

THE HELMET OF SALVATION- pt. 1

Ephesians 1:3-14

MAIN IDEAS FROM THIS WEEK

1. WHERE DO THESE BLESSINGS COME FROM?
2. WHAT ARE THESE BLESSINGS?
3. HOW DO YOU KNOW IF YOU HAVE THESE BLESSINGS?

DISCUSSION QUESTIONS – Pick two or three of these to talk about as a group

1. What was most helpful for you from this week's message? Why?
2. A helmet protects your mind. The fact we need the "helmet of salvation" makes it clear that our minds, ideas, thoughts, etc. will be under attack all throughout our lives. So without the helmet of salvation we won't be able to think rationally or make wise decisions. Do you see rational thinking as something related to salvation? Why or why not?
3. Do you typically think of salvation in the past tense, present tense or future tense? What is the difference between the three?
4. Read Ephesians 1:3-14 together as a group and make a list of all the "spiritual blessings" talked about in the passage. Which ones stand out to you and why? Which ones do you have questions about?
5. What are some implications of being adopted into God's family? How does this change how we relate to God?
6. Being redeemed implies that we are/ were slaves. What are some ways you are driven in life by the things you live for? What are those things? What are some implications of being redeemed by God?
7. Are God and His grace so real to you that it leads you to praise Him? If so, what does this praise look like? What do you do when you don't "feel" like praising God?

A TRUTH TO TAKE WITH YOU: Every spiritual blessing is available to us in Jesus; and nowhere else.