

# Stand- Fight With Your Head!

## Ephesians 6:17a

**Main focus of this series:** This series is a formulation of key teachings and understandings from the book of Ephesians. In an effort to decipher each statement of Paul in Ephesians we believe we will learn how to successfully operate in the three positions of the believer: to **sit** (Ephesians 1-3), to **walk** (Ephesians 4-6:9) and over the next few weeks we will address the thought... **stand** (Ephesians 6:10-24) .

**The importance of this message today:** This short clip of a scripture packs a big punch. It is important to understand the concept of our salvation, to put it on daily. To forget to do so will cause us to think we are fighting another battle and struggle for things that have no fruit. All of us deal with this portion of the armor and must declare that the smaller our salvation the smaller the passion we have for Christ. Also, we struggle with the duality of man. The "other" nature that we don't like to discuss. It's time to bring it in the open here and now for the benefit of a life full of fruit and fulfillment.

We have already put on four pieces of armor, we also need to receive and take two more. We have put the **belt of truth** around our waste, the **breastplate of righteousness** on our chest, covered our **feet with peace** and taken up the **shield of faith**, now:

**"Take the helmet of salvation..."**  
Ephesians 6:17

**Take** (1209) (*dechomai*) to **accept deliberately** and **readily receive**. It is when we take, receive or accept into one's hands.

Receive or accept the helmet from God so that your head might be protected. The helmet and sword would be handed him by an attendant or by his armor bearer.

**Helmet** (4030) (*perikephalaia* from *peri* = around + *kephale* = head) means literally around the head or encirclement of the head and thus a helmet.

There were two kinds of Roman military helmets:

1. The galea (made of leather)
2. The cassis (metal).

The cassis helmet had a band to protect the **forehead** and **plates for the cheeks**, and **extended down in back** to protect the neck. **When** the helmet was **strapped** in place, it **exposed little besides the eyes, nose, and mouth**. The metal helmets, due to their weight, were lined with sponge or felt. Virtually the only weapons which could penetrate a metal helmet were hammers or axes. No soldier's uniform was complete without a proper helmet.

The helmet was originally of skin, strengthened with bronze or other metal, and surmounted with a figure adorned with a horsehair crest. It was furnished with a visor to protect the face. (Vincent, M. R. Word Studies in the New Testament 3:410)

One of the deadliest occurrences in battle is when a Roman soldier lost his helmet...he often lost his head. A blow to the head would disorient them and would cause them to

be ineffective and vulnerable to further injury.

A helmet, being hot and uncomfortable, would be put on by a soldier only when he faced impending danger. The soldier needed to be ready at all times to face the enemy's broadsword, (which was from three to four-feet long), with a massive handle that was held with both hands like a baseball bat. The enemy would strike his opponent by lifting it over his head and bring it down on his opponent's head. The broadsword was a vicious weapon that could deal a crushing blow to the skull. The helmet was really his only protection against this weapon.

### **The Helmet Represents Purpose**

Throughout this particular time of Paul and the believer's in Ephesus, a helmets was used in warfare were for the protection of the warrior and decorative. The plumage of some Roman helmets identified the person's rank and was an unmistakable sign of leadership in battle.

***"But since we belong to the day, let us be selfcontrolled, putting on faith and love as a breastplate, and the hope of salvation as a helmet. For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ."***

**I Thessalonians 5:8-9**

### **Duality of Myself**

The existence of two different desires are simultaneously attempting to take charge and win. This battle can rage on with an end goal to bring hopelessness and stagnation, to polarize your hopes and dreams and helm you in, powerless to do anything about it.

### **Synergism**

When some doctors prescribe barbiturates they warn that these drugs not be used in conjunction with alcohol. The two drugs are synergistic- the two drugs combined are far more dangerous than either drug consumed separately. I am coming to believe that to be on one side or the other is better than try to do both, together they are synergistic.

***"I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth."***

**Revelation 3:15-16**

***"You say, 'I am rich; I have acquired wealth and do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked."***

**Revelation 3:17**

This duality is no respecter of persons, it rages in a child determining if he or she will tell all the truth or do all the work. It expresses itself when two young people have the option to jump in the back seat of a car or be in an environment that is safe. It explores the opportunity to cheat on taxes or rip the boss off or slip around the significant other to have a secret conversation with a person of the opposite sex. It rattles the middle age man to reconsider his whole life and start over or a middle age woman to venture out and become embittered toward their husband to support the desire to be loved and romanced. It stalks the older man to withdraw and go fishing, to stop engaging in the family or with God. For older women, it is

the temptation to become over engaging, in everyone's business. Paul admonishes Titus to be fervent in teaching all ages about the duality of a person, (Titus 2:1-4). Duality doesn't end at a certain age.

