

Colossians 3:16

*Let the word of Christ dwell in you richly,
teaching and admonishing one another
in all wisdom,
singing psalms and hymns and spiritual songs,
with thankfulness in your hearts to God.*



The Whole Armor of God

Ephesians 6:10-20 Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

Reflections from Scripture on Helmet of Salvation

Ephesians 6:16-17 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Isaiah 59:16-17 He saw that there was no man, and wondered that there was no one to intercede; then his own arm brought him salvation, and his righteousness upheld him. He put on righteousness as a breastplate, and a helmet of salvation on his head; he put on garments of vengeance for clothing, and wrapped himself in zeal as a cloak.

Acts 4:12 There is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.

Romans 1:16 For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek.

II Corinthians 10:4-5 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

Philippians 4:7-9 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

I Thessalonians 5:8-9 Since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ.

I Timothy 6:12 Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.

II Timothy 3:15 How from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus.

I Peter 5:8-11 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.

Revelation 7:10 ... crying out with a loud voice, "Salvation belongs to our God who sits on the throne, and to the Lamb!"

Song

Psalms 59:16 But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress.

Praise to the Lord, the Almighty

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise Him, for He is thy health and salvation!
All ye who hear, now to His temple draw near; join me in glad adoration!

Praise to the Lord, above all things so wondrously reigning,
Sheltering you under His wings, and so gently sustaining!
Have you not seen all that is needful has been sent by His gracious ordaining?

Praise to the Lord, who will prosper your work and defend you;
Surely his goodness and mercy shall daily attend you.
Ponder anew what the Almighty can do, if with his love he befriends you.

Praise to the Lord! O let all that is in me adore him!
All that has life and breath, come now with praises before him.
Let the Amen sound from his people again; gladly forever adore him.

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Prayer

II Chronicles 7:14 If my people, who are called by my Name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

Holy Father, by faith in Jesus, we ask you to clothe us with the helmet of salvation. We know the enemy prowls around tempting us by bombarding our minds day and night with evil thoughts, doubts, fears and anxieties. With the strong helmet of our salvation protect our minds from Satan's attacks, from every impure and unholy and negative thought. Enable us to take our thoughts captive and grant us that grace to say no to all ungodliness and worldly passions.

With Christ as the helmet of salvation remind us we are children of the day and not of the night. Help us to fix our minds on Jesus and dwell on what is good and right and pleasing to you. Make our experience of your salvation a daily experience. Remind us over and over again that nothing can separate us from you and your love for us. You are the God of our salvation, everyday you save us again and again, rescuing us from countless dangers, trials and snares. Everyday you guide us away from stumbling into strife, turmoil, temptations, and disasters. Make us more aware of the big and small things you do for us each day that we might be more thankful and joyful. All this we ask in the strong name of Jesus, Amen.