



Word on Wednesday Bible Study

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Protected Thinking for Persistent Fighting – Ephesians 6:17

A protected mind produces persistent fighting.

Series: *Suited for the Struggle: Standing Strong in Spiritual Warfare*

INTRODUCTION - As Paul continues to describe the armor of God, he now shifts upward to the helmet, teaching us that spiritual warfare is not only about what holds us together, guards our heart, steadies our walk, or defends us from attack, but also about how we think. The helmet of salvation reminds us that some of the fiercest battles in the Christian life happen in the mind. The enemy is not only after behavior; he is after belief, perception, assurance, and hope. That is why the mind must be covered by the full reality of salvation—what God has done for us in Christ, what He is doing in us now, and what He will complete in us at the end.

I. THE HELMET _____

A. Salvation is identity, not just experience

- 2 Corinthians 5:17 – new creation
- Salvation is not merely behavior modification; it is transformation
- Not improved, adjusted, or repaired, but made new

B. What occurs at salvation

| | |
|------------------------|----------------------------------|
| Justified – Romans 5:1 | Regenerated – Titus 3:5 |
| Adopted – Romans 8:15 | United with Christ – Ephesians 1 |

Identity is now rooted in position, not past.

C. The enemy’s strategy: _____

- “You’re still the same.” “Nothing has changed.”
- If identity is confused, behavior becomes compromised

The enemy often fights the believer by distorting self-understanding. If he can get us to think like our past, we will struggle to walk in our present reality in Christ.

D. The danger

- Identity confusion produces hesitation
- Hesitation produces instability



You do not lose the battle because you lack power; often, you lose the battle because you lack clarity

You are not who your past says you are—you are who God says you are.

II. THE HELMET SECURES _____

A. Assurance is theological, _____

- Not based on feelings
- Not based on changing circumstances
- Grounded in Christ and His finished work

B. Three foundations of assurance

1. God’s Promise - “These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life.” **1 John 5:13**

2. Christ’s Finished Work - “For by one offering he hath perfected for ever them that are sanctified.” **Hebrews 10:14**

3. The Spirit’s Witness - “The Spirit itself bears witness with our spirit, that we are the children of God.” **Rom. 8:16**

C. The enemy’s strategy: _____

- “*Are you really saved?*”
- “*Look at your life.*”
- *If salvation cannot be removed, assurance will be targeted!*

The enemy understands that an unsure believer is often a hesitant believer. He cannot undo the work of Christ, so he tries to make believers live as though that work is uncertain.

The result of weak assurance

- Hesitation in prayer
- Doubt concerning God’s promises
- Retreat under pressure

Biblical stability

- John 10:28 — secure in His hand
- Ephesians 1:13 — sealed by the Spirit

*God not only declares salvation—He defends and preserves it.
Your salvation is not on a daily trial basis.*

III. THE HELMET _____

A. Salvation includes future _____

- 1 Thessalonians 5:8 – “But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for a helmet, the hope of salvation.”
- Hope is a confident expectation, not wishful thinking

B. The doctrine of glorification

- Romans 8:30 – secured completion
- 1 John 3:2 – we shall be like Him
- Philippians 3:21 – future transformation

C. The enemy’s strategy: suffocating hope

- “This is how it will always be” or “Nothing will change.”
- Despair is the attempt to produce premature surrender!

When the enemy attacks hope, he is trying to make the believer surrender before God has finished His work.

D. The function of hope

- Romans 8:18 – present suffering versus future glory
- Hope gives meaning to suffering and strength to endure
- This is hard, but it is not final. What God started, He will finish!

CONCLUSION: When the helmet of salvation is in place, the believer is able to think with stability, live with confidence, and endure with hope. We know who we are because salvation guards our identity. We know where we stand because salvation secures our assurance. And we know where we are going because salvation sustains our hope. So the charge of this study is simple: guard your mind, reject false thoughts, and answer the enemy with what God has already said. If your mind is covered, you can keep fighting—even when you keep getting hit.