



The Helmet

Day 2





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GOOD NEWS BROADCASTING & MULTIMEDIA



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EVERY DAY WE ARE TO PUT ON THE HELMET OF SALVATION

1. Learning to “...take every thought captive to the obedience of Jesus Christ.” (2 Corinthians 10:5)



2. Beginning to **see life through the Christ's perspective** and **no longer our own** by developing a **personal intimate walk with Him**. *The mind of sinful man is death, but the mind controlled by the Spirit is life and peace* (Romans 8:6).



EVERY DAY WE ARE TO PUT ON THE HELMET OF SALVATION

3. See challenges that we face throughout the day as an “opportunity” to witness the glory of God in our life rather than seeing it as an obstacle that seems impossible to overcome.



4. **The renewal of the mind.** *“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.” (Romans 12:2 NIV)*



Last episode – Day 2 – Campaign of The Mind

- Since the battle , the fight, is the good fight of faith. What exactly is “**Faith**” in relation to spiritual warfare?
- **Faith** is defined in common terms as *trust* in a person or thing.
- Faith = Trust
- Opposite of faith is fear
- Perfect Love cast out **fear (1 John 4:18)**
- Since love means relationship and perfect love cast out fear, then trust is the key derivative to true faith for which we are fighting for.
- You WILL NOT put your faith in a God you do not know!



Last episode – Day 2 – Campaign of The Mind

- *There is no fear in love; but **perfect love** casts out fear, because fear involves torment. But he who fears has not been made perfect in love. **1 John 4:18***
- *“I have fought the good fight, I have finished the race, I have kept the faith.” **II Timothy 4:7***



The Helmet of Salvation

REMEMBER it begins with a thought, which inspire your words, followed by actions, forming habits which build your character; thus, outlining your destiny.

You do have a choice to make right here at the point where the thought enters your mind!



The Helmet of Salvation

The battle that begins in the mind and defeating the Enemy takes a **daily** renewal of the mind. This renewal means a **change of perspective**, and the only perspective that can both discern the battle and overcome in victory is the mind of Christ. Our submission to and focus on the Holy Spirit's prompting is the only clear path that will bring us— and those around us —out of the Pit.

Meditating on God's Word serves as a powerful tool for building your foundation in Truth, development Biblical discernment, and serving as God's divine guidepost.



The Helmet of Salvation

When we get **bombarded with thoughts** that we know are **destructive** that have **no place in our lives**, we have a choice either to **reject or accept these thoughts**. It is when we accept these thoughts— taking ownership of them— that is when we begin to give our control over to the Enemy. It is important to first consider where a thought might be coming from. Discern, “Is this thought coming from **my emotions, my desires**, from the **Enemy, or from the Holy Spirit?**”



The Helmet of Salvation

It is by faith we choose to take the “action step” of putting on the Helmet of Salvation every day. This means that throughout the entire day and night we take our thoughts captive to the obedience of Jesus Christ by filtering them through the guidance of the Holy Spirit and the Word. (2 Corinthians 10:5) Casting down arguments and every high thing that exalts itself against the knowledge God.



The Helmet of Salvation

Another area of surrender to Christ should be our imaginations. Visualization (visions) or imagining in our quiet time with God is an opportunity to bring our surrendered thoughts into view.

Think of some of the characters for the Old Testament and New Testament that have surrendered their imaginations to bring God's purpose and plan into manifestation. They envisioned which means to picture mentally the future or future events.

Noah building the Ark

David writing the Psalms

John in the New Testament writing Revelation





Mind Battle Strategy

It is not a matter of “if”, but “when” the mental battles come. The key is to be prepared. So when tormented with a thought or thoughts that you have discerned as being wrong and will not go away, you now have the tools to do battle – **P.R.A.Y.**
(Acronym)

Prepare—

Get ready, the thoughts will come and usually when you least expect. You DO NOT have to take ownership of these thoughts. It can be very subtle, like a thought that you just do not know where it came from, to a pressing emotion that beckons immediate but unwise actions. The point is to recognize it, capture it, discern it, then ***take it to the obedience of Jesus Christ*** (2 Corinthians 10:5).



Mind Battle Strategy

Recognize—

Be aware of what you are really fighting— not flesh and blood, but the Enemy posed to kill, steal, and destroy everything you hold dear (Ephesians 6:12). The Enemy is the master of lies and deception, but you have the Holy Spirit, the Advocate, who knows the truth.

Know who you are in Christ: You are bought with a high price, redeemed, accepted, adopted, and complete in Christ. You have the authority as child of God, and as a co-heir with Christ. The Enemy has no power, ***only lies.***





Mind Battle Strategy

Abolish—

Use the Word of God, Holy Scripture, sharper than any double-edged sword as the weapon dividing the Spirit from the flesh (Hebrews 4:12). Speak aloud, ***“I take every thought captive to the obedience of Jesus Christ.”*** (2 Corinthians 10:5) Or find a passage of Scripture that speaks to your particular situation. The very mention of his name, Jesus, has the power to abolish any destructive or untrue thought.



Mind Battle Strategy

Yield—

Submit to the power of God, through the Holy Spirit within you, resist the devil and he will flee (James 4:7). If the thoughts continue, seek shelter in the tent of the Almighty, the safe place (the refuge of God, Psalm 57:1), rest in him, and all thoughts will come into proper perspective.





Re-Wiring the Brain the Dr. Paul Hegstrom Story

Renewal of the Mind - Re-wiring the Brain!

Book - "Broken Children, Grown Up Pain"

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Prayer to Overcome Fear and Anxiety





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