

# GO DEEPER

## MEMORY VERSE

*Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.*  
*Ephesians 6:14-17 (NIV)*

## BOTTOM LINE

**The Helmet of Salvation  
Protects Our Minds**



## TALK ABOUT IT

Read: Ephesians 6:17a, 1 Thessalonians 5:8-9a, Romans 8:37-39

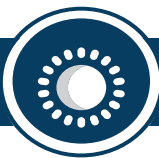
- What can we put on to protect our minds?
- What is salvation?
- Can anything remove our salvation or separate us from God's love?



## AMPED WORSHIP

[The Blessing](#)

[Ephesians 6:14-17](#)



## THINK ABOUT IT

Discuss as a family:

- What does our mind do?
- Why is it important to protect our minds with the Helmet of Salvation?
- How do we become a child of God and gain access to His armor to protect us?



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