

**"The Practice of the Believer"**

**Ephesians 4-6**

**Part 33**

**Introduction:** Today we are once again returning to our study of Ephesians and the Armour of God. We have looked at four articles of the armour so far.

**1. The Girdle of Truth**

**Notice Ephesians 6:14a**

**2. The Breast Plate of Righteousness**

**Notice Ephesians 6:14b**

**3. The Shoes of the Gospel of Peace**

**Notice Ephesians 6:15**

**4. The Shield of Faith**

**Notice Ephesians 6:16**

Today in our study we have come to the next article of armour which must be worn if we are going to withstand against the attacks of the enemy.

**5. The Helmet of Salvation**

**Notice Ephesians 6:17a.**

The first three articles are fixed to the body. The next three articles **MUST** be mindfully pick up and be sure we have them each and every day. The helmet was made of leather, and it was ornamented with several plates of metal. They would have covered the helmet like scales. This would have strengthened the helmet and gave added protection to the soldier. The soldier would wear the shoes, the breast plate and the girdle. Then when word of the attack came, he would **TAKE** the shield, the helmet and the sword. These last three were needed in the heat of the battle.

**Application:**

We can be sure the helmet was used to protect the head of the soldier. *SO* Paul's idea in this is that the soldier in the spiritual battle **MUST** be equipped to protect the head that is the brain. The center for understanding, thinking and making choices. This is the intellectual part of the soldier. This is a part of us that is so very important.

In military battles there are those who deal with tactics and there are those who deal with strategy. One person may be very good at tactics and not so good at strategy and it could also be the other way around. As soldiers of Jesus Christ we have been equipped to both know tactics and strategy.

**2 Peter 1:3-4**

<sup>3</sup> *According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:*

<sup>4</sup> *Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.*

Getting back to Ephesians then, Paul is concerned with the intellect of the soldier that is the strategy of the soldier. Let me explain so that you can understand what Paul is saying here. This is often something that our enemy will focus on. It deals with growing weary and tired. It is when we get so tired and frustrated that we feel like giving up on the entire Christian walk and life. It is feeling hopeless about the entire campaign.

**Examples:**

- Maybe you're a mom who has made the choice to quit work and to homeschool your children. There are times when you just want to give up. You seem to be making no forward progress and the children do not seem to be learning nor listening. So the thought of quitting comes to mind. It would be much easier to send them to school and just help them with their homework.
- Maybe you are dealing with a prodigal son or daughter, and you have spent hours on your knees praying for them to return. But you see no sign of repentance. You feel like just throwing your hands in the air and saying, "What is the use?"
- Maybe you're a SS teacher and you sometimes get frustrated with your students and you are thinking of quitting and handing the class over to someone else. You feel like you are wasting your time and you could be doing something else.
- Maybe you are struggling with a besetting sin, and you have struggled so long and so often, and you are at the point of just giving up. You are thinking it would be easier to quit church and to be content with being saved. Why go through the struggle anymore?
- Maybe you struggle to do what is right and for that reason you barely make ends meet. Then you look at others who have no concern and they have an abundance in

life. So you grow weary, and you entertain the thought of giving up on the Christian life.

Let me just say that if either of these fit you or you just sometimes feel like giving up then you are not alone. There are several verses that address weariness.

**Galatians 6:9**

<sup>9</sup> *And let us not be weary in well doing: for in due season we shall reap, if we faint not.*

**2 Thessalonians 3:11-13**

<sup>11</sup> *For we hear that there are some which walk among you disorderly, working not at all, but are busybodies.*

<sup>12</sup> *Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread.*

<sup>13</sup> *But ye, brethren, be not weary in well doing.*

The desire to quit is often an attack of the enemy to get us to feel weary and useless. He will tell you the battle is long and never ending and you are not making a difference.

I suppose that if we wanted an example from the Bible, it would be the letter to the Hebrews. They had come out of Judaism into Christianity. At first it was great but then came the persecution. Many had lost much of what they had. They were waiting for the return of Jesus Christ and had seen no signs. Life was very difficult. The battle was hot and there was very little relief. Now let us see what was happening.

**Hebrews 6:1-3**

*Therefore leaving the principles of the doctrine of Christ, let us go on unto perfection; not laying again the foundation of repentance from dead works, and of faith toward God,*

<sup>2</sup> *Of the doctrine of baptisms, and of laying on of hands, and of resurrection of the dead, and of eternal judgment.*

<sup>3</sup> *And this will we do, if God permit.*

The theme for Hebrews could be, "TAKE UNTO YOU THE HELMET OF SALVATION."

Let us notice the words of the Psalmist.

