

BETTER THAN THE ROAR OF THE CROWD

36th in a Series on Ephesians called, "Messages to the Misfits"
Ephesians 6:17

Laurie and I have spent a lot of time with Carissa this year on evenings when Michael has had to be away flying. We have watched a show that she was interested in watching somehow to my surprise. It is reruns of the TV show Friday Night Lights, which is really a teen soap opera based around high school football in Texas. I've been impressed that they did a pretty good job of filming the football scenes that they portray. But I was noticing one scene that, while pretty realistic, had one brief element that gave away it was acting, not real football. In the scene a running back had the ball and was running near the sidelines. An opposing player came full speed angling in from the field to try to tackle him. In the last second before he hit I noticed the running back flinch, shying away in an attempt to lessen the impact.

When my son was a freshman in high school, playing tackle football for the first time, as were many of his teammates, I saw kids do that occasionally in various situations. It's a natural instinct. But to become a good football player they had to learn to overcome that and not shy away from the contact, but to be the one who would deliver the blow. I realized that takes some courage. You know the impact is likely to hurt some, so how do you get the guts to not shy away from it? Somehow you need to have the courage to fight through it.

That popped into my mind as I was thinking about this talk, because I realized courage is an issue in the spiritual battle as well. We need courage to stand firm, to not flinch when the enemy attacks. He is specifically hoping to get us to shy away. Today we are going to learn of part of the armor God has given us that can help us have the courage to not flinch, to not shy away, but to stand firm in the face of the enemy's fiercest attacks. Let's look at Ephesians 6:17.

PROTECT YOUR DOME

Paul tells us to put on the helmet of salvation. Obviously a helmet is a vital piece of equipment. When I recently gave away my old hockey equipment I noticed my helmet had many dings and scratches on it. I realized that had I not been wearing that helmet all those dings and scratches would have been on my head instead. Obviously a helmet is an important piece of equipment because it protects your head. Army Staff Sergeant Steven "Bryan" McQueen can attest to that. He was nearing the end of his tour of duty in Afghanistan in September, 2018. He and several others were heading to a security meeting when they came under machine gun fire. McQueen, unfortunately took a round to the head. He later said it felt like a horse kicked him in the head and knocked him flat on his face. It wasn't a horse, it was a machine gun bullet that struck him in the back of his head. Amazingly he was able to bounce right back up and get into the fight. The bullet struck his helmet and ripped a hole in it, but the helmet took all the damage and protected his head. That helmet saved his life.

According to Paul our helmet, that vital piece of armor, is salvation. But we've already seen how we are supposed to wear the breastplate of righteousness, which had to do with being accepted and loved by God, having his stamp of approval, and we must wear the shoes of the gospel of peace, which means we have peace with God. So how is salvation difference from righteousness and peace with God? And how does it help us in the spiritual battle?

Salvation is a word that is too religious for some people. To them it smacks of tent revivals with lots of emotion and people who keep getting "saved" over and over. However, the word is not necessarily religious. A couple of weeks ago the New England Patriots and Dallas Cowboys played each other on a Monday night. The weather was terrible. It was cold, windy and raining throughout the game. The sloppy, inclement conditions made for a messy game where the efforts of both offenses were largely futile. New England won the game 13-9, with the only touchdown coming after the Patriots blocked a Dallas punt. I heard an analyst talking about the game after it was over. He discussed the travails and failures of both offenses. Then he said that this year New England's defense has been one of the best in the league and that their special teams play has been excellent. He said, "Special teams and defense were their salvation in this game." What saved them from the agony of defeat was their great defense and their special teams play. Those aspects of the team came to the rescue of the underperforming offense that has historically been a strength.

Salvation means rescue, being saved from something bad. What sort of rescue did Paul have in mind here? There is an interesting dichotomy between what some verses in the Bible say. For instance, in Ephesians 2:8 Paul wrote, "For it is by grace you have been saved, through faith." Pay attention to the grammar. What is the tense of the verb? "You have been saved." If you happened to be grammatically challenged I will tell you that is a perfect tense verb. Perfect tense is used for an action that has been completed in the past. You have been saved, means it happened in the past and it's a done deal. You were given salvation at some point in the past, by grace. It's a done deal.

But in Romans 13:11 Paul wrote, "And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed." Wait, I thought we were saved when we believed. But there Paul said salvation is nearer than when we first believed, meaning it's not already here. So in one sense, salvation is a completed action, something that happened in our past, and yet it is something still in the future.

What are we saved from? People get really don't go around most of the time thinking they need to be rescued from some grave peril. Generally when someone is rescued they are very much aware of the fact that they need to be saved. I was reflecting on this whole idea of saving people and it occurred to me that my son, Toby, has saved the lives of a number of people. As a doctor in a Level One Emergency Department, he has encountered life and death situations on a regular basis. People are in the Emergency Department because they know something is wrong and they need to be saved. Toby actually has a bit of history of saving people. When he was in college he saved a surfer who had gotten in trouble. That young man was very much aware of his peril and was super thankful for

the aid Toby rendered in rescuing him. But most of us don't go through life sensing terrible peril. What is it we need to be saved from?

