



1. Do you think that there is any significance to our salvation in Christ being represented as a helmet?
2. There are three parts to our salvation in Christ, sometimes called the three “Tenses” of salvation: Past, Present, and Future tenses. The moment you put your trust in Christ as savior in the past, you were saved from the penalty of sin: separation from God in hell. This is called “justification”. In the present, God now wants to rescue us from the power of sin in our lives through our relationship with Christ and His Spirit living in us. This is called “sanctification”. In the future we will be delivered from the presence of sin when we are sinless in heaven with God. This is called “glorification”. Which of these parts determines where you go when you die? Which one deals with how you live your life every day? Which one deals with what our eternity will look like? What do you think happens when people confuse justification with sanctification?
3. What are the five ways that God views us? Which one is the hardest for you to believe is true? In contrast, what does Satan tell you about yourself? What happens when we believe what Satan says about us?
4. Read 2 Corinthians 10:3-5. In this passage about spiritual warfare, what does it say we are fighting against? What does it say we must do in this fight? What do you think that means? What role does the Bible play in this process? How does this relate to what the previous question talked about? Read Hebrews 4:12. What characteristics does God’s word have?
5. How do you handle negative thoughts when you have them? What are the three practical tips Pastor Rick gave to help us battle negative thoughts? Which one do you think could help you the most?
6. Pastor Rick had a quote in his message, “Your life is a reflection of your thoughts. If you change your thinking, you change your life”. Do you agree with these ideas? Have you ever experienced this at work in your life? How?

## ANSWERS

- 1. Our head is the most vital part of our body because everything else flows out of it. Everything spiritually flows out of the fact that we are saved and part of God's family. Our head being protected signifies that whatever else happens, our salvation is secure.*
- 2. The past tense, justification, secures your eternal destination: you go to heaven not hell because God saved you from your sin when you believed. The present tense, sanctification, deals with how we live every day of our lives either in obedience or disobedience to our heavenly Father. We will never be sinless, but we should "sin less" as time goes on and we follow Christ. The future tense, glorification, deals with what our eternity will be like. All three of these together is what our salvation entails. When people begin to merge the past tense with the present tense is when people begin to preach a gospel of good works. They say that what you have to do to be sanctified as a believer is a requirement to be saved from the penalty of your sin. Serving Christ becomes the requirement to be saved from your sin. This is a false gospel and will not save anyone.*
- 3. Being grateful is such a big thing because if you do not think about or dwell on how you have been blessed by God then you will not give Him the credit He deserves and you will begin to take Him for granted. An ungrateful person is a selfish person. Gratitude is what continues to motivate us to serve God when we constantly keep at the front of our minds what He has done for us. It is what keeps us from believing that life is only about me. Showing gratitude to others also motivates them to continue to serve God. We all want to feel appreciated.*
- 4. This passage tells us that the warfare we are fighting is a warfare of ideas, a battle for control of how we think. It tells us that the goal is to capture every thought in our minds and bring them into alignment with what God says is true. This means that our entire perspective on everything in our lives should be the same as how God thinks and views everything. The Bible is literally God's mind, His thoughts, on paper. This means that whatever the Bible says is what we need to think about everything in this world. It is only as we control what we think that we will be able to defeat the lies that Satan will tell us about everything and we will see ourselves the way God sees us. This is the spiritual battle we are in, the battle to control our minds. Hebrews 4:12 says God's word is alive and is powerful and has the ability to discern whether our thoughts are good or bad.*
- 5. The three practical tips were: A. Write out our negative thoughts and then your positive ones; B. Practice a healthy outlet for releasing these thoughts like exercise, art, music, sports, etc.; and C. Practice speaking gratefulness for every blessing you receive.*
- 6. In the King James Version of the Bible, Philippians 1:27 says "Only let your conversation be as it becometh the gospel of Christ:" Conversation means "manner of life" and it says your life should be "becoming" to the gospel of Christ. This is an old English word that we do not use anymore. It has the meaning of "that dress is very becoming to you" which means it enhances your appearance. Our lifestyle should enhance the gospel, it should make it attractive to others. That is what this verse means. If you are kind, that enhances the message of the gospel, people will listen to kind people. If you are a jerk, it detracts from the message because it makes it so no one will listen to you no matter how good the message is. If you are a hypocrite, if you do not live the way people think a Christian should live, it does not change the gospel message but it does change whether a person will listen to you as you give the gospel.*