

## 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](http://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

1 Corinthians 1:18; 15:2

Ephesians 1:13

Ephesians 2:3-5, 8-9

1 Thessalonians 5:9-10

Titus 3:5

This is a very brief sampler of the many statements. What do you think and feel when you read these?

What is connected with the helmet of salvation in 1 Thessalonians 5:8? Why would these be connected?

### **DISCUSS TOGETHER**

The helmet is worn to protect our head, the locale of our thinking. What, in our thinking, does the enemy attack? In what ways?

Reread Titus 3:4-7. How might this help our thinking in spiritual warfare? What specific aspects of our salvation can strengthen our protection against the enemy? (i.e. who, how, security, +)

Some have said that what we worry about most is our future. How does our salvation address our future and therefore worries? (see again 1 Thessalonians 5:8)

How might we "take up" this helmet together? What can we, His family, do to protect one another when we're hammered by the enemy (i.e. in "the day of evil")?

### **PRAY TOGETHER**

- Please pray for our global workers, many of whom are in very hard places
- Pray for the faith and well-being of our middle and high school students
- Pray for the Light and Power class, many of whom are suffering and alone
- Pray for our Elders and other shepherds