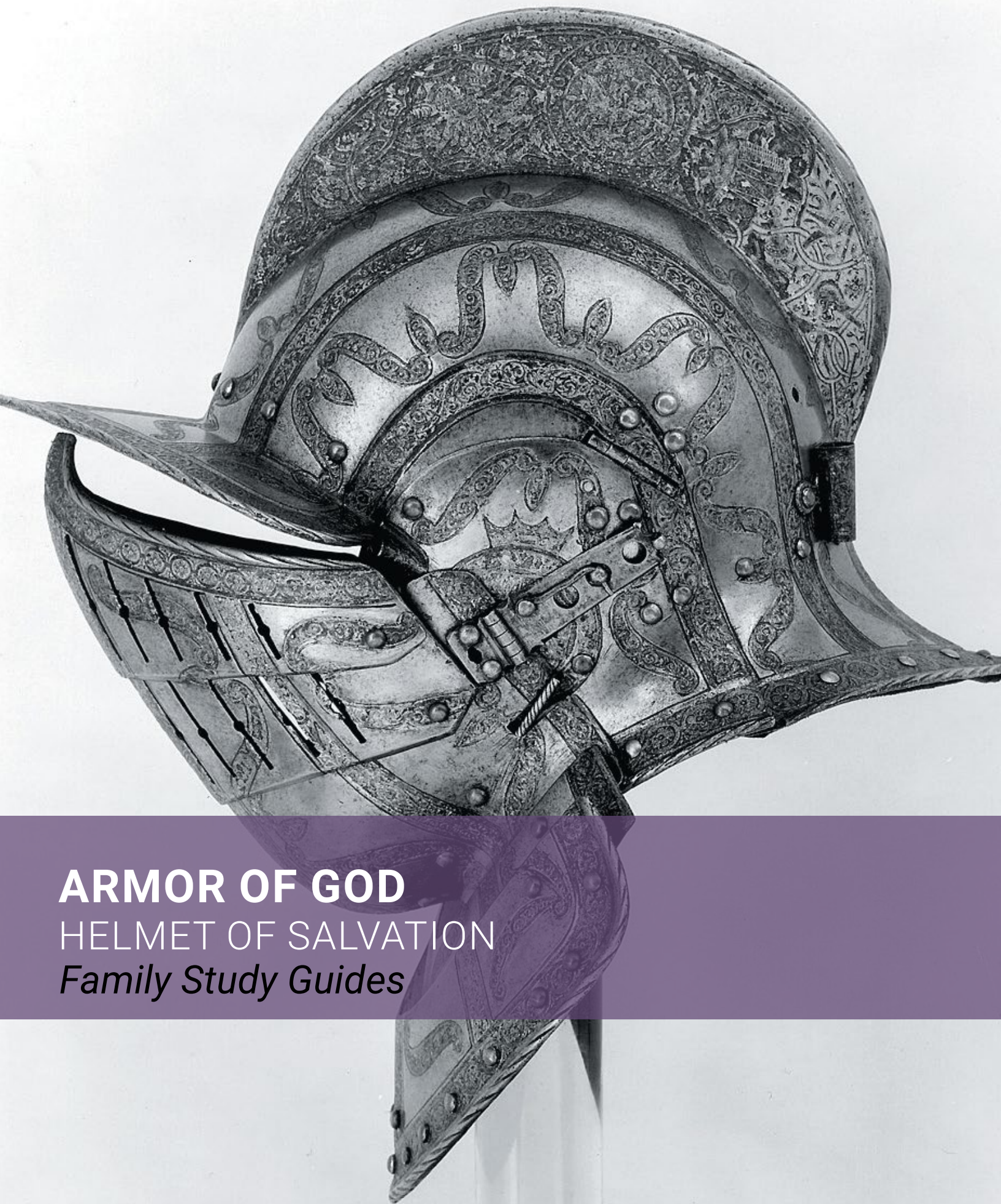




ARMOR OF GOD

HELMET OF SALVATION

Family Study Guides

Armor of God: Helmet of Salvation

Family Study Guide

Objectives:

- Discuss what salvation is and how we can obtain it.
- Show how the Passover reveals what is meant by the helmet of salvation.

