



Watch Your Head

Adapted from “Spiritual Warfare” series by Dennis Marquardt

Have you heard the expression, “A mind is a terrible thing to waste”? Why is that true?

Maybe its because a person can lose a leg, an arm, or another part of the body and still function in society. But you cannot do so if you lose your mind.

This makes Paul’s teachings on the armor of God in Ephesians 6 very significant when he addresses the need of the soldier to wear a helmet to protect the most vital organ of the body, the brain.

Paul compares the helmet to salvation. Following logic, here it is clear that Paul states that salvation is the only protection for the existence of being a human being. No doubt Paul is also thinking of the role of the mind. It is in the mind that we experience fear, hope, love, hate,

“Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible.”

etc. To protect your mind, you must wear the helmet of salvation. Yet, we must choose to put it on.

Think about the story of a simple, illiterate man who was converted through the work of the salvation army:

He went regularly to the salvation army citadel. One day he came home rather disconsolate. His wife said, "What's the matter?" He said, "I've just noticed that all the people in the salvation army wear red sweaters, and I don't have a red sweater."

She said, "I'll knit one." So, she knitted him a red sweater. The next Sunday after he went to the citadel, he still wasn't happy. His wife said, "What's wrong this time?" He said, "I just noticed all their red sweaters have yellow writing." They were both illiterate, but she said, "Don't worry about it. I'll embroider some writing on for you."

She had no idea what the yellow writing on the red sweater of a salvation army man said. They have a yellow circle, and in it, blood and fire. That is their motto. The man's wife had no idea what the letters

said, and she couldn't read anyway. So, copying a sign from a store window opposite their home, she embroidered the words of that store sign onto his red sweater.

When he came back the next Sunday, she said, "Did they like your sweater?" "They loved my sweater. Some of them said they liked my sweater better than their sweater." What neither of them knew was that the sign on the store window she had copied read, "*This business under new management.*" That's what it means to get saved. That's what it means to get converted. That's what it means for the Holy Ghost to come upon you, "*This business (person) is under new management.*"¹

The Bible teaches us that the helmet of salvation gives us hope in a hopeless world, faith in the face of fear, and a guarantee of eternal life rather than the pain of eternal damnation. In salvation, we are free from the penalty of sin, the power of sin, and one day we'll forever be free from the presence of sin.

¹ Stuart Briscoe, "Christmas 365 Days A Year," Preaching Today, Tape 135.

“COURAGE” Level Questions

C1: Have you ever switched jobs, going from one job to another in a different field of occupation? When you did, could you use the skills from your old job in your new job? Describe your adjustment process.

C2: In the story of the man and wife who were illiterate. They wrote on the red sweater, “*This business under new management.*” How does that look in your life? How is salvation like becoming a new person in Christ, no longer our old self but the new man in Christ?

Exercise 1: Read and answer the following.

Ephesians 6:17 (ESV) And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

C3: How does the helmet of salvation protect your mind from attack? From sin?

C4: How can your mind lead you down the wrong path?

C5: What does it mean to you to wear the helmet of salvation as a protection against attacks on our mind? Do you mentally put the helmet on each day? Why or why not?

C6: Unrepentance from sin keeps you from an eternal future with Christ. How does the helmet of salvation protect you from eternal damnation?

Exercise 2: Read the following scripture and answer the questions:

Romans 6:14–18 (ESV) For sin will have no dominion over you, since you are not under law but under grace. What then? Are we to sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, and, having been set free from sin, have become slaves of righteousness.

C7: Paul shares that sin does not have mastery over us. What does that mean to you in your walk with Christ?

C8: Many people use grace as a covering to keep on sinning. They say to themselves, “*God’s grace covers my sin. I’ll just do what I want and then ask Him to forgive me.*” How do you find the courage to walk as a man of God who strives to please Him and not abuse His grace?



“STRENGTH” Level Questions

S1: Describe your life prior to coming to know Christ as Lord and Savior.

S2: Describe your life in Christ now?

S3: To which areas of your life does the helmet of salvation bring change?

S4: How would you describe that knowledge or experience with another man?

Exercise 1: Read and answer the following.

Ephesians 6:17 (ESV)

S5: No matter how physically strong soldiers are, if their head, brains and minds are left unprotected, they could suffer a fatal injury. Write out a plan to protect your head, brain, and mind.

Exercise 2: Read and answer the following.

Romans 6:14–18 (ESV)

S6: What do you think Paul meant when he said, “*Sin shall not have dominion over you.*”

S7: What do you think Paul meant when he talked about being “*under grace*”?

Exercise 3: On a scale of 1-4, with 1 being *very protected* and 4 being *not very protected*, rate how well your spiritual helmet is protecting you. Write out a plan to improve your protection.

“ENDURANCE” Level Questions

E1: As a review of a basic principle, helmets protect the brain, head and mind of a soldier. How does the helmet of salvation protect you from the spiritual attacks you face?

Exercise 1: Salvation covers the penalty of sin (past experience), the power of sin (present experience) and the presence of sin (future experience). Find three men in the next 30 days with which to talk about this principle. What did you learn or experience from those conversations?

Exercise 2: Read and answer the following.

Ephesians 6:17 (ESV)

E2: Describe the importance of a helmet regarding your walk with Christ? Can you walk with Christ without a helmet?

E3: The helmet of salvation gives hope in a hopeless world. How can you use that principle in sharing Christ with other men?

Exercise 3: Read and answer the following.

Romans 6:14–18 (ESV)

E4: From these verses, what can you learn about salvation and your walk with Christ?

Exercise 4: On a scale of 1-4, with 1 being *very well* and 4 being *not very well*, rate how well your daily walk with Christ is? Write out a plan to improve it.

Exercise 5: Read and answer the following.

1 John 3:1–3 (ESV)

E5: John 3 discusses the practical aspects of your future hope and how it stirs you to live holy lives waiting for Christ's return. How does the helmet of salvation stir you to walk in the protection it brings you?

Exercise 6: In the next 60 days, find three men with which to talk about the importance of the helmet of salvation. What did you learn or experience in these conversations?