



Series: Rooted & Fruitful (Part 28)
Speaker: Charles Lim

INTRODUCTION

In our study of Ephesians 6 and the Armour of God, this week we come to the final two pieces: the Helmet of the Hope of Salvation and the Sword of the Spirit - which is the Word of God (Ephesians 6:17).

Recent studies show that $\frac{1}{3}$ of Singaporean youth and 10% of Singapore's overall population suffer from anxiety and depression. There is a great need for hope today - and no better hope than that of our salvation. Not only do we experience the greatest and most secure hope in our salvation; our hope is continuous: we rejoice in the past because we have been justified by Christ's sacrificial death on the cross, and we experience His sanctification in our lives in the present, and we look forward to our glorification in the future, when Christ returns. Therefore, as the enemy focuses his attacks on our minds, we wear the helmet of the hope of salvation and experience His security and peace.

Scripture often uses the image of a sword to describe God's word. The Bible is not just a book. It is a double-edged sword that "pierc[es] to the division of soul and of spirit, of joints and marrow, and discern the thoughts and intentions of the heart" (Hebrews 4:12). We must know scripture to effectively wield this piece of armour - the only offensive weapon we carry into spiritual battle.

DISCUSSION

1. Icebreaker: If you were going into battle, which piece of armour would you reach for first? Would your answer be different if you were considering a spiritual battle?
2. Why do you think the Helmet of Salvation is important for our spiritual protection?
 - a. Read Romans 10:10 and Philippians 2:12-13. How would you describe the link between our minds and our salvation?
 - b. Since salvation is not a one-and-done experience, it's an ongoing process of:
Justification - for the past
Sanctification - for the present
Glorification - for the future

Share with your LifeGroup your **present** and **future** salvation story.
 - c. Read Psalms 51:12. David, an adulterer and murderer, was confronting the depths of his sins. Yet he still expressed hope. What did David dare to ask for? What does salvation bring?
3. How is the sword different from the other items of the armour we have explored thus far? Is it all that different?
 - a. Psalm 119:11 exhorts us to store the word of God in our hearts so that we will not sin against Him. What is a verse or word from God that has helped you against sinning?
 - b. Read Matthew 4:1-11. Note that in one of the three temptations, the devil quotes scripture. What was Jesus' response to all three temptations? How can you avoid being tricked by the enemy's manipulation of scripture?
 - c. How can you defend yourself using God's Word? Share with the group any experience you've had where God brings His word to mind to help you navigate a difficult situation or when you are faced with the lies of the enemy.
4. As we finish exploring the full Armour of God, let us return to the reason why we need the Armour. Read Ephesians 6:12.
 - a. Share with your group one spiritual battle you are currently facing. (Read John 10:10; Proverbs 6:16-19; Galatians 5:19-21)
 - b. What is the value of putting on the Armour of God daily?
 - c. Why do we need the whole armour of God?

WHAT WILL YOU DO

What does putting on the armour of God daily mean to you personally and practically? Consider some spiritual disciplines that pilgrims before us have found to be useful:

- Prayer
- Worship
- Bible reading
- Journaling
- Fasting

MEMORY VERSES

“Restore to me the joy of your salvation, and uphold me with a willing spirit.” - Psalm 51:12 ESV

“I have stored up your word in my heart, that I might not sin against you.” - Psalm 119:11 ESV

EACH 1 REACH 1 REFLECTION

“He is the image of the invisible God, the firstborn of all creation.” - Colossians 1:15 ESV

Each human being is made in the image of God. That means there is something intrinsically lovely and of value in each person not because of what they do after birth but of the mere fact of their creation.

Let us pray that God opens our eyes to see each person as God sees them.