

Overcome Distraction with
THE HELMET OF SALVATION
Ephesians 6:10-18

If Satan can't deceive us with lies, if he can't defeat us with guilt, if he can't lull us into a spiritual slumber, if he can't disable us with doubt, he will do everything in his power to distract us from our calling as followers of Christ. The last thing our enemy wants is for us to expand God's kingdom in the world by spreading our faith to others.

The parable of the soils, told by Jesus in Mark 4:1-8, illustrates three ways that we can get distracted from God's call on our lives. The helmet of salvation is key to overcoming these distractions.

Distracted by Amnesia

The hardened pathway represents the heart that has become non-responsive to God's call. Even people who have God's Spirit living inside become non-responsive to his voice when, for one reason or another, they forget *whose* they are and *who* they are. When that happens, they do things that don't make sense for God's people.

How do we not become distracted by amnesia? *By putting on the helmet of salvation.* The helmet of salvation is the protection we receive when we make an effort to remain mindful of *whose* we are and *who* we are (Col. 3:1-2; Heb. 12:1-2).

Distracted by Offenses

The rocky soil represents the heart that is easily put off by hardship and insult. Thanks to our self-centered culture, we can be easily distracted from God's call when someone or something offends us. When that happens, we end up opting out before we get the prize.

How do we become people who stay focussed to the end? *By putting on the helmet of salvation.* As we remember whose we are and who we are, we stop conforming to the selfish thought patterns of this world and our minds are transformed by God's Word (Rom. 12:2). The truths of God's Word enable us to rise above the Self and its hurts to overcome hardship and insult.

Distracted by Competing Priorities

The weed-infested soil represents the person who is distracted by competing priorities, many of which may be good in themselves. These competing priorities threaten to creep ahead of God and his kingdom in our lives.

How do we become people who keep God and his kingdom first in our lives? *By putting on the helmet of salvation.* Putting on the helmet of salvation means making God's Word, prayer and Christian fellowship a regular part of our routine.

What's distracting you from putting God and his kingdom first in your life? Amnesia? Offenses? Competing priorities? You will overcome and reap the rewards as you put on the helmet of salvation.