



**February 1, 2026**

**UNITED: Ephesians 6:14-18 - Helmet of Salvation**

**SUMMARY:** Ephesians 6 teaches that the helmet of salvation protects the mind, where fear, temptation, and lies begin. Salvation isn't just a past decision but a daily reality that reshapes how we think and live. Scripture, the Spirit, and the practices of faith help believers replace false thoughts with truth. When we guard our minds, old habits lose their grip and new, Christ-centered lives take shape.

**SCRIPTURE:** Ephesians 6:14–18, Psalm 42:1+5, Matthew 6:25-26, 2 Corinthians 10:3-5

**APPLICATION QUESTIONS:**

1. The sermon highlighted that sin and failure often begin in our minds. When you notice a negative or sinful thought pattern emerging, what is one practical step you can take to "take that thought captive" and redirect it toward Christ?
2. The psalmist's example shows the importance of actively speaking truth to ourselves when we are feeling down. What is a truth from Scripture that you can remind yourself of the next time you feel discouraged or anxious?
3. Jesus' teaching about considering the birds encourages us to trust in God's provision. In what specific area of your life are you currently struggling with anxiety or worry about provision, and how can you apply this principle?
4. The sermon emphasized that the helmet of salvation is meant to be put on daily. What is one small, consistent habit you can implement each day to actively "put on" the helmet of salvation?
5. Baptism and communion were presented as embodied practices that reinforce the work of salvation. How can you more intentionally engage with these sacraments (or the memory of them) to strengthen your mind and your reliance on Christ?
6. The sermon mentioned that the enemy is good at spreading misinformation and lies. What is one common lie or deceptive thought that you have heard recently, and how can you counter it with the truth of the gospel?
7. The idea of choosing who masters our thoughts is central to the helmet of salvation. Are your thoughts currently mastered by past pain and patterns, or by the mind of Christ given by the Spirit? What is one tangible way you can begin to shift that mastery?