Memory Scripture

Ephesians 6:17 "And take the helmet of salvation..."

Introduction

What do people use helmets for today? Do you know anyone who uses one? (Ex: riding bikes, scooters, skateboards, motorcycles, in sports, construction, military). Helmets protect people and save lives in a variety of situations such as crashes and accidents.

The Bible tells us that we need to wear the helmet of salvation as a part of the Armor of God.

1 Thessalonians 5:8 "...We must wear... our hope of salvation as a helmet." (GNT)

What Is Salvation?

Salvation basically means to be saved or delivered from something. In the New Testament it is generally used to refer to deliverance from the eternal death penalty of sin and deliverance into God's Kingdom.

John 3:16-17 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

Every human being has thought and acted in ways that are unacceptable to God. Our sins break God's beautiful living laws designed for our good. Sin is so vile to God that His justice requires the death penalty.

But God, the Father and the Son, love us so much that Jesus Christ was willing to die for us in order to save us from that penalty and offer us eternal life in the Kingdom of God.

- See if your family can identify which of God's Feast Days picture these concepts.

Why Wear a Helmet?

Have you ever crashed a bike? Most of us have.

Discuss: Talk about your worst crash. What caused the crash? Were any safety rules broken? Did you crash because someone "dared you" to do something dumb? Did you get very hurt? Did you end up getting a head injury, or did your helmet get scraped up?

There is that awful feeling before and during the crash that “this is not good!” While you may end up with scrapes and bruises, the main thing is protecting your head!

- You can read about a couple of crash stories on this website: <https://helmets.org/crashes.htm>. Parents may want to filter these stories for younger kids—but they help to show why having a helmet is so important.

In some ways, life is like that. When we are not careful to follow God’s “safety rules” (that is, when we sin)—we can end up heading for a bad crash. Sometimes it feels as if Satan “dares us” with one of his schemes to cause us to sin. Like in a crash, when we break God’s laws, there is some penalty or pain involved.



Romans 6:23 (ERV) When people sin, they earn what sin pays—death. But God gives His people a free gift—eternal life in Christ Jesus our Lord.

The sacrifice of Jesus Christ, saving us from the penalty of sin, is called salvation.

Discuss a time when you broke a rule from parents, a teacher, a policeman, etc. What was the penalty or punishment for doing so? Was that penalty paid? Most of the time, once the penalty has been paid, the violation is forgiven and forgotten.

When we turn to God, He forgives us and saves us from the a fatal “head injury.” He is our helmet of salvation. Sometimes Satan influences us to do or think the wrong things. Instead of letting him take us down with a headshot—we can turn to God, repent and put on his protective helmet of salvation.

Notice what God promised the prophet Jeremiah:

God makes the same promise to us! He will save us and protect us against Satan’s attacks when we put on His “spiritual helmet.”

Jeremiah 15:18-20 (GNT) [Jeremiah said] Why do I keep on suffering? Why are my wounds incurable? Why won’t they heal?” ... To this the Lord replied, “If you return, I will take you back, and you will be my servant again... I will make you like a solid bronze wall as far as they are concerned. They will fight against you, but they will not defeat you. I will be with you to protect you and keep you safe.

If viewing this lesson from the online PDF version, you can read this [story of soldier protected by combat helmet](#).

- **Isaiah 8:13-14 (NLT)** Make the Lord of Heaven’s Armies holy in your life. He is the one you should fear. He is the one who should make you tremble. He will keep you safe.

• *2 Samuel 22:1-4 (GNT)* When the Lord saved David from Saul and his other enemies, David sang this song to the Lord: The Lord is my protector; he is my strong fortress. My God is my protection, and with him I am safe. He protects me like a shield; he defends me and keeps me safe. He is my savior; he protects me and saves me from violence. I call to the Lord, and he saves me from my enemies. Praise the Lord!

