

Our minds are inclined toward the negative, so to guard our minds against negative thoughts, we are to put on “the helmet of salvation”, which is “the hope of salvation”. (1 Thessalonians 5:8)

If you are going through a trial right now, putting on as a helmet the hope of salvation means that you have a confident expectation of good coming your way. It means that you choose to believe that this trial that you are going through is only temporary, because God will see you through it. It means that you believe that this difficult period will end with your salvation - your preservation, wholeness, wellness and health!

Remember, Biblical hope is not “I hope so”, but “I know so”! You can have a confident expectation of good happening to you because you are not like the people of the world. You are a child of the living God. You have a Saviour watching over you. There are more angels given charge over you than there are demons against you, and greater is He that is in you than he that is in the world. (1 John 4:4) There is every reason for you to have an ongoing, confident expectation of good happening to you!

Ephesians 6:17 “And take the helmet of salvation...”