



1. Look at the following chart that exposes some of Satan’s most common attacks against the minds of Christians. Beside each one, write down one or two words that describe the negative ripple effects – both emotional and behavioral – that someone might experience as a result of nursing these thought patterns:

THINK	FEEL	ACT
I am unworthy.		
I am unloved.		
I am incapable.		
I am undesirable.		
I am unforgivable.		
I am unknown.		
My life is insignificant.		
I am a mistake.		
I can lose my salvation.		
Other		

Which of these thought patterns best described something you’ve personally struggled with?

How have your emotional health and behavioral choices reflected any patterns of defective thinking that the enemy has suggested and that you have perpetrated?

2. Below is a list of the negative and toxic thoughts we began considering above. Turn to Ephesians 1:4-14 and 2:1-10, where Paul outlines the benefits of our salvation. Mine these verses for truths that combat each of the lies of the enemy. Write some key words beside each one in the space below. I’ve given you an example. And, by the way, one truth may apply to several of these thoughts.

LIES	TRUTHS
I am unworthy.	Holy. Blameless. (1:4)
I am unloved.	
I am incapable.	
I am unforgivable.	
I am unknown.	
My life is insignificant.	
I am a mistake.	
I can lose my salvation.	

3. Think back to the beginning of this study when you wrote the circumstance or person that is most difficult in your life right now. What are the lies that the enemy has used in this circumstance to perpetrate in your mind?

This incredible list of what your salvation benefits package entails is just one quick sampling from one chapter, from one book of the Bible, from one small corner of God's blessing barn, poured out like a thousand Christmas mornings – every morning – every time you wake up to the partly cloudy forecast of a new day. The fullness of your inheritance speaks to every single area of your mind that the enemy targets with his life's and deceptions. Rehearsing it will renew your mind and cultivate the health you need for making wise choices and living in a way that is pleasing to the Lord. This helmet of salvation, positioned to a snug fit, is representative of the high-value items that are ours "in Him" – our inheritance in Christ. Choosing not to wear it means leaving our mind exposed, unprotected, like people who don't even own a helmet.

Consider using the prayer sheets that were emailed to you at the beginning of this study to write down any verses you found that speak most specifically to you. Post them somewhere you will see them often and can read them out loud. In doing so, you'll be putting on the helmet of salvation.