

THE
**Lauren
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PODCAST

ARMOR OF GOD SERIES • EPISODE 5 COMPANION WORKSHEET

The helmet of salvation

A gift to accept, a mind to protect — follow along and put on the armor

Name:

Date:

Quick review

We've put on the belt of truth, breastplate of righteousness, shoes of peace, shield of faith, and sword of the Spirit. Today we come to the helmet — the piece that protects the most vital part: our mind.

Ephesians 6:17 *"Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God."*

In the natural, one blow to the head could prove fatal. We need the other garments, but without the helmet — without accepting salvation — we're completely vulnerable to the enemy.

Putting on the helmet of salvation

Look up each verse, jot down what stands out, then respond in the blank.

1 A gift you accept *Ephesians 2:8-9 • Romans 10:9*

The Greek word translated "take" in Ephesians 6:17 means to accept. Salvation is always an invitation — never forced on us. It's a gift, not a reward for good deeds; none of us can boast about it.

GREEK WORD STUDY

Soteria

Salvation, welfare, prosperity, deliverance, preservation, safety — this is what we're given the moment we accept salvation.

Do you tend to relate to God as a gift-receiver, or do you still feel like you have to earn His favor?

My response:

2 The prodigal son *Luke 15:11-31 • 1 John 1:9*

The son squandered his inheritance on reckless living. Yet on his return, he was met not with punishment but with open arms. Accepting salvation isn't about our past mistakes — it's about our willingness to turn back and embrace the Father's unconditional love.

Is there a part of your story you think disqualifies you from His open arms? What would it look like to believe it doesn't?

My response:

3

The process of salvation *Justification · Regeneration · Sanctification*

Like a pardoned Roman citizen — crimes erased, given a new identity, and expected to live it out:

- Justification — not guilty; our crimes are erased
- Regeneration — a new creation, reborn into a new identity
- Sanctification — becoming Christ-like, a lifelong journey this side of heaven

Which stage feels most real to you right now — being forgiven, being made new, or being formed?

My response:

4

Salvation brings deliverance *Matthew 6:13 · Matthew 15:21-28*

Deliverance is freedom — from old bondages, shackles, chains. Jesus called deliverance "the children's bread." Once we've accepted salvation, we are His children — deliverance is our portion, always, not dependent on a specific ministry or person.

What bondage do you need to remember is already yours to be free from, as a child of God?

My response:

5

Salvation brings hope & joy *Jeremiah 29:11 · Romans 5:2 · 1 Peter 1:8*

Our eternal fate is sealed and secure — regardless of how life goes here, we will be with God in glory. When our hope is anchored in Him, we don't get heart sick. Knowing Jesus gives us a joy that isn't fleeting or circumstantial.

Where has your hope or joy lately been anchored to circumstances instead of to your salvation?

My response:

6

The blood on the doorpost *1 Thessalonians 5:6-8 · Isaiah 59:17*

The Israelites painted the blood of the lamb on their doorposts, and the angel of death passed over. Christ's blood covers us the same way. Our salvation is active — not just a one-time decision, but continually protecting us as we stay alert, clearheaded, and wear the confidence of it.

Do you live with the confidence that you're covered and sealed, or does that awareness fade day to day?

My response:

Closing reflection

1 Thessalonians 5:8 *"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."*

If you've never prayed and asked the Lord to save you — fully submitted your life to His Lordship — and you'd like to, you can pray this below and then write your own words in response.

A PRAYER TO PRAY

Father God, I want you to be Lord over my life. Forgive me for trying to do it on my own, for going my own way. Lord, I submit myself to you, fully and completely. You have full access to every part of me. Have your way in me, Lord. Thank you for loving me, and for saving me. In Jesus' name I pray. Amen.

Write your own prayer below — whether accepting salvation for the first time, or recommitting to walk in the confidence of it.

with Lauren