We can receive tremendous hope and comfort by focusing on the incredible sacrifice Christ gave to save us and attain the amazing Kingdom, which is the goal of our salvation. This hope works like a helmet to protect our minds from the discouragement and despair in this world.

God Protects and Saves Us Through Jesus' Sacrifice

1 Thessalonians 5:8-11 (NLT) But let us who live in the light be clearheaded, protected by the armor of faith and love, and wearing as our helmet the confidence of our salvation. For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us. Christ died for us so that, whether we are dead or alive when he returns, we can live with him forever. So encourage each other and build each other up, just as you are already doing.

There are many stories where people's helmets protected them from death. The helmets were severely cracked or damaged, but the helmet took the blow! The story of our deliverance and salvation is much the same.

Delivered by the blood of the lamb

One of our most often repeated stories from the Bible is that of the Children of Israel being delivered from slavery in Egypt and given the hope of the Promised Land! That journey out of Egypt began with the sacrifice of the Passover lamb, saving Israel's firstborn from death.

The first Passover

Exodus 12:21-23 (ISV) Then Moses summoned all the elders of Israel and told them, "Choose sheep for your families, and slaughter the Passover lamb. Take a bundle of hyssop and dip it in the blood that is in the basin, and apply some of the blood in the basin to the lintel and the two doorposts. None of you is to go out of the doorway of his house until morning, because the Lord will pass through to strike down the Egyptians, and when he sees the blood on the lintel and the two doorposts, the Lord will pass over the doorway, and won't allow the destroyer to enter your houses to strike you down.

God continued saving the Israelites from death after they left Egypt. When the Pharaoh (a type of the devil) pursued them to kill them, God again gave them salvation. This familiar event happened on the last day of Unleavened Bread.

Review the story with your family. After their deliverance, they sang a song about it. Here are a couple of the verses:

Exodus 15:9 (ESV) The enemy boasted, 'I will chase them and catch up with them. I will plunder them and consume them. I will flash my sword; my powerful hand will destroy them.'

Exodus 15:1-2 I will sing to the Lord, for he has triumphed gloriously; the horse and his rider he

has thrown into the sea. The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him..."

- *Discuss* the similarities between this story and that of Satan, the destroyer's attacks against us and God's deliverance.
- Think of several songs we sing from the United Church of God hymnal that tell the story of Passover and God's salvation.

Salvation Is a Process

In order to be saved from slavery and to be delivered out of Egypt to the other side of the sea, several things had to happen.

DISCUSSIONS

- What were some things the Israelites had to do in order to be saved from death and defeat by the enemy?
- What miracles did God perform, in order for them to be saved?
- What would have happened if they had not obeyed?
- Did the Israelites save themselves by the things they did—or did God save them?

The Israelites had to obey what God said, but ultimately—it was God who delivered them.

Exodus 14:13-14, 10-31 And Moses said to the people, "Do not be afraid. Stand still, and see the salvation of the Lord, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. The Lord will fight for you, and you shall hold your peace."...30 So the Lord saved Israel that day out of the hand of the Egyptians, and Israel saw the Egyptians dead on the seashore. Thus Israel saw the great work which the Lord had done in Egypt; so the people feared the Lord, and believed the Lord and His servant Moses.

Helmet of Salvation for us today

The Israelites needed to be saved from slavery and delivered into the Promised Land. We need salvation in a similar but more dramatic way.

FAMILY ACTIVITIES

Identify the similarities between Ancient Israel and "Spiritual Israel" today.

Romans 6:16-17, 22-23 (NLT) Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you... 22 Now you do those things that lead to holiness and result in eternal life. For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

Review the meaning of the New Testament Passover with your family. Discuss the sacrifice of Jesus Christ as our Passover.

