

BEN WASHINGTON BAPTIST CHURCH

BIBLE STUDY

Bible Study Series – Part 5

“On the Battleground...Not the Playground”

Ephesians 6:10-20

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ON THE BATTLEGROUND...NOT THE PLAYGROUND

Part 1: Ephesians 6:10-13 – April 29, 2026

Part 2: Ephesians 6:14 – May 6, 2026

Part 3: Ephesians 6:15 – May 20, 2026

Part 4: Ephesians 6:16 – May 27, 2026

Part 5: Ephesians 6:17 – June 3, 2026

Part 6: Ephesians 6:18-20 – June 10, 2026

ON THE BATTLEGROUND...NOT THE PLAYGROUND



BATTLEGROUND



PLAYGROUND

ON THE BATTLEGROUND...NOT THE PLAYGROUND

Part 5

The final act of readiness in preparation for combat.

ON THE BATTLEGROUND...NOT THE PLAYGROUND

Ephesians 6:10-20 (KJV)

10 Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high [places]. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; 15 And your feet shod with the preparation of the gospel of peace; 16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. **17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:** 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; 19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, 20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

ON THE BATTLEGROUND...NOT THE PLAYGROUND

Paul tells us to: “PUT ON YOUR HELMET AND PICK UP YOUR SWORD”

ON THE BATTLEGROUND...NOT THE PLAYGROUND

When a soldier suited up for battle, the helmet was the last piece of armor to go on. It was the final act of readiness in preparation for combat. A helmet was vital for survival, protecting the brain, the command station for the rest of the body. If the head was badly damaged, the rest of the armor would be of little use.

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The helmet is the fifth piece of armor and represents to help believers understand how salvation protects the mind and how the Word of God equips them for spiritual victory.

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The assurance of salvation is our impenetrable defense against anything the enemy throws at us. Jesus said, “Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell” (Matthew 10:28).

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The Helmet of Salvation

The Roman Soldier's Helmet

The helmet was one of the most important pieces of armor because it protected the soldier's head.

- Made of bronze or iron
 - Protected against blows from swords and clubs
 - Often included cheek guards and neck protection

Without a helmet, a soldier was vulnerable to a fatal attack.

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Spiritual Application

The helmet protects the believer's mind.

Key Battle: ***Satan often attacks our thoughts.***

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The idea in this verse is that, as we prepare for Satan's attacks, we must grab that helmet and buckle it on tightly. Salvation is not limited to a one-time act of the past or even a future hope. God's salvation is an ongoing, eternal state that His children enjoy in the present. It is daily protection and deliverance from our sin nature and Satan's schemes.

EPHESIANS 6:17

THE HELMET OF SALVATION

*“...and take the helmet of salvation,
and the sword of the Spirit, which is the word of God.”*

THE ROMAN SOLDIER'S HELMET



PROTECTION FOR THE MIND

The helmet protected the soldier's head—the center of thought, decision, and life.



SALVATION IS OUR HOPE

It reminds us of the hope we have in Jesus Christ—our salvation, secure and sure.



GUARDED BY GOD'S PROMISES

Salvation guards our minds from doubt, fear, and the lies of the enemy.



FIX YOUR HOPE ON CHRIST

Let the hope of salvation guard your mind and strengthen you for every battle.

THE HELMET OF SALVATION

It represents the hope we have in Jesus Christ. Our salvation is certain, and our future is secure in Him.



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Because of the power of the cross, our enemy no longer has any hold on us (Romans 6:10; 8:2; 1 Corinthians 1:18). He knows that, but he also knows that most of God's children do not know that—or, at least, they do not live as if they know.

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We must learn to keep our helmets buckled so that his fiery missiles do not lodge in our thoughts and set us on fire. Through this helmet of salvation, we can “destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ” (2 Corinthians 10:5).

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There are several actions a believer can take to keep this helmet fastened and functioning:

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1. Renew our minds. Our minds are battlefields. The outcomes of those battles determine the course of our lives. Romans 12:1–2 instructs us to renew our minds by allowing the truth of God’s Word to wipe out anything contrary to it. Old ideas, opinions, and worldviews must be replaced. We must allow God’s truth to continually wash away the world’s filth, lies, and confusion from our minds and adopt God’s perspective.

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2. Reject doubts that arise from circumstances. Human beings are sensory creatures. What we cannot fathom with our five senses, we tend to disregard. If we allow them to, circumstances may convince us that God does not really love us or that His Word is not true. It is impossible to have faith and doubt at the same time. God rewards our faith. With the helmet of salvation firmly in place, we can choose to believe what appears impossible (Hebrews 11:6; 1 Peter 1:8–9).