### **Not Mary Ann!**

It's a simple fact, Mary Ann can do no wrong. Her portrayal on Gilligan's Island convinced us that this perfect girl could do no wrong. My little bubble was burst in disbelief this week when I read that **Dawn Wells**, (Mary Ann on Gilligan's Island), was arrested on October 18, 2007, after a Teton County sheriff's deputy pulled her over after observing her swerve across the fog lines and center lines of State Highway 33 and repeatedly accelerating and slowing down. The officer noted the odor of "burning marijuana", and a search of her vehicle produced several partially consumed marijuana cigarettes and several containers of marijuana. Wells was taken into custody after failing a field sobriety test. She was born in 1938, are you kidding me, Mary Ann you're 70 years old! You're a grandma smoking dope? Later on the charges related to DUI and marijuana possession were dropped. According to the Associated Press, she was sentenced on February 29, 2008 to five days in jail, fined \$410.50, and placed on six months probation after pleading guilty to one count of reckless driving. Her portrayal back in 1964-1967 and still in reruns today gives us the impression of the innocent girl she seemed to be. I'm seeing the duality of her character.



### **Are We So Different?**

When gathered with others we obviously let our "*glossy*" side show. It is our tenancy to keep our acceptable attributes and hide our "*dark*" sides, and I am somewhat happy about that, but saddened at the same time. On very few occasions do we really see the dark side of each others unless they are revealed in moments of frustration or extreme temptation. We keep things hidden so well we are totally shocked when we see weakness in others.

Of course we want others to think good of us, we want approval because it doesn't make us feel so dark. Because of the fact that we hide our dark side with each other, we often have to make up the difference by self promoting and magnifying our accomplishments.

This duality of character is exposed when someone cuts you off in traffic or drives below the speed limit. It comes out of our mouths like darts to the heart when something is spilled or appeals for help are ignored. It is maligning, assisting the failure of someone else's success because of the lack of recognition or just out of spite. It is the short verbal jabs in a conversation because of unresolved conflict or jealousy of the others blessings. It is the contentedness of being discontent. It is the sleep of the lion awakened at the slightest move of a certain individual or action that reflects a hurtful past or memory.

We think we are alone in this distress. We believe that most Christians do not struggle as we do. We are certain we will be found out and at the same time are exhausted from the battle. We look for hope...and there is hope in dealing with this duality.

- **The Pharisees** in the New Testament were often criticized by Jesus because of their

duality. He called them whitewashed tombs, clean on the outside but filled with wickedness and evil on the inside.

**Paul** even struggled with duality,

*"I do not understand what I do. For what I want to do I do not do, but what I hate I do... For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing...For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members."*

**Romans 7:15, 19, 22-23**

The truth is, there are pockets in a Christian that hasn't been fully redeemed. We attempt the "good Christian" pose in front of others, but at home or work, if someone were to describe you, no one would mistake you for that person. This is a life that lives in "failure." It is a habit and a lifestyle. Really now, who are you fooling more, others or yourself? But on the other hand, the attack on your life is to expound on a "fall," and condemn you as if you had a lifestyle of "failure."

We constantly battle within ourselves the temptation of evil with the weapons God has provided us by establishing a desire for **truth, righteousness, peace** and **faith**. All of this is good. Let's look at it this way.

- We have a belief of the way it should be, that is **truth**.
- We have a way that that should look lived out in our life, that is **righteousness**.
- We have a result of that truth and righteousness working together, that is **peace**.
- We have a way to respond when that is irritated or attacked, that is **faith**.

### **Duality of Others**

Not only are we dealing with this challenge of duality personally, but so are all those around you. Even though we don't want to, we are hiding something, not because of deception or attempting to cover it up, but we hold back the private wound and secrets that dwell deep in our hearts and minds. Nobody really sees your deepest hurt and wound and more than likely you will not see the same in others. Our own pain can be the distraction of ministering to others. You can only assume what another person is thinking and feeling, you really will not know until you try to engage in relationship and conversation.

