

**“Be Strong in the Lord  
by Putting on the Helmet of Salvation”**

by Elder Bill Jones

Consider together the branch monthly theme for July: “Be Strong in the Lord by Putting on the Helmet of Salvation.” The theme is referring again to our selecting another piece of the whole armor of God, as referred to by the Apostle Paul in the sixth chapter of Ephesians: “That we may be able to prepare ourselves to stand against the wiles of the devil” (read Ephesians 6:11).

**The  
Helmet  
of  
Salvation**

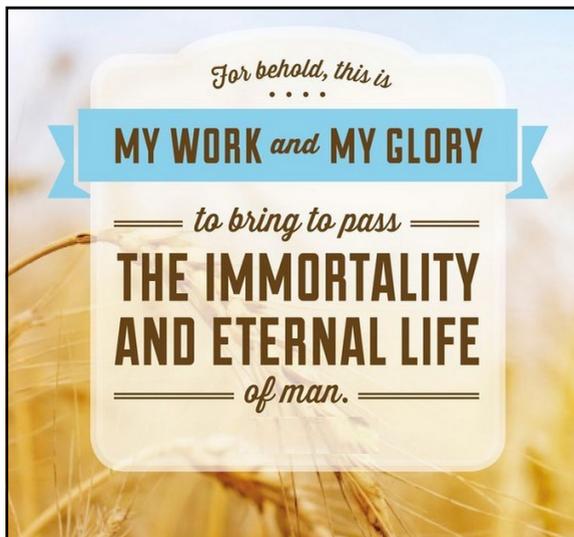


Putting on the whole armor of God is an act, on our part, of choosing to use those attributes which access the gifts and blessings and support God is willing to provide us in our efforts to return to Him. Chapter 2, verse 4, in 1 Timothy expresses the idea that: “. . . God is willing to have all men saved, and to come unto the knowledge of the Truth which is in Christ Jesus, who is the Only Begotten Son of God, and ordained to be a mediator between God and man . . . .”

Putting on the Helmet of Salvation calls to our minds the understanding we should have—that God wants to provide for us a means that gives to us the protection—that promises the opportunity for eternal life. We know a helmet protects against damaging or deadly blows to the head. Spiritually speaking, the Helmet of Salvation provides hope and protects the mind against anything—such as discouragement or deceit—that would disorient or destroy us. The Helmet of Salvation represents deliverance from sin and its penalties of separation from God which results in eternal death. It represents the possibility of eternal life.

“In a world where nothing is permanent, the promise of salvation made possible by the sacrifice of Jesus Christ never fades away. It represents stability in an unstable world. It gives hope in the worst of circumstances, enabling us to fight against despair and discouragement.” (From an article in Life, Hope and Truth, by Dave Johnson.)

God has said, “There is no end to my works, neither to my words; for this is my work and my glory to bring to pass the immortality and eternal life of man.” (read Doctrine and Covenants 22:23b)



We should have faith in the plainness of God’s promises. Putting on the Helmet of Salvation is a choice that indicates our faith in God. Evan Fry speaks to this in his article, Faith—The Way to Salvation. “Faith is a saving principle. Faith is the key to salvation. If we use the key, it unlocks the treasures of salvation. It makes available to us the things that will save us from our sinful natures. Example: If we can’t swim and we see a life preserver that can float, and we have faith in its ability to float, then we will be saved by it if our faith gives us cause to grab hold of it. Likewise if we are a sinner, Christ can save us if we reach forth to lay hold of Him, but if we don’t because our faith does not allow us to, then we are not saved.”

When we reach forth freely choosing to take the Helmet of Salvation, to place it on our heads; we should do it with great joy and a profound sense of appreciation as we remember the wonderful things God has done for us. In a few verses in the seventh chapter of 2 Nephi, Jacob describes the directness and the simplicity of the relationship we can have with God. Verse 40: “Therefore cheer up your hearts, and remember that ye are free to act for yourselves; to choose the way of everlasting death or the way of eternal life.”

This is Jacob simply reminding everyone that there is no reason to feel discouraged whatever daily situation we find ourselves in, because God remembers each one of us and He has PREPAID and PREPARED a way for us to choose eternal life. In the next verse He tells us how to do that; it is by **RECONCILING** ourselves to the will of God, and not to the will of the devil and the flesh (remembering that the flesh or natural man is an enemy to God).



In verse 42 Jacob says, “And remember after ye are **RECONCILED** unto God, that it is only in and through the grace of God that ye are saved.” **Therefore, we reconcile ourselves to God by agreeing to understand and fulfill His requirements for our relationship with Him.** In so doing we are to remember that **IT IS ONLY BY GOD’S GRACE THAT WE ARE SAVED. God’s grace is God’s response to what we have done or the efforts we have made in nurturing and expanding our relationship with Him.** In the 43rd verse, Jacob adds this thought: “Wherefore may God raise you from death (in other words may God have sufficient reason to raise you from **death**; meaning a **physical death**) by the power of the resurrection, and also from **everlasting death** (meaning **spiritual death and separation from God**) by the power of the atonement.

The **ATONEMENT**, Christ’s sacrifice that we might have eternal life, is a discussion to be had more fully at another time. Suffice it to say God gave His Only Begotten Son Who willingly came to Earth to share in the consequences of our disobedience and our sins and the injustices we impose on one another. He came to confront such ignorance. He came to set the example by which we should live, that we may be reconciled to God. He came to instill in us a new spirit. He came because we have been created to have fellowship with our Creator. He came because God would not willingly stand by and see us, who He loves, who He created, be hopelessly misled by Satan.

What we need to think more about is that we are God’s creation. The folly of mankind is that we tend to get lost and misled by our own sense of importance. We are prone to forget whose we are. If we are inclined to put on the Helmet of Salvation as suggested by the Apostle Paul, let us remember it is designed to do more than protect our heads or our minds or our eyesight. It is designed, as all God’s gifts are designed, for our use. It is designed to provide hope and provide us with the opportunity of pursuing life eternal.

**The End**