

Ephesians Chapter 6  
Week 10, v.17

- v. 14 - girded loins with Truth  
put on the breastplate of righteousness
- v. 15 - shod feet with the preparation of the gospel of peace
- v. 16 - take up the shield of faith

Eph 6:17 And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.

*And* – in addition to, having a copulative (linking- relating to) and sometimes also a cumulative (gradually building up – becoming successively larger, stronger, or more effective) force

We are adding another piece of armor. Again, this is not a piece to use on it's own but, in addition to, the girdle of Truth, the breastplate of righteousness, having our feet shod with the gospel and the shield of faith.

take--... "receive," "accept," namely, the helmet offered by the Lord, namely, "salvation" appropriated, as 1Th 5:8, "Helmet, the hope of salvation"; not an uncertain hope, but one that brings with it no shame of disappointment (Ro 5:5) .... The head of the soldier was among the principal parts to be defended, as on it the deadliest strokes might fall, and it is the head that commands the whole body. The head is the seat of the mind, which, when it has laid hold of the sure Gospel "hope" of eternal life, will not receive false doctrine, or give way to Satan's temptations to despair. God, by this hope, "lifts up the head" (Ps 3:3; Lu 21:28). Jamieson-Fausset-Brown Commentary

Ps 3:3 But Thou, O LORD, art a shield about me, My glory, and the One who lifts my head.

The word take means to accept or receive. **What does it mean to accept something?** God has already given us the gifts of His armor. We just need to be willing to accept it and use it. It's like having a warm, down coat in the closet ready for the snow and choosing to go out in a bathing suit rather than use the coat.

Accept: to take something offered – i.e. a gift; to say yes to an invitation or offer  
Take: to claim something

When we accept and use all the armor available to us we are protected against harm that could have been avoided. When we haphazardly run into situations without protection, we are susceptible to injury and attack.

What is the purpose of a helmet? For what types of reasons would you wear a helmet? What would be the implications if you didn't wear one? Would you think this was foolish?

The helmet was a cap made of thick leather, or brass, fitted to the head, and was usually crowned with a plume, or crest, as an ornament, Its use was to guard the head from a blow by a sword, or war-club, or battle-axe. Albert Barnes' NT Commentary

Helmet <penkephalaia> encirclement of the head  
Salvation <soterion> defender or (by implication) defence

Our salvation is the only defense against sin. Jesus' death on the cross and resurrection wiped out our personal sin and is the power that gives us victory over sin in the world.

Titus 2:14 who gave Himself for us, **that He might redeem us from every lawless deed** and purify for Himself a people for His own possession, zealous for good deeds.

1 Cor 15:17 and **if Christ has not been raised, your faith is worthless**; you are still in your sins.

Where would we be without the certain hope of our salvation? What does this tell you about those living in the world that are unsaved? What is your response to this? Who do you need to share your testimony of God's love with?

1 Thess 5:8 But since we are of [the] day, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation.

The head is that part which is most carefully to be defended. One stroke here may prove fatal. The armour for this is the hope of salvation. The lowest degree of this hope is a confidence that God will work the whole work of faith in us; the highest is a full assurance of future glory, added to the experimental knowledge of pardoning love. Armed with this helmet, the hope of the joy set before him, Christ "endured the cross, and despised the shame," Heb 12:2. John Wesley's Notes on the Old and New Testaments

Heb 7:25 Hence, also, He is able to save forever those who draw near to God through Him, since He **always** lives to make intercession for them.

Because of the sure hope we have of our salvation, we can have courage that with God's armor we can overcome each conflict we are faced with.

Rom 5:5 **and hope does not disappoint**, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

...it is very likely the apostle refers to helmets which had on them an emblematical representation of hope; viz. that the person should be safe who wore it, that he should be prosperous in all his engagements, and ever escape safe from battle. So the hope of conquering every adversary and surmounting every difficulty, through the blood of the Lamb, is as a helmet that protects the head; an impenetrable one, that the blow of the battle-axe cannot cleave. The hope of continual safety and protection, built on the promises of God, to which the upright follower of Christ feels he has a Divine right, protects the understanding from being darkened, and the judgment from being confused by any temptations of Satan, or subtle arguments of the sophistical ungodly. He who carries Christ in his heart cannot be cheated out of the hope of his heaven, Adam Clarke's Commentary

