

DISCUSSION QUESTIONS FOR THE HELMET OF SALVATION

1. Paul, in Romans 12:1-2, calls believers to be "...transformed by the renewing of your mind" (NIV). What are some current and new challenges to your thinking? How is your understanding of salvation being renewed, clarified, or expanded?

2. What ideas, dreams, or hopes do you need to pursue in your spiritual walk? What is your plan to do that? When will you begin?

3. Read Acts 3:17-29. Peter gives the steps to salvation as: "...repent and turn to God..." (NIV). These are two military terms. Repent, *metanoieo*, means to change your mind, or to change the way you think. The "turn to God" expression in Greek is *epistrepho*, like the military command, "About face!" Salvation then is to change my thinking about God and those around me linked with a change in the direction of my life and actions.

1. What helped you change your mind about God and salvation? When was that? What were the circumstances? Was it a gradual process or a swift shift?

2. How did you take your first steps in a new direction? How did people around you see that experiencing salvation changed your life?

4. It has been said that **belief** leads to **emotions**, and emotions lead to **actions** or reactions. Does this concept apply to salvation? Why or why not? Different personalities will often be higher in one of these three items. In your spiritual life, which is the biggest piece for you: belief/thinking/cerebral function; emotions/feelings; actions/doing? What are the strengths and challenges of each?

5. Expressed as a percentage, what part of your salvation and spiritual walk is: rational? Emotional? doing? Is the balance working for you, or would some adjustments be in order? Explain.

6. There were three vulnerability points for a soldier wearing a Roman helmet: the eyes, the ears, the mouth. What kinds of challenges are you facing regarding what you watch/see? What challenges are there with what or to whom you are listening? What about challenges in what you are saying? How vulnerable are you in these areas? What can you do to use the Helmet of Salvation to better advantage in your life? How does salvation impact what you see, hear, and say?

7. Roman helmets were only effective when worn and tightened down with the leather lacing that tightened the cheek pieces to the face. What and or who helps secure salvation to your daily life experiences?

8. In battle, the Roman soldier would focus on listening for directions from his commander. The visual crest on the Centurion's helmet would help a soldier locate his commander, and the Centurion's verbal orders would help the soldier succeed in battle. How are you looking to your Commander? How do you listen to His voice? Recall and relate a time when you were too busy in the battle to look and listen to your Commander. How did that turn out for you? What did you learn from the experience?

9. What differences are there in your general thinking and relationships from before you experienced salvation and knowing you have the free gift of salvation and now knowing that you are a child of the King and Commander of the universe?

10. The Roman helmet gave 360 degree protection to the wearer. Is that so for salvation too? Explain.
11. What would be the result if you were to wear the helmet backwards? What are the results if you get the ideas and concepts of salvation backwards?
12. How well does your Helmet of Salvation fit you right now? Do you need to make any adjustments?



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