

**Stand Firm in Warfare:
The Call to Battle – The Helmet of Salvation!
Eph 6:14-20 (Part 6)**

I. Introduction- Today – The Helmet of Salvation

A. Helmets don't make me think of war! For me – Racing – helmet of salvation – literally!

1. Road-Racing Super Bikes
 - a) bought best helmets – most protection
 - b) Every time I crashed –
 - (1)“boy that felt soft”
 - (2)destroyed helmet – deep gouges from pavement
 - c) twice got knocked out but came out OK – God protected me with my helmet!
2. Once crashed bicycle racing and compressed 1 inch of Styrofoam to a quarter inch! – did just fine! – 1980 bicycle helmet!
3. So, today we start talking about the Helmet of Salvation!

B. Have you noticed how much we've drawn from this passage? I can't get past one piece of armor a week! I won't even get that far today! 😊

C. This section is in reality topical – about the armor of God – Paul did it this way, so –we do too!

D. But First – something we've hit from every angle but haven't put together at one time! – Christian WARFARE!

II. CHRISTIAN SPIRITUAL WARFARE

A. Against the FLESH (1 Peter 2:1,1 Gal 5)

1. Peter gives us problem clearly!

[1 Pe 2:11](#) Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul.

a) to abstain

(1) Literally: HOLD ONESELF AWAY from
fleshly lust =STAY AWAY FROM them!

b) from fleshly lusts

(1)= Desires of your fallen nature!

(a) Souls are saved = NEW

(b) BUT are STUCK in UNREDEEMED FLESH!

(c) Fleshly LUSTS = STRONG CRAVINGS
FOR SIN!

(d) LUST = over desire, controlling desire –
controls you

(e) WILLING TO DISOBEY GOD to GET IT!

(2) Lust comes from the FLESH (fleshy lusts!)!

James 1:13-15 13 Let no one say when he is
tempted, "I am being tempted by God"; for God
cannot be tempted by evil, and He Himself does
not tempt anyone. 14 But each one is tempted
when he is carried away and enticed by his own
lust. 15 Then when lust has conceived, it gives
birth to sin; and when sin is accomplished, it
brings forth death.

(a) ALL SIN IS RELATED TO LUST!

(b) Doesn't matter WHAT is GOING on
AROUND you – WHAT MATTERS is
WHAT you LET INSIDE OF YOU!

(3) NOTICE – From Jas 1, (even James 4:1-3
which we know well) -Problems of LUST
come from INSIDE US!

(4) What is the problem with Fleshly lusts?

2. which wage war against the soul

a) "which" = which are SUCH A NATURE as

b) = which BY THEIR VERY NATURE WAGE WAR
AGAINST THE SOUL!

c) Paul: Romans 7:18, 23

(1) 18 For I know that nothing good dwells in me, that is, in my flesh;

(2) 23 but I see a different law in the members of my body, waging war ...

d) “wage war” = military CAMPAIGN – NOT ONE BATTLE

(1) their NATURE is to CONTINUALLY battle the soul!

(2) Peter is PERSONIFYING fleshly lusts as an ARMY WARRING against the SOUL!

e) 1 John- that LUSTS are NOT from the FATHER AND they are PASSING away (1John 2:15-17)

(1) NO WONDER they WAGE WAR against soul! - They're NOT FROM GOD!

3. Now look at battle with the flesh from Paul's point-of-view

Ga 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

a) Paul is saying EXACTLY what Peter said!

b) Flesh has desires and they are OPPOSITE of God's desires – you have a war!

c) Paul even details out the war – what the flesh wants vs. what the Holy Spirit gives

(1) Flesh wants you to...

19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

(2) The Holy Spirit wants to give you (for obedience)

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also walk by the Spirit.

4. The NT covers this INTERNAL war over and over!

5. So – PART 1 of CHRISTIAN SPIRITUAL WARFARE is WAR with the FLESH! Next..

B. Against the World (John 15, 1John 2:15-17)

1. TWO SIDES to the War we have with the world

a) First – the PULL of the WORLD – the world puts itself on display for us to take some and enjoy!

b) Second – the PERSECUTION of the world – when we don't partake and obey Christ – the world hates us / hurts us!

2. The PULL of the WORLD

1 Jn 2:15 Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. 17 The world is passing away, and *a*/so its lusts; but the one who does the will of God lives forever.

a) One of Satan's GREATEST TOOLS = the world

(1) Though defeated – he is ruler of this world

(2) Every unsaved person is in his army along with all the demons

(3) The World can stir up the flesh, the eyes and our pride!

b) Lust of the flesh:

(1) Remember what we just talked about!