Most people will avoid any conversation on things that bring up pain and so remains the problem, hidden, tucked away deep in the corners of their minds. I'm not sure today that our obsession with pleasure is not the result of having too much but the result of not wanting to deal with pain. We will do all sorts of crazy, dangerous and ridiculous things...and yes, even getting involved in what would seem more painful and difficult situations just to avoid some of the deep pains of the past.

As we deal with our pain we must realize that we need a safe environment, a lab if you will to test out our untested emotion and feelings. This takes time, a lot of it. Most people in need of healing either are uncomfortable with a safe environment or the loving environment is too loving, too pressing and of course there are plenty that are balanced and have wonderful results. Most of us have run from more than one place of healing and received portions of freedom at each jump. It is not until one is willing to stay in a healthy environment over some

extended period of time that you eventually see the results that you have always wanted.

We need to help others find that place. We must not lose the standard but end the critical view we might have of them. Most of the time we do not like hurting people is because we are not healed ourselves. Other times we do like hurting people and that is because we don't like healthy ones, and be just as critical as the other side. Our hope is that we find the center point here, that we are not intimidated or critical of the hurting or the healthy. We search for our own healing as we extend ourselves to others as a reflection of Jesus' love.

We must remind ourselves that they cry tears too. They have experienced more pain in certain areas of their life than you will ever have to endure, and of course you have had your share too. We are so desperate to get someone to hear our story that we often lose the quiet wounded individual who is secretly asking for help. They feel isolated and rejected...sound familiar? This should drive you each Sunday morning to welcome people at church. This should cause you to talk openly with other moms in your child's class at school. This should increase our sensitivity of those we work with that might think that life is too much to bear, nothing is worth living for.

### **What You See Is Not What You Get**

One minister shared a story how he had visited a church to be a guest speaker. By the lack of response from the people, who filled the auditorium that night, it seemed they were too reserved, almost prideful. As he preached, thoughts crossed his mind that almost cause his words to become belligerent and short. He wanted to tell them "If you didn't like what I am preaching then you can just stay at home...I'm going to preach this gospel no matter what you say."

But the Holy Spirit restrained him and after the service he found out that one of the main board members died that afternoon and instead of the family going to the funeral home or staying at home together, they were all in church that evening, sitting together, so desperate for God to speak a word of comfort and strength to them. His first impression was wrong. If he had responded after his first instinct he would have doubled their pain and heartache. Seldom is anything as bad as it first appears. On every street, at every job, on every row of seats at church, there is a least one broken heart that needs your love. Others deal with the duality of life.

### **Duality of The Believer**

There are things that embarrass us, that make us cry, that cause us to hurt inside. Believers are not exempt from the pains of this world. We often have things that have been planted deep in our lives and have some bearing on how we respond to life. But this is not our limitation on this earth, because the true believer is in a different battle with a different duality.

*"I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, **whether by life or by death. For to me, to live is Christ and to die is gain.** If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23I am torn between the two: I desire to depart and be with Christ, which is better by far; 24but it is more necessary for you that I remain in the body."*

**Philippians 1:20-24**

Ephesians and Philippians was written by a man by the name of Paul who was imprisoned because he was a *follower of Christ*. One of the common statements these followers of Christ would make is the term, "**Jesus is Lord.**"

At that time period in the world, it was ruled by the 500-year-old Roman Republic (510 BC – 1st century BC), and the world was basically ruled by Julius Caesar. Caesar himself believed that he was a God sent to bring about universal reign of peace and prosperity on the earth. One of the main themes of his campaign was, "Caesar is Lord."

Caesar believed that the world was being brought about in it's rightful state through his leadership which would involve his armies coming to your area and proclaiming this statement. If you disagreed with them then you would be crucified or be imprisoned.

So the first Christians were quickly exposed by them disagreeing and saying, "Caesar has not come to bring peace, but Jesus is the prince of peace and 'Jesus is Lord.'" If you were Caesar you would resent these Christians because they were a threat to the progression of his kingdom. So Paul, one of these first Christians ended up in prison because of their confidence that "Jesus is Lord."