Discuss what WE must do in order to be given the helmet of salvation.

Even though we must make the choice to put the helmet on, it is the helmet that saves us. We don't save ourselves.

On the famous day of Pentecost after Christ's death, the Apostle Peter told the people that they needed the helmet of salvation:

Acts 2:36-40 (GNT)

"All the people of Israel, then, are to know for sure that this Jesus, whom you crucified, is the one that God has made Lord and Messiah!" When the people heard this,

they were deeply troubled and said to Peter and the other apostles, "What shall we do, brothers?" Peter said to them, "Each one of you must turn away from your sins and be baptized in the name of Jesus Christ, so that your sins will be forgiven; and you will receive God's gift, the Holy Spirit. For God's promise was made to you and your children, and to all who are far away — all whom the Lord our God calls to himself." Peter made his appeal to them and with many other words he urged them, saying, "Save yourselves from the punishment coming on this wicked people!"

In a similar way that Ancient Israel sang a song of God's deliverance and salvation, this prophecy tells of God's people singing a similar song about salvation:

Revelation 5:9-10 (NET) They were singing a new song: "You [Jesus] are worthy to take the scroll and to open its seals because you were killed, and at the cost of your own blood you have purchased for God persons from every tribe, language, people, and nation. You have appointed them as a kingdom and priests to serve our God, and they will reign on the earth."

Further Reading

- What does "salvation" ultimately mean?

<https://www.ucg.org/bible-study-tools/booklets/jesus-christ-the-real-story/salvation-is-entrance-into-the-kingdom-of-god>

- Passover, Jesus and Salvation

<https://www.ucg.org/vertical-thought/vantage-point-passover-and-the-messiah>

You cannot have eternal life without God's intervention and salvation through Jesus Christ. You, like all people, have at some point sinned against God. But God is working with you each and every day to be a part of His family in His Kingdom. Life is not easy, and sometimes it seems like it would be better just to go back to doing things your own way. Take the helmet of salvation and follow the way of God. It will save you from painful consequences. It will provide you that invitation to eternal life in God's family.



Design: Sonny Wiseman

POSSIBLE CLASS DISCUSSIONS AND ACTIVITIES

DISCUSSIONS:

- What did God save the Children of Israel from?
- What did Satan want Israel to do?
- Who used the helmet of salvation in this story? How do you know?
- How does this story represent what God does for us today?
- What lessons can we learn about using the helmet of salvation?

Suggested approach for Younger Students

Instructors: Have a bunch of different hats on display. Some examples: baseball hat, firefighter's helmet, chef's hat, bike helmet, winter hat, cowboy hat, birthday hat, sombrero, ear muffs, bandanas, straw hat, batting helmet, football helmet, etc. Have kids put different hats on and tell you what they would do while wearing that on their head.

• **Dirty T-shirt Object Lesson:** Walk in to class wearing a very dirty shirt or blouse along with your church clothes. Pretend that you are going to a nice dinner or to meet someone famous. Ask the class's opinion on how you look. Compare the dirty shirt to our lives stained with sin. How can we be inwardly clean? Would we be honorable to God if we were stained with sin? Could we represent His family? The only way is the gift of salvation through Jesus Christ.

• **Food Coloring Object Lesson:** (Test ahead of time to make sure you have enough of each ingredient.) Take a big jar and put some water in it. Discuss the different sins people commit against God. For each sin mentioned, put a drop of food coloring in the jar. Use several different colors so the water becomes murky. Discuss how our sins make our lives unclean. Use bleach to make the water clear again. Discuss how this is the effect the sacrifice of Christ has on us.

• Helmets off Game

(Supplies: plastic bowls or hats - 1 per child)

This game is played like musical chairs. You will need a "helmet" for each child (bowl). Give each child a hat but one. When the leader yells hats off, all the kids throw their hats up in the air and scramble to get a new one. The child without a hat is out and a hat is removed from play. Play continues until there is only one player remaining.

