



“Spiritual Hard Hat Required”

Pastor Jason West | November 16, 2025

Ephesians 6:13-14 “Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness”

Ephesians 6:15-17 “and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God”

I. The Battlefield of the _____

Isaiah 59:17 “He put on righteousness as a breastplate, and a helmet of salvation on his head; he put on garments of vengeance for clothing, and wrapped himself in zeal as a cloak.”

A. Faith and _____

Isaiah 1:18 “Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.”

Matthew 22:37b “You shall love the Lord your God with all your heart and with all your soul and with all your mind.”

“I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it, I see everything else.” (C. S. Lewis).

Psalms 111:2 “Great are the works of the Lord, studied by all who delight in them.”

1 Samuel 17:34–35 “But David said to Saul, ‘Your servant used to keep sheep for his father. And when there came a lion, or a bear, and took a lamb from the flock, I went after him and struck him and delivered it out of his mouth. And if he arose against me, I caught him by his beard and struck him and killed him.’”

1 Samuel 17:37 “And David said, ‘The Lord who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine.’ And Saul said to David, ‘Go, and the Lord be with you!’”

James 2:19 “You believe that God is one; you do well. Even the demons believe—and shudder!”

John 20:27-28 “Then he said to Thomas, ‘Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe.’ Thomas answered him, ‘My Lord and my God!’”

B. A Transformed Mind

Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

II. A Blessed _____

A. Understanding Salvation in Three Dimensions

1. A _____ Past – Remember What Christ Has Done for You

2. A New _____ for the Present – Guard Your Thoughts

2 Corinthians 10:5b “take every thought captive to obey Christ”

Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

3. A _____ for the Future – Rest in the Hope of Christ

1 Thessalonians 5:8b “put on the breastplate of faith and love, and for a helmet the hope of salvation.”

Philippians 1:6 “And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

Philippians 3:20 “But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ”

Hebrews 6:11 “And we desire each one of you to show the same earnestness to have the full assurance of hope until the end”

2 Corinthians 4:8-9 “We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed”

2 Corinthians 4:16-18 “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

Philippians 1:21 “For to me to live is Christ, and to die is gain.”

B. Sharing that Hope with the World

1 Peter 3:15 “but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect”



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BACKGROUND:

To this point in the sermon series, we have discussed the belt of truth, the breastplate of righteousness, the shoes that bring the gospel of peace, and the shield of faith. This week we looked at the helmet of salvation. Like all the other pieces of God's armor that we put on, the helmet has a specific purpose. Paul associates it with God's greatest act of grace – our salvation.

DIGGING DEEPER:

The last piece of protective gear a football player puts on as he takes the field is his helmet. It is the same for the soldier entering the battle or the motorcycle rider taking to the open road. The expression "Last but not least" applies to the helmet of salvation. It is the last piece to go on, but we should never underestimate its importance. Its purpose is to protect our head, our brain. In other words, our mind.

1. Why is it important to protect our mind?
2. What do we need to protect it from?
3. What does doubt do to our mindset?
4. What does it mean to have the mind of Christ?
(1 Corinthians 2:16; 1 Peter 1:13)

Just as we cover ourselves with God's truth, His righteousness, His faith, and a readiness to share His gospel, we must also wear the assurance of His saving grace to protect ourselves.

4. What does it look like "to wear" your salvation?
5. Do you know of people who question the assurance of their salvation? Have ever struggled with this in the past?

6. What Scripture of Biblical Truths can you turn to for comfort knowing your salvation is secure in Christ?

7. The Apostle John said sin comes from three sources: our flesh, the world, and Satan. Which of these do you find yourself needing the most protection from?

8. How does the assurance of your salvation protect you from your sinful nature, specifically in the "mental" realm?

TAKING IT HOME:

Paul tells the church in Corinth that we can "destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ" (2 Corinthians 10:5). We do this by choosing to guard our minds against worldly influence and instead think on things that will glorify God (Philippians 4:8). Jesus instructs us to seek the kingdom of God first (Matthew 6:33). It's how we can protect the treasure of our salvation.

7. What do you think Paul means when he says, "Do not be conformed to this world, but be transformed by the renewal of your mind"
(Romans 12:2a)
8. As you look back on your walk of faith how has your mind been renewed?
9. What advice would you give others to renew their minds?
10. What spiritual disciplines help you in your spiritual growth and knowledge of God, specify towards right thinking?