Paul was in prison to go under a trial to find out if he is enough of a threat to the Roman empire. If he is considered to be a threat the he will be put to death. So he is writing from prison, with the possibility that he will be executed in the coming days. He was eventually executed, but at the time of this writing it had not yet happened. Look at the duality of Paul

***"For to me, to live is Christ and to die is gain."***

**Philippians 1:21**

Simply put, if I'm killed I'll live with Christ and if I live I will spend my life sharing the story of the love Christ and what He has done for us.

***"If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know!"***

**Philippians 1:22**

Now Paul is saying that he doesn't know what is going to happen. He is not in a panic mode. He just knows that if he is not convicted in the trial and is spared the death sentence, it will mean that he is going to be as fruitful in his life as he can possibly be. **Life is already defined for me...I will be fruitful!** But if not, the back up plan is nothing to scoff at. Hummm, what should I do? **What shall I choose? Will I choose death or life?**

The mind of the follower of Christ is set on a warrior's cause, and a warrior's cause changes things to the way that it should be. It informs, it corrects and it aspires you to take a journey that you would have never considered without this cause deep inside of you. It deals with the core of your heart. It expresses itself through you...**mercy, forgiveness, restoration**. It surges through your Spirit with revelation and assurance of why you were chosen of God and what He would have you do.

**Paul was torn between the two, do I stay here or do I go? Should I plan out the next five years or should I assume I'm going to die? Which would be better. If I stay I'll keep up with fruitful labor but if I die I'll be with Christ forever. I don't know!**

In all of Paul's writings, he is phenomenal in communicating his thoughts and understanding.

But in this passage, if you were to study it out you can see the congestion of thought of Paul. He is so exact normally and here his words become chopped up and show a struggle.

- Paul O'Bryant- At this point Paul's language becomes somewhat obscure, and the grammar of the passage reflects the conflict of the feelings of his mind.

Sometimes, how we view the people of the Bible we give them **super hero status** far superior to our own feelings and emotions. We think that they have a corner only those kind of people can stand on and the rest of us have to fight it out here on the real earth, with real problems, with real pain and sorrow. We think that they "**know God**" so well that they have become exempt from the real pains of this life. They have reached a certain utopia or plain that if you poked them in the eye with a hot knife they would grow another one right away.

**"We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were *under great pressure, far beyond our ability to endure, so that we despaired even of life.*"**

**II Corinthians 1:8**

This is the same Paul who wrote, "...no temptation has seized you except what is common to man..." I Corinthians 10:13. Paul said that it was so bad it was beyond my ability to handle it. It pushed beyond my capacity. I cannot tell you a shortcut of how we endured, all I can say is that we made it, some didn't, but for some reason I did.

**"Indeed, in our hearts we felt the *sentence of death.* But this happened that we might not rely on ourselves but on God, who raises the dead."**

**II Corinthians 1:9**

This is Paul's introduction to this letter. Can you feel the heaviness? Also in II Corinthians someone is obviously threatening his credentials as leader worthy of leading the other followers of Christ. All through this particular letter he is saying, "I know some people have been taking some pot shots at me and some have said that I don't know what I'm saying but I want you to know something, I've met Christ and I am going to share Christ with everyone."

Paul had a point in his life the he thought that this would absolutely kill him. He felt the weight of the "sentence of death." He had never been challenged like this before. He knew that Jesus Christ was alive and that people had been raised from the dead, but it came to a point that he even questioned himself, "Why keep going. I'm done. There is nothing left." Look back at Philippians:

**"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. "**

**Philippians 1:6**

Paul is saying that he is absolutely confident that God, who started this good work will continue this work until it is completely finished. **Here is another way of putting it, "I don't believe God gives up on people!" Paul has a very firm belief that God does not give up on people.**

**"...so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. "**

**Philippians 1:10-11**

Until the day of Christ- Paul believes that history is headed somewhere and it will be centered around the person of Jesus Christ. He believes that the people of Philippi had a part in bringing this history into being and all who read this scripture. Paul doesn't believe that God just left us here on this earth to defend ourselves. He placed us here for a purpose, to assist in bringing about the "Day of Christ." For Paul, history is headed somewhere, to the renewal of all things, when God finally brings a distorted world from the one He created at first and renews it and re-establishes it.

*"Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly."*

Philippians 1:12-14

Paul was saying, "I don't want you to be mistaken. All the things I have been through, all these difficulties and sorrows on the backside have been good. If you could only see the other side of the tapestry. At the time it seemed horrible and full of sorrow, but in retrospect I can see the incredible genius of God.