The Point: We always need to keep our "helmets" on, without them our mind is not protected from bad thoughts. If our mind is not protected from bad thoughts it is easy to sin.

SCENARIOS

1. You have decided to work harder on observing the 5th commandment—honoring your parents. So far, though, it seems as if your choices to honor them, only makes it harder on you. It seems like you've been asked to do more work around the house. Lately, you've told your friends "no thanks" when they ask you to do something you know your parents wouldn't approve of. No one really acknowledges your efforts. Is it really worth it to do what God says? Maybe it would be easier and better just to go back to doing what you felt like doing. What does Satan want you to think and do? What does God want you to think and do?

2. You messed up—really bad. You broke one of the commandments and you hurt people you really care about. Now what? What does Satan want you to think or do? What does God want you to think and do?

The Helmet of Salvation

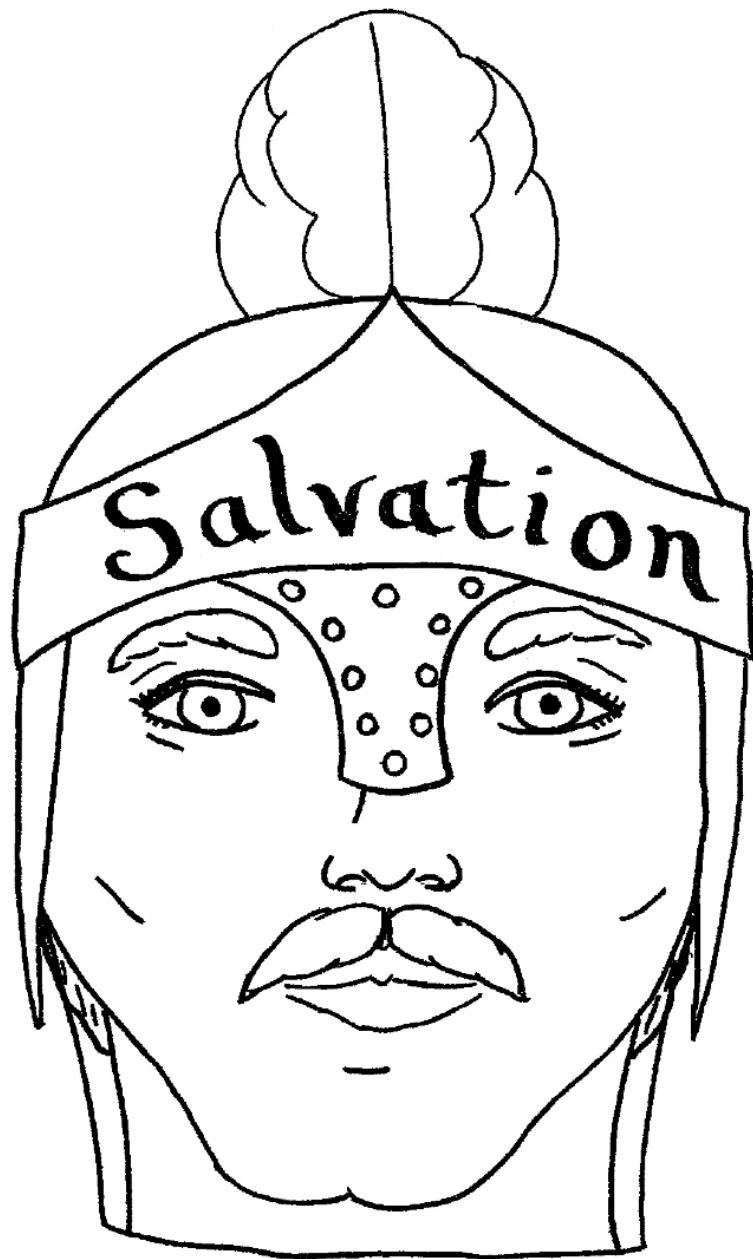
The Roman Soldier

God's Armor

Key Scriptures

Spiritual Lessons

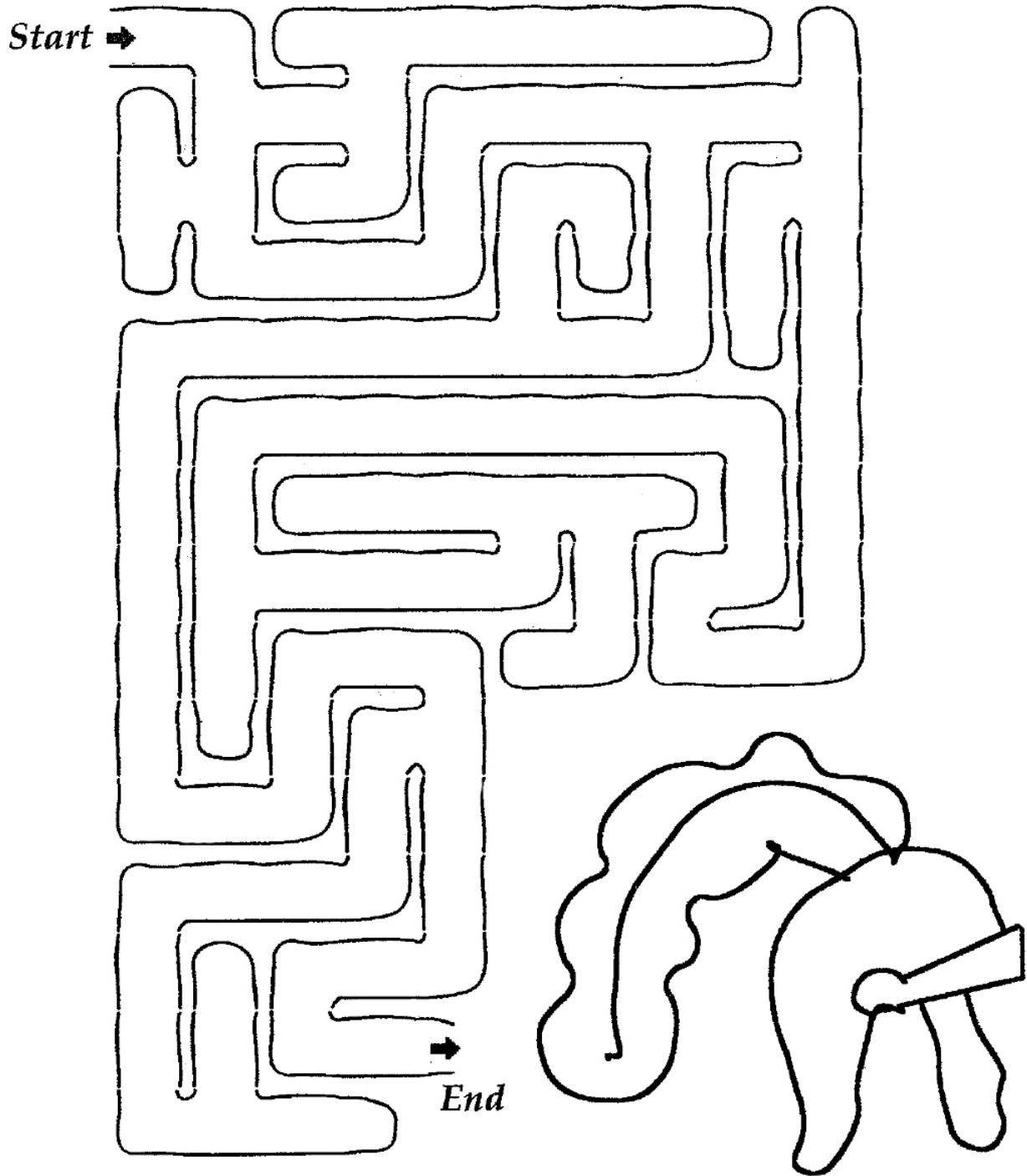
My Armor



The Helmet of Salvation

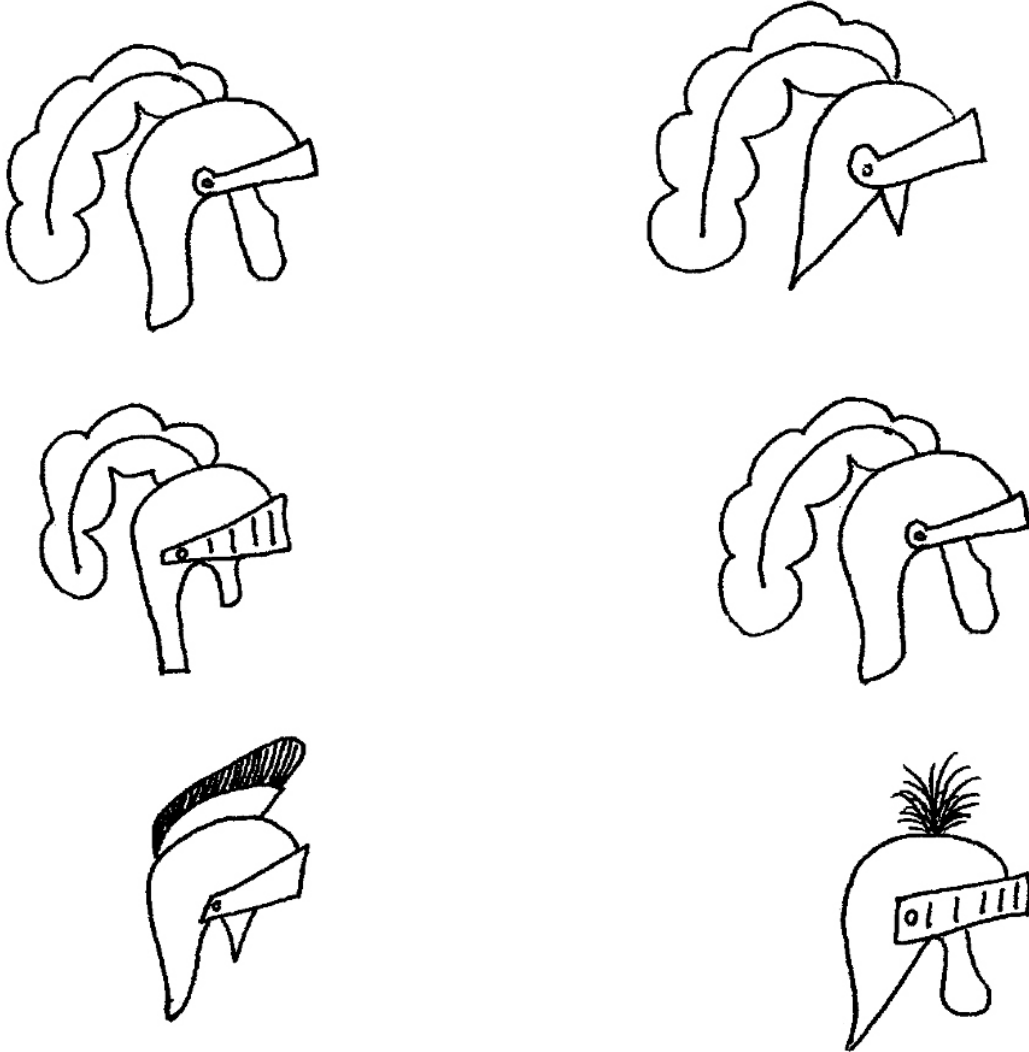
Color the picture of the helmet.

