

**Aim:** To look at why Paul chose Salvation for the helmet in the armour of God

Last week we started looking at the helmet of Salvation.

Revise:

- Why are helmets important?
- Why is the front of your brain important?
- What are some things that damage your brain or make it not work so well?
- What are some things you can do to protect your brain?

Read the first part of Ephesians 6:17 again – what spiritual armour thing did Paul call the helmet? (Salvation)

Discuss: What does salvation mean? (Being saved)

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How does having salvation / being saved protect my mind? (Ideas are below)

- Have you ever heard the saying: "He has a big head!"? – do you know what people mean when they say it? (It means someone is boasting and proud in a bad way – "I'm really good – I'm better than you...")

Read Ephesians 2:8-9

Discuss: How does this keep you from having a big head?

- What do we have to do to be saved? Read John 3:16

Does that have anything to do with your head? (It happens in your mind)

- Read Psalm 77:12 and Philippians 4:8

How does thinking about what God has done for us protect our brains?

Remember that we learnt last week that our thoughts affect our bodies – thinking about negative and sad things a lot makes our bodies sick but thinking about good things, especially the things that God has done helps to heal our bodies. People in hospital who trust in God heal more quickly.

- Read Isaiah 41:10 and Psalm 46:1

Ongoing fear also damages our bodies and minds. What can we do when we are afraid?

As Christians we know that God is in control. Sometimes bad things happen because of sin, but God can turn them all into good things.

We might not understand why bad things happen – but we don't need to understand; we just need to know that God is in control. – That doesn't mean that we should do nothing either – God gave us the Bible stories to guide us as well as Christian friends and adults.

- God doesn't force anyone to do anything; He gave us all the power of choice, but as sinful humans it's not easy to always make good choices. What is the best choice that we can make to help us make good choices? (To ask Jesus into our lives)

Read Proverbs 9:10

When we start to understand how awesome God is, and how wonderful and how loving – this is true wisdom. Choosing to be on God's side is the best choice that your brain can make. When you do this you are using the helmet of salvation.