

## The Helmet of Salvation

In the armor of God, why is the Helmet the Helmet of Salvation? I have asked on many occasions the question to people “If you were to die today, how do you know you would go to heaven?” Most of the time people answer that Jesus is their savior, but sometimes I get “I don’t know.” I then tell them what Romans 10:9 says and ask if they have verbally confessed “Jesus is Lord” and believed in their heart that God raised him from the dead when they said those words, and often times they tell me they have done that, but still questioned if they would go to heaven.

I want to point out that helmet protects the brain and mind, so if the devil can get you to doubt your salvation, you may not believe you have the authority Jesus gave you as a believer. Your mind will begin to lack the faith it takes to share with others what you believe. When it comes to helmets, think about the wide variety of helmets there are out there.

If you watch football, there is a rule that a player can not use his helmet in certain ways, the helmet cannot deliberately be used to be the first part of one player to make contact with another. That is because it is made of such a hard substance that it can seriously injure the other player, it is there to protect people from injury, if used wrongly it does the opposite. But this is a game, being played for the pleasure of spectators, it is not war, so the reason the rules apply as they do is very different than the situation of the armor of God.

If you are familiar with the martial arts, there is a helmet that competitors wear that is actually quite soft. One of the elements of the sport is the possibility of knocking your opponent out to win, so the helmet they wear is not to keep them from this, but because in the past, before they implemented this type of helmet, if someone fell to floor unconscious and they hit their head, it caused much more damage than the blow that knocked them out. The helmet is soft for the sake of the sport, but it would be totally ineffective in a real battle for soldiers trying to win a war.

The helmet soldiers wear today is made of very strong material, in the hope of possibly deflecting a bullet or piece of shrapnel that could kill the wearer if it wasn’t on their head when the tiny piece of metal flying at high speed makes contact with something. The armor of the soldiers that the writer of this verse was familiar with was similar, maybe shaped a bit different, but it was metal, and if an opponent got close enough, a head butt might be an attack the wearer may use, relying on the metal of the helmet to do damage to that opponent, while keeping his own head protected.

You can choose what kind of helmet to put on. While I don’t want to go into the debate of whether or not a person can lose their salvation, Paul tells us to put on the whole armor of God (Eph. 6), so I believe that this is a reference more to a state of readiness that we should seek to have. If we don’t remind ourselves of the authority God gave us, we may not even fight. If we forget to keep our minds protected, we won’t fight with the intensity we should be fighting with. What’s more is that we also determine what kind of helmet to wear. We could wrap a pillow around our head and let things bounce off, or we could run head first into our opponent with a big chunk of metal that will knock him off his feet. The helmet can be a weapon, and knowing how powerful the act of salvation was for us when put that helmet on the first time is an experience that we should be willing to share with others. Doing this for other people will put you into battle with the opponent, but if you are a Christian, you are in Lord’s army, I say, act like it.