Ga 5:17 For the flesh sets its desire against the

Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

1 Pe 2:11 ... abstain from fleshly lusts which wage war against the soul.

(2) Your Flesh tries to stir up LUST and Satan knows this and gives FUEL to your FLESH!

c) Lust of the eyes: Anything in the world ever APPEALED to your EYES that God didn't want you to have?

(1) Do you ever think Satan is behind this?

d) Boastful pride of life: Every Been proud of what you have, what you've achieved, where you are in life?

1 Co 10:12 Therefore let him who thinks he stands take heed that he does not fall.

e) After 11 chapters of doctrine on what God has done for us, what did Paul begin 5 chapters of application with?

Ro 12:1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is your spiritual service of worship.* 2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

f) Again the NT – over and over talks about the war with the world!

g) We'll review the Shield of Faith – this is where Satan primary sends flaming arrows – from the world – sending us temptations to sin!

h) That's the PULL of the world! But also...

3. The PERSECUTION of the WORLD!

Jn 15:18 "If the world hates you, you know that it has hated Me before *it hated* you. 19 "If you were of the world, the world would love its own; but because you are not of the

world, but I chose you out of the world, because of this the world hates you. 20 “Remember the word that I said to you, ‘A slave is not greater than his master.’ If they persecuted Me, they will also persecute you; if they kept My word, they will keep yours also. 21 “But all these things they will do to you for My name’s sake, because they do not know the One who sent Me. 22 “If I had not come and spoken to them, they would not have sin, but now they have no excuse for their sin. 23 “He who hates Me hates My Father also. 24 “If I had not done among them the works which no one else did, they would not have sin; but now they have both seen and hated Me and My Father as well. 25 “But *they have done this* to fulfill the word that is written in their Law, ‘THEY HATED ME WITHOUT A CAUSE.’

- a) BL: If we live godly, expect the same persecution that Jesus got from the world!
- b) IOW – the world hates Him and SEES HIM IN YOU when you live like HIM –

(1) You get persecuted ultimately aimed at Him!

(2) Paul knew this!

Col 1:24 Now I rejoice in my sufferings for your sake, and in my flesh I do my share on behalf of His body, which is the church, in filling up what is lacking in Christ’s afflictions.

2 Co 1:5 the sufferings of Christ are ours in abundance

2 Co 4:8 *we are* afflicted in every way, but not crushed; perplexed, but not despairing; 9 persecuted, but not forsaken; struck down, but not destroyed; 10 always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body. 11 For we who live are constantly being delivered over to death for Jesus’ sake, so that the life of Jesus also may be manifested in our mortal flesh.

- (a) Paul – they weren’t done punishing Jesus and have continued on me!

c) A Simple test of your Christian walk is whether the world is PLEASED with you or is PERSECUTING YOU!

(1) Are you RESPONDING to the PULL of the world and so it is PLEASED with you?

(2) OR are you REJECTING the PULL of the WORLD and the WORLD is PERSECUTING YOU?

4. So the Christian battles The Flesh / The World and...

C. Against Satan / Demons (Eph 6:10-20)

Eph 6:10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.

1. That's the summary that has led us into this section of Ephesians where we'll continue now!

D. Summary – do you see how Spiritual warfare works?

1. Internally – the WHOLE BATTLE comes down to US – INTERNALLY

a) What we let in – what we focus on

b) And – we NEVER end the Battle – always have the flesh in this world

c) EVEN if you could shut off the world, you can't shut off the flesh – it will come up with something!

d) Isolationism is not a valid tactic!

2. Externally – the world and Satan are trying to feed our flesh

- a) The world – both
 - (1) as it is under the control of Satan
 - (2) as we are in contact with other's FLESH! -
Don't always need Satan – just need other people and their flesh to tempt us!
 - (3) Paul – bad company corrupts good morals!
(1 Cor 15:34)
- 3. Like I said – we've hit these points separately many times, but it is important to bring them together and remember ALL THE FRONTS we WAGE WAR ON! – especially the internal one!
 - a) AND – that is why the majority of Ephesians (and the NT) deals with the war within us – conforming ourselves to Christ and not to the world, etc...
 - b) Ephesians 4-6:9 is about the war within and how we are to live (with some about the world) – only this last section deals with war with Satan!

