

Faith > Fear

Personal Reflection & Group Discussion Guide

1. Ephesians 6:17 tells us to “take the helmet of salvation. . .” In this verse, “of” is a preposition indicating “belonging to, relating to, or connected with”. What is the reason you think salvation is related to or connected with a helmet?
2. What are at least three purposes a helmet serves?
3. Based on your responses to #2 above, how does that relate to salvation?
4. The 2 Corinthians 10 verses speak of the reality that we are not fighting with weapons of the world; we fight with divine weapons that can demolish strongholds. A stronghold is “a fortified structure put in place to control a territory”. How does this relate to our minds?
5. Strongholds can develop in us through:
 - Generational issues (how?)
 - Personal experience (how?)
 - Unconfessed sin (how?)
 - Doubt (how?)
 - Unforgiveness (how?)
6. Scripture provides strategies for how to tear down strongholds:
 - Focus your mind - Hebrews 3:1
 - Free your mind - Romans 8:1-2, 6
 - Feed your mind - Matthew 4:4
7. In what ways can you put the above strategies into practice?
8. Who can you ask to help you if you find it challenging to implement the answers you gave for question #7 above?

“My Mind Doesn’t Always Mind;
Helmet of Salvation”

Week of July 12, 2020

Main Idea

Our minds are a fertile playground for the enemy of our souls.

What is in our minds comes out in our actions, these actions have consequences (for good or ill), and these consequences impact our lives.

Knowing how to use the “helmet” of our armor will help us tear down strongholds in our lives.

Key Scripture Reference(s)

Read aloud:

2 Corinthians 4:4

Ephesians 6:17

2 Corinthians 10:3-5

Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

This is a constant element, so you can practically live out your faith everyday.

