



❖ MESSAGE NOTES

GEAR UP: Week 4 - Helmets, Swords & Prayer

Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.”

~ Ephesians 6:17-20

Armor Piece # 5: **HELMET OF SALVATION**

The Roman helmet was made of bronze and leather and it protected the head very well. The helmets were designed so that blows from a sword, hammer, or ax could not pierce it but would instead be deflected. In addition, they would anoint or coat the helmet with oil. This would make the helmet shine in the sun, blinding their enemy. It also kept the helmet from rusting and corroding, and it helped to make the surface slippery, again to better deflect the blows. It is interesting that throughout Scripture, oil is used as a metaphor for the Holy Spirit. Certainly, this idea of coating our helmet of salvation with the anointing of the Holy Spirit makes good sense yeah?

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

~ Deuteronomy 31:6

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. ~ Romans 12:2

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. – Philippians 4:7-9

Armor Piece #6: **SWORD OF THE SPIRIT**

RHEMA ~ GREEK

the spoken word uttered by a living person

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ~ Hebrews 4:12

LOGOS ~ GREEK

the spoken word, or sounds uttered by a living person

“Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’” Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written: “ ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” Then the devil left him, and angels came and attended him.” ~ Matthew 4:1-11

This is why Bible STUDY and Scripture MEMORIZATION are so important! Knowing the word of God by heart so you can apply it in the appropriate situation and in the appropriate way, instantly.

Armor Piece #7: **PRAYER**

In battle, it is important for all the troops to keep talking to their commander. If everyone is just out doing their own thing, you end up with 100 different directions, no concentrated effects, lots of casualties, and no victory. Paul reminds us that the effective use of all our armor is wholly dependent upon how well connected with are with our commanding officer, Jesus Christ. The way we stay connected with each other and fight this spiritual war strategically, effectively, and successfully, is to stay in constant communication with our commander in chief.

“...pray continually...” ~ 1 Thessalonians 5:17.

“Pray without ceasing.”

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

~ Romans 8:26-27

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.” ~ James 5:16

Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should. ~ Ephesians 6:19-20