III. Review: STAND FIRM in WARFARE

A. The CALL to PREPARE (6:10-13)

B. The Call to Battle / Fight (6:14-20)

1. The Mandate

14 Stand firm therefore,

- a) = COMMAND -DO it ONE TIME -STAY THERE!
- b) = DEFENSIVE POSITION NOT OFFENSIVE! –
HOLD YOUR GROUND
- c) ALL that follows are DETAILS of HOW to do this

2. The Method (How we stand firm)

a) The Girdle of Truth

14...HAVING GIRDED YOUR LOINS WITH TRUTH,

- (1) METAPHOR: Belt for tunic
- (2) MEANING: preparedness
- (3) Key – What do you gird with? A: CONTENT of Truth = Word of God

b) The Breastplate of Righteousness

and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,

- (1) METAPHOR = BODY ARMOR! – DEFENSIVE armor!
- (2) MEANING = PROTECT MIND and EMOTIONS with RIGHTEOUS LIVING

c) Feet shod with Gospel of Peace

15 and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;

- (1) METAPHOR: Roman Soldier's Sandals
 - (a) Bottom had spikes (hobnails)
 - (b) = DIGGING IN STANDING FIRM SANDALS
- (2) MEANING: to have your feet made ready / equipped with the Gospel of Peace?
 - (a) YOU STAND FIRM KNOWING that GOD is NOW ON YOUR SIDE!
 - (b) Through SALVATION– You are AT PEACE with GOD –
 - (i) He's on your side
 - (ii) He's fighting for you
 - (c) SO, you CONFIDENTLY STAND FIRM and Don't GIVE GROUND to SATAN!

d) The Shield of Faith

16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.

- (1) 16 in addition to all, taking up...
 - (a) We have a change in the flow!

- (i) [V.14](#) Stand firm therefore
 - (ii) [V.14](#)...[having](#) girded your loins
 - (iii) [V.14](#) ...[having](#) put on the breastplate
 - (iv) [V.15](#) ...[having](#) shod your feet
 - (v) Now, Paul breaks the pattern – why?
- (b) [“in addition to all”](#) = “In addition to what I just told you...”
- (i) Introducing the LAST 3 PIECES of ARMOR
- (c) THEN different verb [“taking up”](#) vs. [“having”](#)
- (2) [taking up](#) = IMMEDIATE READINESS
- (a) [“having”](#) = PERMANENCE
 - (i) Belt / Breastplate / Sandals = part of clothing – put on once and stays there
 - (b) But Now – look at last three pieces = put in place at TIME of BATTLE
 - (c) Important part – [“taking up”](#) =
 - (i) COMMAND – you must do it
 - (ii) Is a SUBSET of STANDING FIRM = PART of STANDING FIRM
 - (iii) Do ONE TIME - stays there for BATTLE
 - (iv) YOU DO THE ACTION – FULLY!
- (3) [the shield of faith](#): METAPHOR: Soldiers Battle Shield!
- (a) = Large Shield – Like holding a DOOR in FRONT of YOU
 - (i) Wood covered with Leather or metal treated with PITCH
 - (b) What does Paul say that THIS SHIELD IS FOR?
 - = [with which you will be able to extinguish all the flaming arrows of the evil one.](#)
 - (a) = *arrows with cloth and oil on the tip – light and shoot!*

(b) *Oil splatters on impact -catches clothing on fire*

(c) *Shield coated in heavy pitch SO WOOD WOULDN'T BURN*

(d) *Shield wide enough so that the oil spray wouldn't get through!*

(4) [the shield of faith](#):MEANING

(5) First – what are these FLAMING ARROWS?

(a) Flaming Arrows represent all the temptations that constantly bombard us

(b) What is Satan's PRIMARY MEANS of sending flaming arrows? THE WORLD!

(c) Think about it – When the archer sends his flaming arrow – he's just aiming in the general direction of the other army – hoping to hit someone!

(d) Satan works through the world

(i) It's advertising, entertainment, etc.

(ii) He doesn't have to know who his arrows are going to hit!

(iii) You're flesh will take care of that!

(e) What do flaming arrows do? TEST our FAITH

(i) Try to get us to DOUBT GOD

(ii) To Second GUESS GOD -trust ourselves

(iii) To turn DESIRES into LUSTS – disobey God to get them... And on and on!

(6) SO – how does the SHIELD of FAITH work?

(a) ["taking up the shield of faith"](#) = APPLYING QUICKLY what we KNOW is TRUE from GOD to repel EVERYTHING Satan throws at us

(b) At the moment of TEMPTATION

(i) You Know the TRUTH and YOU

BELIEVE the TRUTH and you ACT on the TRUTH

- (ii) You REACT GOD'S way in a CHRIST-LIKE, BIBLICAL MANNER

(7)BL: REALIZE that there are ARROWS coming at you!

(a)MAKE EVERY DECISION ONE of FAITH

(b)FIX YOUR EYES on JESUS – the AUTHOR and PERFECTOR OF FAITH!

(c)FAITH FOCUSES and TRUSTS HIM!

IV. NEW: The Helmet of Salvation

[Eph 6:17](#) And take THE HELMET OF SALVATION, ...

