



# THE ARMOR OF GOD

## How to Actually Experience Transformation

October 26, 2025 - Week Five

Ephesians 6:10-17

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 **Take the helmet of salvation** and the sword of the Spirit, which is the word of God.

>> The helmet of salvation is a tool from God to experience the transformation of God in your life.

1. What does it mean to be saved?
2. Why does Paul relate it to a helmet?
3. How do I experience transformation from it?

>> The way salvation moves from the past tense to the present tense is through your thinking.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is –his good, pleasing and perfect will.

1. Be a guard of your thoughts not controlled by your thoughts.
2. Put your attention on where you want to go.

Romans 8:5

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

3. Engage with scripture so you know how God thinks.
4. It's never too late to change your thinking.