



LIFELINE Discussion Guide

Week of February 24, 2025

1. **BRAINSTORM!** How many different kinds of “helmets” or head protection can you name? You must name the job/field/career that helmet or head protection is associated with. Make a list to see how many different ones your group can name. Can you name at least ten? How about twenty?
2. Read Ephesians 6:10-17a. In this spiritual analogy of the “armor of God”, what does Paul associate with the warrior’s helmet? In your opinion, why is this much more beneficial than a “helmet of self-esteem”, “helmet of positive affirmation”, or “helmet of believing in yourself”?
3. What does Scripture say about the importance of “the mind” and “thinking”? What is the connection between one’s thinking and one’s everyday life? (see John 8:32; Romans 12:2; 1 Peter 1:13; 2 Peter 3:18)
4. Guarding against Satan’s attacks begins with a proper understanding of salvation. What is salvation according to Scripture? Read John 1:12-13; John 3:16; Ephesians 2:8-9. How would you explain salvation to an unchurched person?
5. You can be protected from Satan’s errors by knowing the truth of salvation and the various doctrines that connect to salvation. In addition to your private prayers, daily devotions, and weekly worship, what are some tangible ways you can grow in your understanding of the Bible? What is the “Plus One” approach that Pastor Ryan suggested on Sunday?
6. Why do some Christians struggle with the “assurance” or “confidence” of their salvation? What could be some of the underlying causes? Is it possible to have rock-solid confidence about one’s eternity? (read John 20:31 and 1 John 5:13).
7. What kind of assurances/promises/guarantees does God give to those who believe in Jesus? What do these verses say: Philippians 1:6 and Romans 8:39.
8. Helmets can be designed by the most brilliant military scientists and crafted from million-dollar materials. But at the end of the day, helmets must be PICKED UP and PUT ON to provide protection. What practical things can you do this week to increase your “mental protection” with Spirit-empowered thinking? Share your best ideas with the group and close with a prayer asking for God’s empowerment.

Staying ahead of Satan starts by protecting your own head.