

# GROWTH GROUP

## Study Guide

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Ready for the Fight: Gear Up  
Helmet of Salvation – Ephesians 6:17a

### My Story

1. What is a “30-second” version of how/when/where you came to receive salvation through faith in Christ?

### Digging Deeper

2. Why is the mind a primary target in spiritual battle, and how does salvation guard it? Why might doubt about salvation weaken a believer’s confidence in spiritual battle?
3. How does the helmet of salvation influence the way believers interpret difficult circumstances? In what ways does focusing on future salvation (eternal hope) change present priorities?

4. Why does remembering the finished work of Christ bring peace to an anxious mind? What passages of Scripture do you turn to for encouragement when you feel anxious?

### Reflection

5. Do you sometimes struggle with doubt, fear, or self-condemning thoughts? Why do you think that is? How should the truth of your salvation shape the way you think about yourself each day?
6. Why is gratitude for your salvation essential to your spiritual growth right now? How can you more intentionally “put on” the helmet of salvation in your thoughts this week?

# SERMON NOTES

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## Taking the Next Step

Read the following passages throughout the week ahead (one each day) and prayerfully thank God for the assurance of salvation. John 3:36; John 5:24; Phil. 1:6; Rom. 5:1; Rom. 8:1; Rom. 8:16; 1 John 5:13.

## Praises / Prayer Requests

