

The Helmet of Salvation (Ephesians 6:17)

Leader note: The goal of this study is not to debate salvation, but to strengthen assurance, stabilize thinking, and normalize the need for intentional mental guarding in spiritual life.

Getting started:

Allow each person to introduce themselves (if needed) and share “high, low, buffalo.”

(**High**= something good from the week, **Low**=something not good from the week,

Buffalo=something surprising from the week, or something random). *Note: Anyone can choose to pass and not participate.*

Expect to experience God in prayer:

Pray together, asking God to steady each person’s mind, remind everyone of what is true in Christ, and give protection from discouragement, fear, or accusation.

Expect to experience God in fellowship:

Choose either the icebreaker activity or the Conversation Starter below:

Icebreaker: Name that product:

Challenge participants to identify a product by the slogan or jingle (if you’re brave enough to sing it). You can make the activity a competition by through the list and the winner is whoever guesses the most correctly.

- I’m lovin’ it (McDonalds)
- Give me a break (Kit Kat)
- 800-588-2300 (Empire)
- Plop Plop Fizz Fizz
- I’m a Big Kid Now (Huggies)
- They’re Magically Delicious (Lucky Charms)
- The San Francisco Treat (Rice a Roni)
- Like a Good Neighbor (State Farm)
- The Best Part of Waking Up (Folgers Coffee)
- Oh What A Feeling (Toyota)
- I Don’t Want to Grow Up (Toys R Us)
- Just for the Taste of It (Diet Coke)
- Snap Crackle Pop (Rice Krispies)
- Ho Ho Ho (Green Giant)
- It’s a Honey of an Oat (Honey Nut Cheerios)
- Mmm-mmm good (Campbell’s soup)
- 5 Dollar Footlong (Subway)
- Nausea Heartburn Indigestion Upset Stomach Diarrhea (Pepto Bismol)
- Where a Kid can be a kid (Chuck E Cheese)
- It Gives you wings (Red Bull)
- Just Do It (Nike)
- Have it your way – you rule! (Burger King)

After the activity, debrief:

- How many of these did you recognize instantly?
- Which ones surprised you by how fast they came to mind?
- Which ones did you not realize you still remembered?

Points to mention:

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- You didn't try to remember these, they were already there.
- Many of them were learned passively; they stuck because they were repeated, catchy, and tied to emotion.
- These slogans form identity ("I'm lovin' it," "I'm a big kid now"), promise satisfaction, or offer comfort, control, or confidence

Ask:

- What does this activity reveal about how the mind is shaped?
- How much influence do repeated messages have—whether we choose them or not?
- If advertising can shape how we think, feel, and decide... what else might be shaping us?
- What messages about worth, success, failure, or security do you hear on repeat?

Conversation Starter (choose one):

- When stress or pressure hits, where does it usually show up first for you: your thoughts, your emotions, your body, or your relationships?
- What is one thing (spiritual or not) that helps you regain clarity when your mind feels scattered or overwhelmed?

After the activity or Conversation Starter:

Paul links salvation to a helmet because the mind is always under influence.

- Salvation is more than rescue from sin or deliverance from hell.
- Salvation offers protection against lies, shame, fear, and false identity.

Ask:

- What messages compete most with the truth of who you are in Christ?
- Which voices get the most airtime in your head?

Transition: "If slogans or unreliable narrators can live rent-free in your heads for decades, imagine how powerful it is to intentionally guard your mind with truth."

Expect to experience God by reading and discussing God's Word together:

Background:

The Apostle Paul wrote Ephesians to establish believers in who they are before telling them how to live. The first half of the letter focuses on identity: chosen, redeemed, forgiven, sealed, and made alive in Christ. The second half explains how that identity is lived out in daily life.

When Paul turns to the armor of God, he introduces the somber reality that the spiritual life is not free of conflict. Living out a new identity will be met with resistance. Such opposition

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requires resources to win the battles. Because of that, believers are called to be intentional, steady, and prepared.

Read Ephesians 6:17 together

(Optional supporting passages): Romans 8:1; 1 Thessalonians 5:8; Isaiah 59:17

Discussion Questions (Choose from the following to discuss as a group)

In Roman armor, the helmet guarded the head, the senses, and orientation in battle.

- Why do you think Paul connects salvation specifically to the mind?
- In your experience, how often does spiritual struggle begin as a thought before it becomes a behavior? What has that looked like?

Salvation is a rugged victory won on the cross; but human thinking can be much more fragile. Paul wrote to believers, not questioning whether they are saved.

- When you struggle or fail, what thoughts tend to surface about God or yourself?

Salvation includes what God has done, what he is doing, and what he will finish.

- How does forgetting the future hope of salvation affect your present faith?
- What happens to your obedience when your hope feels shaky?

Armor is made for danger; only by wearing it can it reveal where protection is needed.

- Where do you feel most exposed mentally: doubt, shame, fear, comparison, exhaustion, or something else?
- How might that reveal a place where you need to intentionally “put on” salvation?

Readiness Check (a simple way to practically apply this command):

Use this exercise individually or together.

1. Identify one recurring thought that undermines your confidence in Christ.
2. Replace it with a salvation-anchored truth from Scripture.

Example: Named a bad thought: “I’m failing again”

Traded for salvation truth: “There is now no condemnation for those who are in Christ Jesus.”

Expect to experience God by closing in prayer together:

Pray for awareness of real battles, courage to stand firm, and openness to let God reshape how each person prepares.