved.** (10) For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. (11) As the Scriptures tell us, "Anyone who trusts in him will never be disgraced."*

Because God is holy, He hates sin and wickedness. (Psalm 5:4) He says that all sin must be punished (Ezekiel 18:20), but Jesus took our punishment.

- When Jesus died on the cross, He saved you from the **punishment** for your sins (Romans 8:1a).
- The moment you realized that Jesus died for your salvation, you became a Christian—you were put on "Team Jesus."

- At that very moment, God gave you the Holy Spirit Who gives you **power** over sin (2 Corinthians 12:9; Philippians 4:13).
- And when you die, Jesus has a place prepared for you in Heaven where you will be delivered forever from the **presence** of sin (John 14:1-4; Revelation 21:27).

**Ask:** What have we been saved from?

We have been saved from spending all eternity separated from God after we die; instead, we will live in the presence of God in heaven where there will be no more sin. That's an amazing thing!

But notice that Ephesians 6:17 says we must "*put on salvation*" (NLT) or "*take the helmet of salvation*" (ESV). Salvation is a free gift from God, but there is an action that we must do: we must take it.

When Christmas comes and you see gifts under the tree with your name on them, unless you take the gift and unwrap it, it really isn't yours yet.

We each must choose to take the salvation God freely offers, so ask and you will receive salvation!

Part of Satan's battle plan against us is to place doubt in our hearts. He wants us to doubt God's word and doubt God's love. He wants us to doubt that we are saved from the punishment we deserve for our sins. He wants us to doubt that God even exists.

But once you receive salvation from God, nothing can ever take that away.

Romans 8:38-39

*And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow--not even the powers of hell can separate us from God's love. (39) No power in the sky above or in the earth below--indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*

OK, we have defined what “salvation” is; let’s talk about helmets.

### ***What was a Roman Soldier’s Helmet Like?***

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 the Roman soldier’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***

**Ask:** Where is our battle with Satan and his demons fought?

Primarily in our minds! So, as Christians we need to protect our heads, as well. 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.

**Ask:** What are some ways Satan puts bad thoughts into our minds? How does he give us ideas to sin? [Teacher, list on the board:]

- Reading bad books or magazines
- Watching bad TV programs, bad movies, or the internet
- Listening to naughty jokes or raunchy music
- Having ungodly friends

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.

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. We must keep our thought life pure so that we don’t get distracted by wrong or false beliefs about God.

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 and the power of the Holy Spirit will help you make the right choice.

**Ask:** What are some ways we can put right thoughts into our minds? [Teacher, list on the board:]

- Read good books or magazines
- Watch good wholesome TV programs or movies
- Listen to music that honors the Lord
- Memorize God’s Word
- Choose friends who love the Lord Jesus

### ***Summary***

No matter how much armor you have for your body, it will do you no good unless you protect your head. Just as a soldier’s helmet protected his head and gave him confidence that he was safe from the enemy’s attack, when you put on the helmet of salvation, the truth of God’s word will give you confidence in your battle with Satan.

**Ask:** How do you put on the helmet of salvation?

To put on your helmet of salvation, you ask God to protect your thoughts so you will remember you have been saved and nothing can take your salvation away from you. Satan will try to discourage you, but 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 from Satan’s lies.

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

### Game Center

#### *Helmet of Salvation Game*

**Main Challenge:** You must have your Helmet of Salvation on to be safe from the Enemy's attack.

**Needed:** 2 ballcaps.

Select a child to be the "Enemy". Select two children to be "Helmet Bearers" who begin play with a ballcap (i.e., the Helmet of Salvation) on their heads.

**Play:** The Enemy's goal is to tag as many kids as possible, but he cannot tag a Helmet Bearer.

When a child is tagged, he must sit down immediately, wherever he or she is tagged.

The Helmet Bearers' job is to free kids who have been tagged by the Enemy and are sitting down.

When the Helmet Bearer sees a child that is sitting down, he must go to that child and ask, "*Do you want salvation?*" If the seated child says, "Yes," then the Helmet Bearer must give his hat to the seated child, who must put on the hat and run to free someone else.

The seated child has now become a "Helmet Bearer" and the child with no helmet can be tagged by the "Enemy".

**Discussion point:** We are told in Ephesians 6:17, "*take the helmet of salvation...*" We each must choose to take the salvation God offers.

Or use the following questions in another game or discussion:

#### **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. Why is it easy to sin and hard to do right? (The devil plays tricks on us.)
4. What does it mean to put on the belt of truth? (By remembering the truth of God's word: Jesus loves me, forgives me, and will never leave me.)
5. What piece of the armor do we use when we trust God's promises? (The shield of faith.)
6. How do you take up the shield of faith? (By believing and trusting in God's promises.)
7. How do you put on the breastplate of righteousness? (By remembering that because of what Jesus did on the cross, God sees us as righteous.)

8. How do you put on the shoes of peace? (By receiving God gift of salvation and making peace with God.)
9. What is the piece of armor that protects our minds? (The helmet of salvation.)
10. What are some ways Satan puts bad thoughts into our minds? (Reading bad books or magazines, watching bad TV or movies, listening to naughty jokes or raunchy music, having ungodly friends.)
11. What are some ways we can put right thoughts into our minds? (Read good books or magazines, watch good wholesome TV or movies, listen to music that honors the Lord, memorize God's word, choose friends who love Jesus.)
12. 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.)
13. How do you put on the helmet of salvation? (When you believe the Lord's promises of salvation.)

[For more lessons for children, visit  
<https://www.freechildrensministrylessons.com>]