The Helmet of Salvation



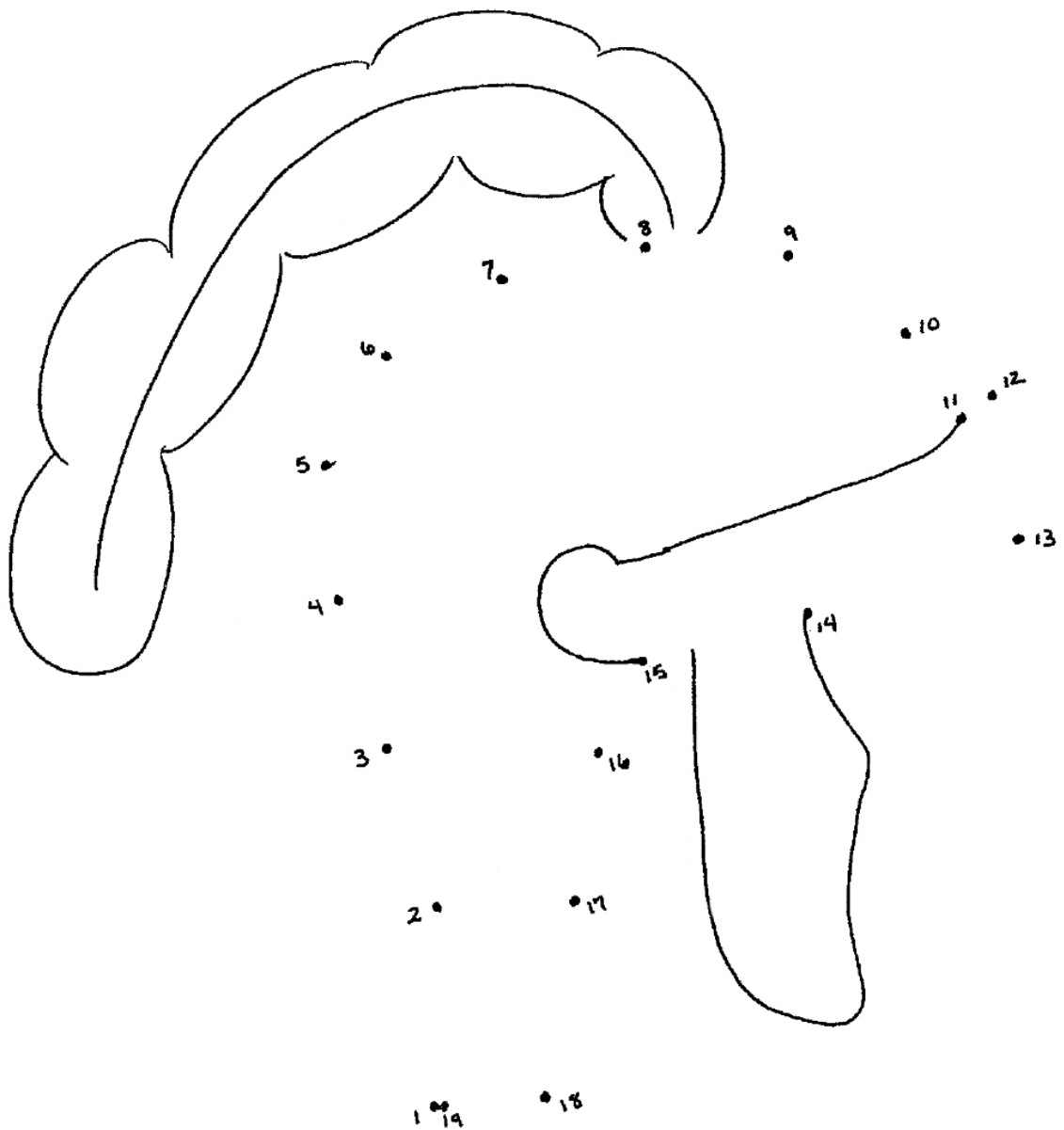
Start at the top left corner and go through the maze to the helmet.

Helmet Match



*Find the 2 helmets that match and
put a circle around them. Then
color the helmets.*

Dot to Dot



Connect the dots 1-19 to make your own helmet.