

# LESSON 5: THE HELMET OF SALVATION

## Key Concept: Accepting God's full salvation is a deliberate choice

*Hope is crucial. Hope gives motivation & a right perspective. And the hope of salvation is the best hope of all! This lesson teaches the connection between salvation & hope as well as the 3 "tenses" or "aspects of salvation," which means that your children will learn how trusting in Christ for salvation gives present hope for a future deliverance—which leads day-to-day to a pure, holy life.*

## AT-A-GLANCE LESSON OUTLINE

### 1) The soldier's helmet

- "Helmet" means something that encircles the head.
- The soldier's helmet protected his whole head.

### 2) The helmet of salvation

- The Bible also refers to a helmet of "the hope of salvation."
- The hope of salvation is a confident expectation of future deliverance.
- The helmet of hope covers 3 aspects of salvation: past, present, & future.

### 3) Take the helmet of salvation

- "Take" is a direct command.
- "Take" means to receive or deliberately accept what's offered.

## DETAILED LESSON PLAN

### Review & Introduction

#### Review of Lesson 4: The Shield of Faith.

- In the last lesson, we learned about the shield of faith.
- What are the three elements involved in biblical faith?
- What are the results of biblical faith?

#### The helmet of salvation.

- In this lesson, we're going to learn more about the results of faith, or what follows faith—salvation.
- The piece of armor that goes with salvation is the helmet. So let's take a look at what a helmet is, and how the soldier used his.

### 1) The soldier's helmet

#### "Helmet" means something that encircles the head.

- The word "helmet" literally means something that goes around the whole head.
- *Show a picture of a Roman soldier in full armor. Point out the helmet, and observe how it covers the soldier's whole head. If you have a laminated picture, you can use a dry-erase marker to circle or draw an arrow to the helmet.*

#### The soldier's helmet protected his whole head.

- To protect his head & neck, the soldier wore a helmet that covered his whole head.

- A sloped part covered the back of the soldier's head & his neck.
- Hinged cheek-pieces folded down to cover the side of the soldier's head.
- And a narrow piece fit between the eyes, following the bridge of his nose, to protect the front of the soldier's face.

## 2) The helmet of salvation

**The Bible also refers to a helmet of “the hope of salvation.”**

- The Bible tells the Christian to “take the helmet of salvation.”
- *Read Ephesians 6:11-17.*
- The Bible also says to put on “as a helmet the hope of salvation.”
- *Read 1 Thessalonians 5:8.*

**The hope of salvation is a confident expectation of future deliverance.**

- To understand the idea of the “hope” of salvation, we have to remember that salvation can mean eternal salvation from punishment for sin—but it can also mean “deliverance” or “rescue” from a situation.
- And that's the meaning of “salvation” in 1 Thessalonians. The “hope” of salvation is a hope of deliverance or rescue.
- But what is “hope,” and what does the believer hope to be rescued from?
- “Hope” just means a confident expectation or anticipation.
- For example, if your mom says you're going swimming later today—and you know that your mom really will take you, if she says she's going to—then you can have a “hope” of going swimming, or a “confident expectation” that she's really going to take you swimming.

- So the “hope of salvation” is a confident expectation of rescue—or an anticipation of the time when God will finally fully remove believers from this ugly world of sin.

**The helmet of hope covers 3 aspects of salvation: past, present, & future.**

- And just like the soldier’s helmet covered the back, sides, & front of his head, the helmet of salvation covers 3 different aspects of salvation!
- *Read Romans 13:11-14 and 1 John 3:2-3.*
- The helmet of salvation refers to:
  - Past salvation: a person who puts his trust in Jesus for salvation is instantly saved, in that moment, from eternal punishment. If you’ve put your trust in Jesus, then you have experienced salvation in a moment in the past.
  - Present salvation: a person who has trusted in Christ has the hope of someday being delivered from this sinful world. As a result, he knows that everything in this life is temporary. And so instead of getting caught up in the details of daily life in this world, he is motivated to live a pure, holy life day-to-day. That is present salvation from the power of sin in daily life.
  - Future salvation: a person who has trusted in Christ will one day be rescued out of this sinful world and taken to be with the Lord instead. Knowing that truth gives the believer hope of future salvation.
- *Have the kids do 3 motions with you as you say, “The 3 aspects of salvation are past, present, & future.”*
  - *For “past,” point over your shoulder.*
  - *For “present,” point at your feet.*

- *For “future,” point ahead of yourself. Go through the motions several times to emphasize the 3 aspects of salvation.*

### 3) Take the helmet of salvation

- So that’s what the helmet of salvation is. But, when we read the list of armor from Ephesians, did you notice anything about what the believer is supposed to DO with the helmet of salvation?

#### **“Take” is a direct command.**

- For the first 4 pieces of armor (the belt of truth, the breastplate of righteousness, the preparation of the gospel of peace, and the shield of faith), the Bible says, “having girded,” “having put on,” “having shod,” and “taking.” Those are all indirect commands.
- But for the helmet of truth, there is a direct command. The believer is told to “take” the helmet of truth.

#### **“Take” means to receive or deliberately accept what’s offered.**

- That word “take” means to purposefully, intentionally accept what is offered to you.
- In other words, we have a choice. We can deliberately choose to take salvation—or we can choose not to. And if we put off choosing to take salvation, then we are automatically choosing not to take it.
- So how can we intentionally choose to take salvation? Let’s review what salvation is.
- *Go through the motions again as you say, “The 3 aspects of salvation are past, present, and future.”*

- Salvation means deliverance from eternal punishment, from the present power of sin in our daily lives, and eventually from this sinful world. And we can make deliberate choices about all 3 of those aspects of salvation.
  - Accepting God’s salvation from eternal punishment by trusting in Jesus alone is a deliberate choice.
  - Being freed by the Lord from the power of sin & daily living a pure, holy life is a deliberate choice.
  - Expecting & anticipating the day that God will save believers out of this world & take them to be with Him is a deliberate choice.
- So this is the question for you: will you deliberately choose to take the helmet of salvation?

## **Conclusion (Review & Discussion)**

### **The soldier’s helmet.**

- What parts did the soldier’s helmet cover?

### **The helmet of salvation.**

- What are the 3 aspects of salvation?

### **Take the helmet of salvation.**

- What does it mean to “take” the helmet of salvation?

### **Personal application.**

- *Tape up 3 papers (“Past?” “Present?” and “Future?”).*

- *For unbelievers: point out that present salvation & future salvation are impossible unless you have first experienced past salvation. Take down the last 2 papers (“Present?” and “Future?”), leaving only “Past?” on the wall. Challenge the kids with the reality that they must personally, deliberately choose about salvation.*
  - *For believers: challenge the kids to look at the 3 papers & think about whether they have taken all 3 aspects of salvation. If they claim to be saved, they have past salvation. So challenge them to deliberately choose to anticipate God’s future deliverance & to therefore live pure, holy lives in Christ.*
- 

## **DID YOU LOVE THE DETAILS?**

**Get six expanded lesson plans like this one!**

The *Prepared to Stand* eBook includes a full forty pages of super-detailed lesson plans for the whole armor of God!

**Imagine using lesson plans that give you all the info you need to teach the Armor of God with confidence.**

- Easily catch kids’ attention—and keep it—with interesting visuals & examples.
- Make sure kids actually understand with the word-for-word questions included in each lesson plan.
- Teach the Armor in a way that makes sense and is actually applicable to your kids’ lives.

**[BUY PREPARED TO STAND NOW!](#)**