- Just look at the "**whole**" **palace guard** and to everyone else there.
- Just look at my **fellow brothers** and yours too, they have become more bold, they have become studs in proclaiming this gospel.

### Reality of Our Duality

1. **Everyone Battles With One**- Romans 3:23 ("All have sinned...")

Those with an antisocial personality disorder is approximately 3 percent of males and 1 percent of females in the United States. This disorder is characterized by irresponsible and impulsive behavior, lack of guilt for wrongdoing, blaming others for their own behavior, rejection of authority, and inability to maintain relationships. They are the few who live totally in the dark.

2. **Everyone Battles For The Right One To Win**- I'm not sure I have ever met anyone who didn't want some kind of positive change in their life.

*"For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want."*

Galatians 5:17

3. **God Makes Effort To Reveal The Right One To You**-

*"And I will ask the Father, and he will give you another Counselor to be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you."*

John 14:16-17

4. **There Is No Victory Without A Battle, Without A Battle The Opposite Will Grow**

Satan does not lose easily. He loves his grip on you. But he will not go away without a

fight. You cannot develop in a healthy way without an intentional investment on your part. For some it is simply coming to Jesus. For others it is coming to Jesus and getting the proper teaching to crowd out and out grow the old man. Still for others, it is the investment of "the" Word of God in you mind, allowing it to resonate in your inner being. The dead side will fight the living side. This unhealed, unhealthy side strives to stay alive, significant and craves to be expressed. It loves it when you justify it and excuse it.

*"Don't you know that a little yeast works through the whole batch of dough?"*  
1 Corinthians 5:6

**5. Everyone Who Loses This Battle Is Eventually Separated From The Right People And Drawn To The Wrong People**

*"Destructive forces are at work in the city; threats and lies never leave its streets. If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship as we walked with the throng at the house of God."*

Psalm 55:11-14

**6. God Knows The Battle You Are In**

*"...for he knows how we are formed, he remembers that we are dust."*  
Psalm 103:14

**7. Your Greatest Influence Follows Great Opposition and Challenge**

Your victory in this battle is a victory for all those around you. When David killed Goliath, the entire nation of Israel lived in victory. Your family and friends will be influenced by your victory in this area of your life.

***"Now I want you to know, brothers, that what has happened to me has really served to advance the gospel."  
Philippians 1:12***

**What To Do?**

- **Come To Jesus:** Realize that zeal is not enough. You need the help of God. You can be a radical and zealous believer without the true affection for Jesus and deep relation with Him. The one who lasts are those who grow with God and not only go for God.

***"You diligently study the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about me, yet you refuse to come to me to have life."  
John 5:39-40***

We can have an intense depth and knowledge of the scriptures and not know or enjoy the person that those scriptures are written about. We can become colder and more distant when we attempt to know more about Jesus than to personally know Jesus. It is possible to have a zeal for God without a knowledge of His heart.

- **See God Come To You:** If you recall the return of the prodigal son when he comes

back home it says,

**"So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."**

**Luke 15:20**

### **The prodigal son did two things:**

- 1. He got up-** Sometimes you just need to get up. Stop laying there in the pig pen. Stop letting that life rule and reign in you. Get up!
- 2. He went to his Father-** You have got to do more than get up. You have to say more than, "I'll quit that." No, you will always be needing to **quit** something because you have never **gone to** something. Go where you will have the greatest influence in your life.

### **Five Responses of the Father**

- 1. His Father Saw Him-** There is no doubt about it, our delight...no our need to be viewed by our father is relevant. It's important to know that your Father sees you. He has no problem with His sight. Many people think that God only looks on missionaries and some other kind of significant service for God. But He looks at you.
- 2. His Father Was Filled With Compassion-** The word compassion is the Greek word, *splagchnizomai*, to be moved as to one's bowels, hence to be moved with compassion, have compassion. This is more than being moved such as elation or joy. This is a total recognition of the sorrowful times the son had experienced and sorrow on his behalf. Compassion in this case is that the prodigals father absolutely understood his sons sorrow.
- 3. His Father Ran To Him-** This must have been quite a sight. Here is his father running as his best and as fast as possible. I'm not sure that there are those who run to see you, but if they did you are either in trouble or someone really likes you.
- 4. His Father Threw His Arms Around Him-** There is this embrace that only a father can give. It is one that you can melt in. It is one of full approval and full authority. You never doubt when the arms of your father were around you.
- 5. His Father Kissed Him-** When his father kissed him, not just once. The Greek word for kiss is *kataphileō*, to kiss much, kiss again and again, kiss tenderly. His father could not express himself enough. What a great Father I have.