Think of a sports team who has played 19 out of 20 games and has no wins. **What happens to their fight for that last game without the promise of victory? Is there something you've tried several times that has turned out unsuccessful? Have you ever felt that you needed proof that something would turn out well in order to try it?**

We will have struggles as we try to live a life that is pleasing to God. Hear Paul's words in 2 Corinthians 4:8-9 – [we are] afflicted in every way, but not crushed, perplexed, but not despairing, persecuted, but not forsaken, struck down, but not destroyed,. But, we can always know that God is victorious. 2 Cor 4:16-18 Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen, for the things which are seen are temporal, but the things which are not seen are eternal.

The hope of our salvation is 100% positively, absolutely, certain. Think of this past week or even yesterday. **In the midst of whatever circumstances you've been in, where has your focus been? On the promise of your salvation or on the distractions of this world?**

The promise of victory, the promise of our salvation, gives us the strength to keep fighting in the battle and to fight well.

Eph 6:17 And take THE HELMET OF SALVATION, *and the sword of the Spirit, which is the word of God.*

Sword <machaira> a knife, i.e. dirk; figuratively, war, judicial punishment:--sword.

*Whose sword is it?* The sword is given to us by the Spirit.

2 Pet 1:21 for no prophecy was ever made by an act of human will, but men moved by the Holy Spirit spoke from God.

*What is the sword? How powerful is the word of God?*

Heb 4:12 For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Jer 23:29 "Is not My word like fire?" declares the LORD, "and like a hammer which shatters a rock?"

2 Cor 10:4-5 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.

Look at Christ's example of using the Word to fight Satan in the book of Matthew chapter 4, verses 3-10.

The pieces of armor that have been described so far in the previous verses are all used to protect us. The sword, the word of God, is an offensive weapon which is used to attack evil.

*Knowing that the Word is powerful, and having the understanding that it will cut through any attacks of the evil one, what action should we be taking?*

- we should study the Bible to understand what the truth is
- we should memorize Scripture so we are prepared on the spot to attack evil

- we cannot rely on our own understanding or reasoning – the minute we try to fight in our own wisdom and strength, we lose the battle – therefore, staying closely connected to the Word is essential if we are to be victorious

What would happen if in the midst of the battle you decided to put your sword aside or take off a piece of your armor just for a minute? Can you imagine fighting a fire and choosing to set the fire hose aside in the midst of flames? How about choosing to not get into a lifeboat after abandoning a sinking ship in the middle of the ocean?

How are you doing with your armor? Is it on – at all times? Do you check it to be sure there are no points of entry for the fiery darts of Satan?

The apostle would have us stand firm in the faith and practice of the gospel, and ever ready to propagate and promote it; relying with implicit confidence on Christ, and expecting the fulfilment of his declarations; acquainted with the Scriptures, and using them for doctrine, reproof, correction, and instruction in righteousness; habitually and fervently praying, in secret, in the family, and in public, not only for yourselves but for all Christians, and especially for ministers of Christ; that without fear of man they may preach the whole gospel in its just application to all their hearers. Family Bible Notes

## Application

Read Ephesians Chapter 6.

In verses 14 through 16, what are the pieces of armor that are listed in these verses?

Review what each one stands for.

What is the 'helmet of salvation'?

Read 1 Thess 5:8.

We have a certain hope of victory over sin when we are outfitted with the full armor of God. Look up Heb 7:25. Are you living a victorious Christian life? How do you know?

In Ephesians 6:17, we are told to take the sword of the Spirit. What does this mean?

How does this affect your thinking in trying circumstances?

How powerful is the word of God?

Heb 4:12 –

Jer 23:29 –

How did Jesus fight Satan's attempts at temptation? Mat 4:3-10

How important is it for us to study the Bible? Why?

How would God have you apply this verse to your life?

Some questions to help you think about personal application:

Do you regularly read and study the Bible to gain understanding?

--how do you study?

--when do you study?

Do you make a concerted attempt to memorize scripture?

--what tools do you use to help?

--when was the last time you memorized scripture?

Do you rely on your own wisdom for answers or do you go to God's Word for answers – for yourself and for others?

--do you take time to find verses that speak directly to your concern?

Is there anything else that God would have you look at more closely through this study?