



ABOUT HOME GROUPS

Home Groups are a great place to encourage, strengthen, and care for one another. Each week we share about life, pray, and consider how to apply God's Word. You can see the group options on our website at www.trinityonline.org or on the Trinity app.

LOOKING BACK

Has there been a time in life when your thinking was troubled? overwhelmed? confused? What was happening in your life? How did this affect you?

GOD'S ARMOR

We have been walking through God's provision for when we're in spiritual warfare. This week, we will focus on "the helmet of salvation." For this week, we will address the following questions:

- What does the helmet of salvation have to do with spiritual warfare?
- What has God said / promised about our salvation?
- How will this help us "when the day of evil comes" (verse 13)?
- What specifically does the enemy attack for which we would need the helmet of salvation?

Reread Ephesians 6:10-18. Knowing that the helmet was to protect one's head, what specific aspect of our lives might the enemy attack?

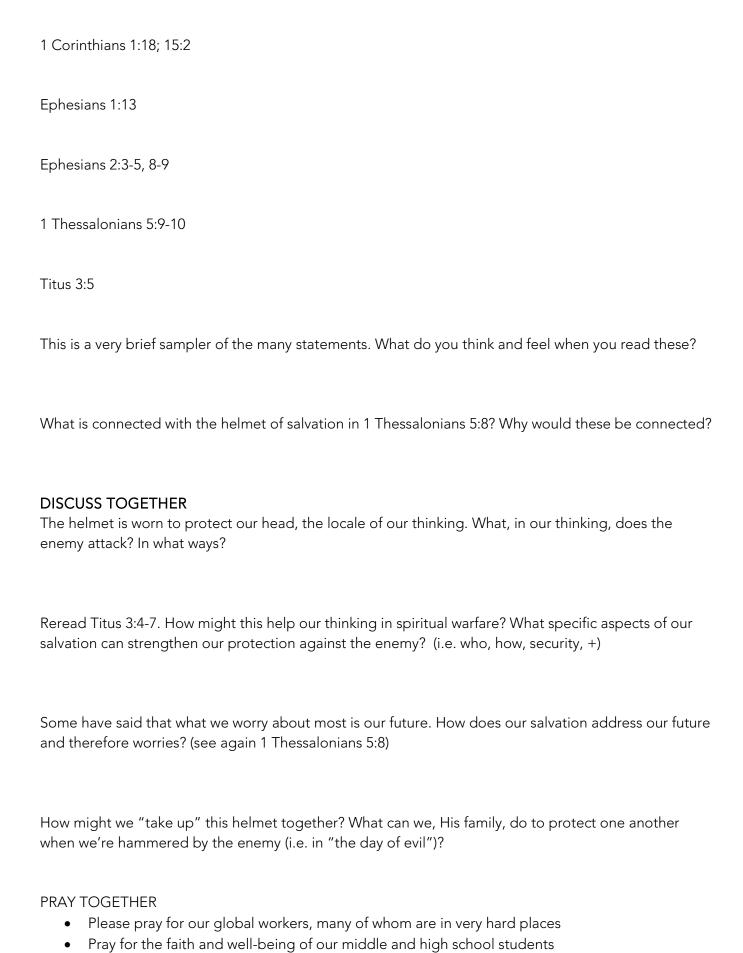
What are your initial thoughts about why "the helmet" would be connected with "salvation?" Said another way, what might "the helmet of salvation" have to do with spiritual warfare or attacks of the enemy?

It is powerful and encouraging to review what God says about our salvation (rescue). Read the following verses and write what we learn about salvation.

Acts 4:12; 16:30-31

Romans 1.16

Romans 10:9-10



• Pray for the Light and Power class, many of whom are suffering and alone

Pray for our Elders and other shepherds