The father was not focused on his sons failures, He was truly delighted and pleased to see His son. God loves watching you and each step of your journey. Our Father longs for us to fellowship with Him even when I am falling short.

#### **● J.I. Packer tells us about our dilemma with God**

**"Christian minds have been conformed to the modern spirit: the spirit...that spawns great thoughts of man and leaves room for only small thoughts of God."**

### **Our God Is Too Small**

**Like always, a new revelation of God always shines a new light on us. When we get an**

accurate view of God we realize that we have made Him out to be too small. **Our God is too small. How we see God determines our future and how we live it!** You can not see a small God and expect big changes. He is big and our revelation of Him will cause victory in our life or confusion and misunderstanding. But God hates sin. He wants to rid us of it. He loves us with an everlasting love and wants to bring us to right standing with Him because of our faith in Jesus Christ and the works upon the cross. (II Corinthians 5:17-21)

I like what Mike Bickle wrote in his book, "Passion for Jesus" (pg. 31):

"I have often been asked, "If God is a God of love, how could He send anyone to hell?" But the more appropriate question is this: If God is a God of perfect holiness, how could He send anyone to heaven?"

How can a holy and just God arbitrarily overlook sin? How could a loving God not forgive sin? Immutable holiness and unconditional love collide. But God would never violate His holiness, nor would He turn away from His love. The greatness of God was displayed, not in the fact that He forgave our sins, but in precisely the way He forgave them- He sent His Son as a perfect sacrifice for us. His love was displayed, and His justice was satisfied."

My passion is to know God more and press in to gain a deeper understanding of His nature and talk to Him day and night presses me. It will not happen without me pressing in. I am not satisfied with a shallow awareness, I want an awestruck venture!

### **Here's How I Will Pursue God**

- **Pursue All The Time**

*"...pray continually..."*  
**I Thessalonians 5:17**

*"I call to you, O LORD, every day; I spread out my hands to you."*  
Psalm 88:9b

- **Pursue Believing**

*"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."*

**Hebrews 11:6**

- Expect God to **respond** to you. (Psalms 73:28)
- Expect the **answer** to come to you. (James 1:5-8)
- Expect **revelation** and **insight**. (Ephesians 1:17)
- Expect **power**. (Matthew 10:1; 22:29)

- **Pursue Confessing**

*"Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"— and you forgave the guilt of my sin. Selah"*

**Psalm 32:5**

- **Pursue Biblically**

When we read Paul's statements here you know he is addressing those who have

already received Christ into their heart, so how do you put on the helmet of salvation, isn't that something you already have? Satan absolutely wants to destroy you as a believer. **One of his greatest weapons against you is his knowledge of the Word of God and what it says about your salvation and the lack of your knowledge in that same area. The salvation that this scripture speaks of is one that saves you today from the power of sin, a salvation that keeps you from the onslaughts of Satan.**

*"...The Lord looked and was displeased that there was no justice. He saw that there was no one, he was appalled that there was no one to intervene; so his own arm worked salvation for him, and his own righteousness sustained him. He put on righteousness as his breastplate, and the helmet of salvation on his head..."*

**Isaiah 39:15b-17a**

### **Three Evidences That Your Helmet Is On**

#### **1. The Evidence of the Word of God**

*"I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."*

**I John 5:13**

#### **2. The Evidence of The Holy Spirit**

*"The Spirit himself testifies with our spirit that we are God's children."*

**Romans 8:16**

*"Anyone who believes in the Son of God has this testimony in his heart. Anyone who does not believe God has made him out to be a liar, because he has not believed the testimony God has given about his Son."*

**I John 5:10**

#### **3. The Evidence of Good Works As A Result, Not Cause of Salvation**

*"We know that we have come to know him if we obey his commands. The man who says, "I know him," but does not do what he commands is a liar, and the truth is not in him. But if anyone obeys his word, God's love is truly made complete in him. This is how we know we are in him..."*

**I John 2:3-5**