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3. Keep an eternal perspective. When life crashes in around us, we must remember to look up. Our salvation is the most precious gift we have received. Keeping our eyes on that can help us weather life's storms. We can choose to live our lives by the motto: "If it doesn't have eternal significance, it's not important" (see Matthew 6:20; 1 Corinthians 3:11–13).

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4. Remember that victory is already accomplished. When we consider ourselves “dead to sin but alive to God” (Romans 6:11), we eliminate many of the opportunities Satan uses to entrap us. When choosing sin is no longer an option for us because we recognize ourselves to be “new creatures” (2 Corinthians 5:17; 1 John 3:9), we effectively cut off many avenues of failure.

ON THE BATTLEGROUND...NOT THE PLAYGROUND

5. Find all our hope in Him. Psalm 73:25 says, “Whom have I in heaven but You? Besides you, I desire nothing on earth.” Our helmet is most effective when we treasure what it represents. The salvation Jesus purchased for us cannot share the place of importance in our hearts with earthly things. When pleasing the Lord is our supreme delight, we eliminate many of Satan’s lures and render his evil suggestions powerless.

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As we wear the helmet of salvation every day, our minds become more insulated against the suggestions, desires, and traps the enemy lays for us. We choose to guard our minds from excessive worldly influence and instead think on things that honor Christ (Philippians 4:8). In doing so, we wear our salvation as a protective helmet that will “guard our hearts and minds in Christ Jesus” (Philippians 4:7; cf. Isaiah 26:3; 1 Peter 1:5).

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THE SWORD OF THE SPIRIT

EPHESIANS 6:17

THE SWORD OF THE SPIRIT

*"...and the sword of the Spirit,"
which is the word of God."*

THE ROMAN SOLDIER'S SWORD



OUR WEAPON IS GOD'S WORD

The sword was the primary weapon of the Roman soldier—used in attack, defense, and to secure victory.

*God's Word is our weapon
for every battle.*



POWERFUL AND LIVING

The Word of God is alive and active. It cuts through deception, exposes lies, and brings truth to our hearts.

Hebrews 4:12



USE IT WITH CONFIDENCE

Jesus used Scripture to defeat every attack of the enemy. We can do the same.

Matthew 4:1-11

THE WORD OF GOD IS OUR SWORD.

Know it. Believe it. Speak it.

WIELD IT IN THE POWER OF THE SPIRIT.



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The sword is both an **offensive** and **defensive** weapon used by soldiers or warriors. In this case it is a weapon belonging to the Holy Spirit. Swords were used to protect oneself from harm or to attack the enemy to overcome or kill him. In both cases it was necessary for a soldier to get rigid training on the proper use of the sword to get maximum protection.

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All Christian soldiers need the same rigid training to know how to properly handle the Sword of the Spirit, “which is the word of God.” The sword that Paul refers to here is the Holy Scriptures. We know from 2 Timothy 3:16–17 that the word of God is from the Holy Spirit and written by men.

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Since every Christian is in a spiritual battle with the satanic and evil forces of this world, we need to know how to handle the Word properly. Only then will it be an effective defense against evil, but it will also be an offensive weapon we use to “demolish strongholds” of error and falsehood (2 Corinthians 10:4–5).

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God refers to His Word as a sword in **Hebrews 4:12**. Here the Word is described as living and active and sharper than a double-edged sword. The Roman sword was commonly made in this manner. The fact that it had two edges made it easier to penetrate, as well as to cut in every way. The idea is that of piercing, or penetrating; the Word of God reaches the “heart,” the very center of action, and lays open the motives and feelings of those it touches.

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The purpose of the sword of the Spirit—the Bible—is to make us strong and able to withstand the evil onslaughts of Satan, our enemy (Psalm 119:11, 33–40, 99–105). The Holy Spirit uses the power of the Word to save souls and then to give them spiritual strength to be mature soldiers for the Lord in fighting this corrupt and evil world we live in. The more we know and understand the Word of God, the more useful we will be in doing the will of God and the more effective we will be in standing against the enemy of our souls.

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Difference Between Logos and Rhema

Logos: The entirety of God's revealed Word

Rhema: A specific truth applied to a specific circumstance

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The Relationship Between the Helmet and the Sword

Notice Paul joins these two pieces together.

The Helmet Protects the Mind

Salvation guards our thinking.

The Sword Directs the Mind

God's Word fills our minds with truth.

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References:

The Bible, King James Version

<https://www.gotquestions.org/>

Questions?