

Helmet of Salvation – Small Group Discussion Questions

Ephesians 6:10–12 (NIV)

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

1. Why do you think the Bible describes the Christian life as a battle? What are some ways that spiritual battle shows itself in everyday life?

John 8:44 (NIV)

When he lies, he speaks his native language, for he is a liar and the father of lies."

2. Jesus describes the devil as "the father of lies." What kinds of lies do you think Christians commonly struggle with today? Why can lies be so spiritually dangerous?

1 Peter 1:3–5 (NIV)

In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade."

3. The Bible speaks about salvation in the past, present, and future (Triple protection of the Helmet of Salvation). Why is it important to understand salvation as more than simply a one-time event? How do justification, sanctification, and glorification each encourage believers differently?

Colossians 2:13–15 (NIV)

He forgave us all our sins... having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross."

4. Christians are called to stand in Christ's victory rather than live in fear. How should knowing that Christ has already won shape the way believers live?

Romans 12:2 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

5. What are some practical ways Christians can "put on the helmet of salvation" day by day?

John 14:26–27 (NIV)

The Advocate, the Holy Spirit... will teach you all things and will remind you of everything I have said to you... Do not let your hearts be troubled and do not be afraid."

6. Why is the work of the Holy Spirit essential in the Christian life and in spiritual battle?