

DISCUSSION GUIDE

ARMOR UP: Helmet of Salvation

May 21, 2023



Read: Ephesians 6:10-17, 1 Samuel 17:16-50, Exodus 15:2

1. Have you ever seen or experienced an injury that was saved by a helmet?

2. According to the Bible, why is the helmet of salvation important?

3. What part of this story stood out to you most?

Why?

4. How would you describe the battles you are facing?

And what can you learn from David's story to help you overcome them?

5. "If God puts a Goliath in front of you, he must see a David inside of you." What does this quote mean to you?

How should it affect you in your struggles?

6. The helmet of salvation protects our mind, gives us identity, and is a gift. Which truth about the helmet do you need the most in your situation?

7. What can you stop and do this week to ensure you keep the helmet of salvation on?

DISCUSSION GUIDE

ARMOR UP: Helmet of Salvation

May 21, 2023



Read: Ephesians 6:10-17, 1 Samuel 17:16-50, Exodus 15:2

1. Have you ever seen or experienced an injury that was saved by a helmet?

2. According to the Bible, why is the helmet of salvation important?

3. What part of this story stood out to you most?

Why?

4. How would you describe the battles you are facing?

And what can you learn from David's story to help you overcome them?

5. "If God puts a Goliath in front of you, he must see a David inside of you." What does this quote mean to you?

How should it affect you in your struggles?

6. The helmet of salvation protects our mind, gives us identity, and is a gift. Which truth about the helmet do you need the most in your situation?

7. What can you stop and do this week to ensure you keep the helmet of salvation on?