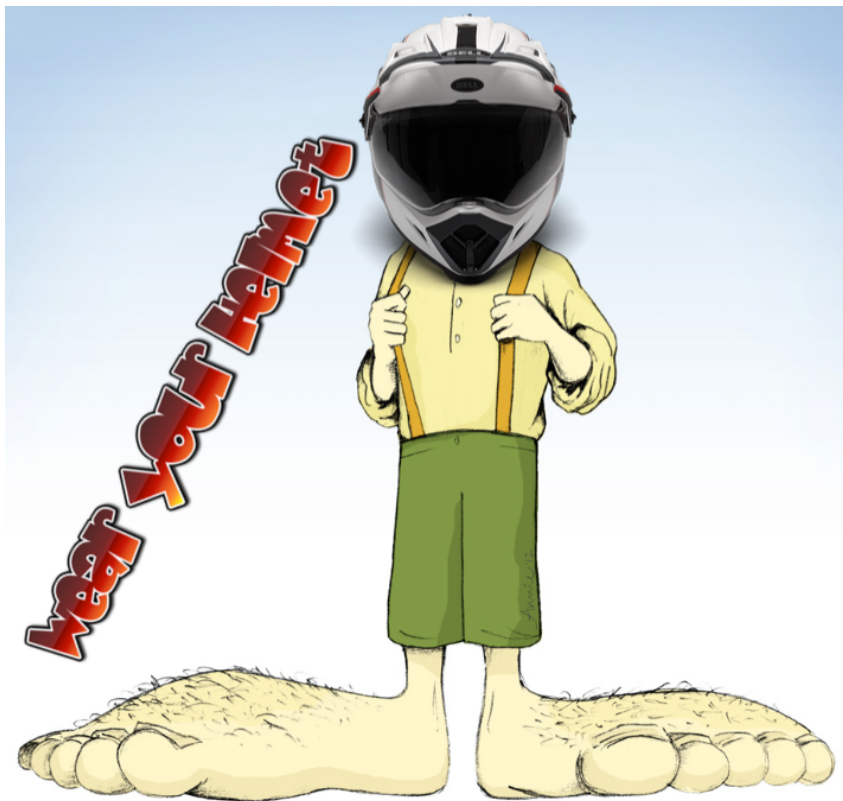


*And take the helmet of salvation, and the sword of the Spirit, which is the word of God.*  
*Ephesians 6:17*



There are a lot of motorcyclists today who don't like helmet laws. I am among their ranks. I must say, the wind blowing through my hair is quite invigorating.

But quite honestly, if you are in an accident on your bike and you find yourself airborne, a helmet will suddenly sound like a really good idea. A helmet could literally save your life.

For the Roman soldier, the helmet was important because it obviously protected his head. It was made of leather, shrouded in

metal, and designed to withstand a crushing blow.

As believers, we need to put on the helmet of salvation the apostle Paul speaks of, because our minds, thoughts, and imaginations must be protected. It is here that most temptations start.

Proverbs 23:7 says, "*For as he thinks in his heart, so is he. . .*" Satan recognizes the value of getting a foothold in the realm of the thoughts and imaginations, because this will prepare the way for that thought to translate into action.

As it has been said, "Sow a thought; reap an act. Sow an act; reap a habit. Sow a habit; reap a character. Sow a character; reap a destiny." It starts with a thought.

While we cannot control all the things in this world that we are exposed to, we can control a few things. We can control what we watch at home on television. We can

control what movies we decide to see. We can control what we choose to read and what we listen to.

Be careful what you allow into your mind. Put on the helmet of salvation.

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