**Psalm 73:1-8, 12-14**

*Truly God is good to Israel, even to such as are of a clean heart.*

<sup>2</sup> *But as for me, my feet were almost gone; my steps had well nigh slipped.*

<sup>3</sup> *For I was envious at the foolish, when I saw the prosperity of the wicked.*

<sup>4</sup> *For there are no bands in their death: but their strength is firm.*

<sup>5</sup> *They are not in trouble as other men; neither are they plagued like other men.*

<sup>6</sup> *Therefore pride compasseth them about as a chain; violence covereth them as a garment.*

<sup>7</sup> *Their eyes stand out with fatness: they have more than heart could wish.*

<sup>8</sup> *They are corrupt, and speak wickedly concerning oppression: they speak loftily.*

<sup>12</sup> *Behold, these are the ungodly, who prosper in the world; they increase in riches.*

<sup>13</sup> *Verily I have cleansed my heart in vain, and washed my hands in innocency.*

<sup>14</sup> *For all the day long have I been plagued, and chastened every morning.*

This man needed the helmet of salvation also. Now if you listen to the wrong teachers that will add to the frustration. Prosperity preachers say that in the Christian life there are no problems, and you will have an abundance in everything. Then you really get frustrated and wonder why it is as it is in your life. You need the helmet of salvation strapped on your head.

## **But what is the helmet of salvation?**

Let me first tell you what this does not refer to. It is not referring to the fact that we are saved as some teach. That was seen in the Breastplate of Righteousness. It was there that we learned that we are covered in the righteousness of Jesus Christ and nothing at all can change our position in Christ. So what is Paul pointing to here? Let us allow the Scriptures to interpret what is being said.

### **1 Thessalonians 5:8-9**

<sup>8</sup> *But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.*

<sup>9</sup> *For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ,*

The helmet is the HOPE OF SALVATION.

Let us go back to the Scriptures again to get more insight.

**Romans 13:10-11**

<sup>10</sup> *Love worketh no ill to his neighbour: therefore love is the fulfilling of the law.*

<sup>11</sup> *And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.*

From this we see that salvation is not only something which I possess right now but it is also something that is coming to me in the future. So getting back to Ephesians and the helmet of salvation, we need to understand that he is referring to the believer's hope. The hope of glory. The hope of what yet awaits us after this life. So, how do I keep going when I feel weary and tired? I put on the helmet of salvation which is the HOPE OF GLORY.

Let me just remind you that the Bible tells us that as the church goes on things will become much worse. In Matthew 13 there are 8 parables, and they are given to the disciples as a glimpse into the church age. We can see in these parables the struggle that will come about in the church age.

**a. The parable of the Sower.**

**Matthew 13:23**

<sup>23</sup> *But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty.*

We see the decreasing acceptance of the Gospel.

**b. The parable of the wheat and the tares.**

**Matthew 13:24-28a**

<sup>24</sup> *Another parable put he forth unto them, saying, The kingdom of heaven is likened unto a man which sowed good seed in his field:*

<sup>25</sup> *But while men slept, his enemy came and sowed tares among the wheat, and went his way.*

<sup>26</sup> *But when the blade was sprung up, and brought forth fruit, then appeared the tares also.*

<sup>27</sup> *So the servants of the householder came and said unto him, Sir, didst not thou sow good seed in thy field? from whence then hath it tares?*

<sup>28</sup> *He said unto them, An enemy hath done this.*

Here we see the unsaved mixed in with the saved.

**c. The parable of the mustard seed.**

**Matthew 13:31-32**

<sup>31</sup> *Another parable put he forth unto them, saying, The kingdom of heaven is like to a grain of mustard seed, which a man took, and sowed in his field:*

<sup>32</sup> *Which indeed is the least of all seeds: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof.*

Here we see the worldly church and the pollution within the church.

**d. The parable of the leaven.**

**Matthew 13:33**

<sup>33</sup> *Another parable spake he unto them; The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened.*

Here we see the "growth" of the church caused by the leaven/sin within. Leaven in bread causes it to swell and so it does in the church also.

So all of this shows us that the life of the Christian is going to be difficult. There will be times of weariness and fatigue. It is the helmet of salvation/the believer's hope that we must put on.

Let me show you what it looks like to put on the helmet.

**1 Corinthians 4:15-18**

<sup>15</sup> *For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God.*

<sup>16</sup> *For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.*

<sup>17</sup> For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

<sup>18</sup> 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.

**Conclusion:**

Jesus also gives us the Example to follow.

**Hebrews 12:1-3**

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

<sup>2</sup> Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

<sup>3</sup> For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.