



## SAVED AND SECURE

November 18 & 19, 2023

### **Ephesians 6:17 (NLT)**

Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

### **2 Facts about Salvation in Christ:**

- **Salvation is an instantaneous birth.**

I'm born again the very moment I put my trust in Jesus' death on the cross and resurrection three days later.

### **John 3:6-7, 16 (NLT)**

Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life. So don't be surprised when I say, "You must be born again... For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."

- **Sanctification is a lifelong challenge.**

I'm becoming more like Jesus every day as I allow the Holy Spirit to change me.

**When I put on the helmet of salvation, I see myself the way God sees me.**

### **1 Peter 2:9 (TPT)**

But you are God's chosen treasure - priests who are kings, a spiritual "nation" set apart as God's devoted ones. He called you out of darkness to experience his marvelous light, and now he claims you as his very own. He did this so that you would broadcast his glorious wonders throughout the world.

## I Am:

- **Capable**

In Christ I can do all things; all that God created me to do.

- **Valuable**

In Christ I am the most valuable treasure in the universe.

- **Loveable**

In Christ I am loved enough to die for.

- **Forgivable**

In Christ I am completely, totally, and eternally forgiven.

- **Acceptable**

In Christ I am accepted into the eternal family of God

## I PUT ON THE HELMET OF TRUTH WHEN I:



**Protect every thought in my mind with the truth of God's Word.**

### **Proverbs 4:23 (NCV)**

Be careful what you think, because your thoughts run your life.

### **Romans 12:1-2 (MSG)**

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.

Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

### **Philippians 4:8 (TPT)**

Keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.



**Unshackle my thoughts from my negativity, anxieties, and fears.**

### **2 Corinthians 10:4-5 (NLT)**

We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.

We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

## Unshackling Tips:

- **Write out my negative thoughts and then counter them with positive ones.** (Journal).
- **Start a healthy outlet for releasing these thoughts.** (Exercise, art, music, sports, etc.)
- **Practice speaking gratefulness for every blessing I receive.**

### **Ephesians 4:23-24** (GNT)

Your hearts and minds must be made completely new, and you must put on the new self, which is created in God's likeness and reveals itself in the true life that is upright and holy.



**Think about Heaven more than the troubles of this life.**

### **Colossians 3:1-4** (GNT)

[Since] you have been raised to life with Christ, so set your hearts on the things that are in heaven, where Christ sits on his throne at the right side of God. Keep your minds fixed on things there, not on things here on earth. For you have died, and your life is hidden with Christ in God. Your real life is Christ and when he appears, then you too will appear with him and share his glory!

#### **How:**

- **Create a routine in my daily life that focuses on God's purposes.**
- **Remove any distractions that constantly take my mind off Heaven.**
- **Surround myself with heavenly-minded people and reminders.**



**Overcome self-doubt through confession to God.**

### **Psalms 32:1-6** (MSG)

Count yourself lucky, how happy you must be—you get a fresh start, your slate's wiped clean. Count yourself lucky—God holds nothing against you and you're holding nothing back from him. When I kept it all inside, my bones turned to powder, my words became daylong groans. The pressure never let up; all the juices of my life dried up. Then I let it all out; I said, "I'll come clean about my failures to God." Suddenly the pressure was gone—my guilt dissolved, my sin disappeared. These things add up. Every one of us needs to pray; when all hell breaks loose and the dam bursts we'll be on high ground, untouched.

The best PATH to overcoming self-doubt:

**Proclaim my sin without excuse.**

**Admit my shameful denial.**

**Take full responsibility for my failure.**

**Hold on tight to the hope that God's forgiveness provides.**

**Proverbs 28:13 (GNT)**

You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.



**Never forget the victory was already won through Jesus' death on the cross.**

**2 Chronicles 20:17 (ESV)**

You will not need to fight in this battle. Stand firm, hold your position, and see the salvation of the Lord on your behalf, O Judah and Jerusalem. Do not be afraid and do not be dismayed. Tomorrow go out against them, and the Lord will be with you.

**1 Peter 3:18 (NCV)**

Christ himself suffered for sins once. He was not guilty, but he suffered for those who are guilty to bring you to God. His body was killed, but he was made alive in the spirit.

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