

**THE HELMET & THE SWORD: PART I**  
**EPHESIANS 6:10-20**  
**SEPTEMBER 6, 2009**

*Questions for Study & Reflection*

1. What does Paul mean to signify by the breastplate of righteousness in v. 14? How does the breastplate relate to and differ from the helmet of salvation in v. 17?
2. Read Eph 6:14-17 and notice how the verbs relate to the pieces of the armor. Do you see how Paul uses one verb for most of the pieces but then uses only one verb to cover both the helmet and the sword? What do you think the significance this is? Pastor Charlie said he thinks it means that Paul wants us to connect the process of salvation with the Word of God: do you agree with him? Why or why not?
3. Read Romans 1:16, Ephesians 1:13-14, 2 Timothy 3:14-17, and Hebrews 2:1-4. Think carefully about how each of these texts connects the process of salvation with the Word of God. After you have done this, go back to Ephesians 6:17 and meditate on what Paul might be thinking about the helmet and the sword.
4. There is no doubt that Paul means for us to understand the sword as an offensive weapon but do you see how it only becomes a weapon in our hands as it pierces our own souls and transforms our own minds? Explain how you think this works.
5. In preparation for next week's sermon, read Romans 12:1-2, Hebrews 4:12-13, and 2 Peter 1:3-11. Think specifically about how the Word of God is used to renew the mind and how this process becomes a "helmet" in the day of battle.