

Ephesians

More than a Makeover

The Helmet of Salvation

Ephesians 6:12-17

Grace Fellowship Church / Pastor Brad Bigney / October 19, 2025

I. What Does It Mean To Take The Helmet Of Salvation?

Paul's not talking about getting saved. Everything in this passage has to do with putting on what is already yours so that you can effectively fight this war you've been thrown into.

He's driving home to them that they need to get a hold of all three verb tenses of their salvation.

If you're a Christian, the Bible tells us that you have been saved, you are being saved, and you will yet be saved. The Bible says that every Christian stands in the middle of three tenses of their salvation.

A. You Have Been Saved From The Penalty Of Sin Once And For All

Romans 8:1 "There is therefore now no condemnation for those who are in Christ Jesus."

Colossians 2:13-14 "And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with Him, having forgiven us all our trespasses, ¹⁴ by canceling the record of debt that stood against us with its legal demands. This He set aside, nailing it to the cross."

You have been saved once and for all from the penalty of sin so that it no longer defines you, haunts you, or condemns you.

B. You Are In The Process Of Being Saved From The Power Of Sin

The penalty for sin in your life has been paid, but the pollution of sin in your life remains so that there's a lifelong process of clean-up becoming more like Christ.

There's no condemnation, but there's lots of pollution. We're supposed to work on it by His grace, for His glory, and by the power of His Spirit living in us.

Romans 6:13-14 "Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. ¹⁴ For sin will have no dominion over you, since you are not under law but under grace."

Philippians 2:12-13 "...work out your own salvation with fear and trembling, ¹³ for it is God who works in you, both to will and to work for His good pleasure."

C. You Will One Day Be Saved From The Very Presence Of Sin

God wants us to know what's coming. He pulls back the curtain and shows us the final chapter because He wants our view of eternity to shape how we live now.

God invites us to look into and eavesdrop on eternity.

Revelation 21:1-5 “Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. ² And I saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. ³ And I heard a loud voice from the throne saying, ‘Behold, the dwelling place of God is with man. He will dwell with them, and they will be His people, and God Himself will be with them as their God. ⁴ He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.’ ⁵ And He who was seated on the throne said, ‘Behold, I am making all things new.’”

The helmet of salvation is a helmet of hope that’s focused on what’s coming next.

II. What Does It Look Like To Put This Into Practice?

To put on the helmet of salvation is to put on the hope of salvation because you’re focused on and confident in that third verb tense of salvation. Not what He’s done. Not what He’s doing. But what He will yet do!

The helmet gives us strength to go on in the present even when it’s tough because you know there is a finish line, there’s a glorious reward, and there’s a wedding day coming with our Bridegroom, King Jesus, who’s going to make all things right and then He’ll make all things new!

A. Look At Paul’s Example Of Groaning, Hoping, And Waiting For More

Often, Paul didn’t just tell us what to do, but he told us how he was doing it. He fought the good fight. He persevered in the face of horrific circumstances constantly.

In **Romans 8:18-26**, he tells us how to do it.

Notice in **Romans 8** how biblical groaning never travels alone. It brings with it two companions: waiting and hoping. It’s a three-fold cord of groaning, waiting, and hoping that enables you to persevere in all your suffering.

The word “groan” is the Greek word “stenazo” that referred to an inward, unexpressed feeling of sorrow that was almost always inarticulate.

This is a word that talks about something you can’t even put it into words. It’s an internal groaning, longing, and sorrow not just over us, but over what’s going on all around us in our world so that we long for something better that’s coming next! New heaven. New earth. New body. No more sin, sickness, sorrow, confusion, conflict, cancer, or death!

B. Look At Paul’s Example Of Fixing Our Eyes On Your Eternal Home

Read **2 Corinthians 4:16 – 5:9, 14-15**.

The internet and social media keep us focused on the right-here-right now.

It was never designed to give you hope. All the algorithms are designed to keep you fearful, angry, and anxious so that you keep coming back and stay glued to it like an addict who keeps using the very drug that’s killing her. She hates it, but she comes back to it.

Shut it down and turn to something better – God’s Word that is filled with hope!

C. Don't Let Human Counterfeits Take The Place Of Real Hope

Human counterfeits that take the place of real hope are human defiance, swagger, and bravado that show up in so many of our songs and movies.

There's a huge difference between biblical hope and human defiance.

Biblical hope is a confident expectation of future blessing based on the character and promises of God. That's worth building your life on because human defiance will fail you. It might work for a while, but eventually you'll get your feet cut out from under you and you will go down hard!