A. Metaphor

1. Leather helmet (more like a skull cap today!) with patches of metal
2. As armor advanced – molded/cast metal helmet
3. Primary purpose – protect against the broad sword
 - a) = large 3-4' sword swung with two hands
 - b) Usually used by horsemen
 - c) Lift over head and try to split you into twins
 - d) Helmet deflected it's blow – but still left you with a serious headache or knocked you out!

B. Meaning

1. This is a tough one! Commentators differ widely!
2. All agree – doesn't mean "get yourself saved" - passage is to Christians – already saved!
 - a) If you weren't Christian – you'd be in Satan's army
 - b) He wouldn't be attacking you!

C. Theology Lesson on Salvation – The Tenses of Salvation! (Martin Lloyd Jones title)

1. Past Aspect of Salvation: You have been saved

- a) JM: Saved from the PENALTY of SIN
- b) = Justification!
- c) Each of us can talk of when we were "saved"
- d) Ephesians already taught us about this aspect of salvation!

Eph 2:1 And you were dead in your trespasses and sins, 2 in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. 3 Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. 4 But God, being rich in mercy, because of His great love with which He loved us, 5 even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), 6 and raised us up with Him, and seated us with Him in the heavenly *places* in Christ Jesus, 7 so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; 9 not as a result of works, so that no one may boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

- (1)2:1-3 Dead Sin / In Satan's army
- (2)2:4 "BUT GOD"
- (3)2:5 made us alive
- (4)2:6 raised us up with Him
- (5)2:6 seated us with Him in the heavenlies –
IN CHRIST JESUS
- (6)And the great definition of salvation – v.8-10
 - (a)Grace alone

(b) Faith alone

(c) Gift of God!

e) Remember: Rom 8:1

[Ro 8:1](#) Therefore there is now no condemnation for those who are in Christ Jesus.

(1) PERMANENT!

f) = the PAST ASPECT of SALVATION!

2. Present Aspect of Salvation = You are being saved

[1 Co 1:18](#) For the word of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

[2 Co 2:15](#) For we are a fragrance of Christ to God among those who are being saved and among those who are perishing;

a) JM: Saved from the POWER OF SIN

b) = Sanctification

c) Again – Permanent

[Php 1:6](#) For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

[1 Jn 2:1](#) My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous;

[Heb 7:25](#) Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.

[1 Ti 2:5](#) For there is one God, *and* one mediator also between God and men, *the* man Christ Jesus,

d) BUT – you have a part!

[Php 2:12](#) So then, my beloved, just as you have always obeyed, not as in my presence only, but now

much more in my absence, work out your salvation with fear and trembling;

(1) How does this part work?

e) Romans 6 (turn to)

Ro 6:11 Even so (= based on what occurred in the PAST aspect of salvation) consider yourselves to be dead to sin, but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, ... 14 For sin shall not be master over you, for you are not under law but under grace. ... 18 and having been freed from sin, you became slaves of righteousness. 19 I am speaking in human terms because of the weakness of your flesh. For just as you presented your members as slaves to impurity and to lawlessness, resulting in *further* lawlessness, so now present your members as slaves to righteousness, resulting in sanctification. ... 22 But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life.

(1) This is the PRESENT aspect of Salvation –
SANCTIFICATION

(2) You and God – together

(a) He's completing the good work He began

(b) You're working out your salvation in
obedience – a slave of righteousness!

3. Future Aspect of Salvation = You will be Saved!

1 Pe 1:3 Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, 4 to *obtain* an inheritance *which is* imperishable and undefiled and will not fade away, reserved in heaven for you, 5 who are protected by the power of God through faith for a salvation ready to be revealed in the last time. 6 In this

you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, 7 so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; 8 and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, 9 obtaining as the outcome of your faith the salvation of your souls. 10 As to this salvation, the prophets who prophesied of the grace that *would come* to you made careful searches and inquiries, 11 seeking to know what person or time the Spirit of Christ within them was indicating as He predicted the sufferings of Christ and the glories to follow.

a) You have a salvation YET TO COME!

b) = Glorification

c) When does this happen?

1 Jn 3:2 Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is.

(1) Glorification happens at the return of Christ
– the Rapture!

d) JM: Saved from the PRESENCE OF SIN

V. Conclusion

A. Which one of these is the Helmet of Salvation, and why?

1. Is it the past aspect: You are saved?
2. Is it the present aspect: You are being saved?
3. Is it the future aspect – you will be saved?

B. Well – you're going to have to come next week for the answer!

C. But I want you to think about that this week!

1. Remember what Christ HAS DONE for you – He saved you – by grace alone – a free gift!
2. Remember what Christ IS DOING for you – completing the good work in you
3. Remember what Christ is GOING to do for you – when He returns!

D. Think about what each one of these means in your life!

E. Think about the other pieces of armor and if MAYBE one or more of these has been covered!