We need to be saved from our fallen human condition and its long-term consequences. All of us start out in life fallen, cut off from God, who is the source of all good, all life and all joy. We go through our lives often only vaguely aware that something is wrong, but everyone knows that there is something not quite right. The truth is we are much worse off than having something not quite right. We lack connection to God, and that is central and essential to life. We carry around a burden of guilt, because we are guilty. And the long term consequence of that condition is truly awful, for it is to be cut off from God for eternity.

To have salvation, having been saved, means we have been forgiven of the guilt we all feel, reconnected to God, connected to the source of life and good, we have become a part of his kingdom, and we will continue to be part of that kingdom forever. I think there is a particular way salvation is important as a part of our armor in the spiritual battle. There is a verse very similar to this one that has one very important difference that helps us understand this one. In 1 Thessalonians 5:8-9 Paul wrote, "Since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ." Paul was talking about our armor in those verses, too. And he referred to salvation as our helmet. But notice he said it was the "hope of salvation" that we must put on. There is a very real sense in which we experience salvation right now. But clearly he said the thing that is part of our armor is something we hope for, thus something future. It is the salvation that he said in Romans 13:11 is nearer now than when we first believed in the gospel.

We possess salvation right now in the sense that God has rescued us from being separated from him, which is to be separated from life as God intended it. We are right now loved and accepted by God, we are forgiven, we are in God's kingdom. We are saved from fear, from worthlessness, from emptiness and the fear of condemnation and death. But our salvation is not yet complete. Paul is referring here to the completion of our salvation.

This is where the hope of salvation comes in. We saw in Ephesians 2:8-9 that God has promised us we are saved by grace through faith in Jesus Christ. Specifically we will be saved from two things: First, **we are saved from the ultimate consequences of sin**. As awful as physical death is, and it is truly terrifying and horrible, it is actually a picture of something far greater. That is eternal death. Eternal separation from the source of life, which is God. But here's the great news. In John 5:24 Jesus said, "Whoever hears my word and believes him who sent me has eternal life and will not be judged, but has crossed over from death to life." If we believe in Jesus we are saved from that most terrible consequence.

Second, **we will be saved from the very presence and effects of sin**. 1 John 3:2 says that when we see Jesus, we will be like him. We will be sinless as he is. Romans 8:18 says, "our present sufferings

are not worth comparing with the glory that will be revealed in us.” We will be free of all the corrupting and destroying effects of sin. We will be truly good with no alloy of sin or evil, and with that will come nothing but love, kindness, goodness and joy between us. There will be no more decay of aging and encroaching death.

How does that help us in the spiritual battle? *It helps us deal with the difficulties of life.* In 2 Corinthians 4:17 Paul wrote, “Our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” Think about Paul’s “light and momentary troubles.” They don’t seem light to me. He had been rejected by the people that he loved, the Jewish people. Previous friends, mentors, colleagues and even family members now not only did not respect him, they despised him. Some were even trying to kill him. He lost all the status that he once had. In a letter to the Corinthians he said that he was viewed along with other apostles as being the scum of the world. He had health issues, not least because of terrible abuse he had endured because of his faith in Jesus. He had been repeatedly beaten, jailed and survived multiple attempts to kill him. In fact, when he was out of jail he pretty much lived continually under the threat of assassination. He survived multiple riots of which he was the target. His life was one hardship after another. His trials to me seem terrifying and awful. And they weren’t momentary, they lasted his entire life. How could he call what he went through “momentary light affliction”? If those were momentary and light then I’ve never gone through a real trial in my entire life. I’ve lived in Disneyland, the happiest place on earth, compared to that.

Paul viewed those difficulties through the lens of salvation. This helped in a couple of ways. First, it reminded him that these things are not forever. Salvation is forever, and it is way better than all these trials. The bad of the trials cannot be compared with how good salvation will be.

Just knowing something better awaits us and the hardship is not forever makes a huge difference. You all know that several years ago I had to have surgery to repair a tendon in my right arm. I suffered from pain in that arm for several years. I tried everything I could think of to get it better in an effort to avoid surgery. I thought surgery was a terrible last resort. I knew it would involve a lot of pain and wasn’t convinced that it would solve the problem. But nothing else worked, so finally I consented to have the surgery. The surgeon assured me that it would make my arm better. I knew that it was going to mean I would have some painful days after the surgery. I was right. They gave me pain pills to deal with the pain. That’s the good news. The bad news was that the pain pills did not lessen the pain even one iota. At first I thought maybe I was in the control group of some experiment. We’re going to give group A the *real* pain meds, and we’re going to give group B sugar pills, then we’ll see if the meds actually make any difference. Apparently I got the sugar pills, because the pain meds had as much effect on the pain as those little candy hearts you get on Valentine’s Day, which is to say zero. I spent a really bad night in a considerable amount of pain. One thing that helped me was remembering that this was not forever. It was knowing that the pain would subside, and that in the end it would all be worth it because my arm would get better. And

that's how Paul viewed his troubles. It is how salvation can help us with ours when our enemy tries to use them to destroy us.

A second thing to remember is that Paul says *our afflictions cannot compare to the glory that we will experience*. That is an interesting comment. Most of us do not like it when people are always seeking glory. It seems selfish and egotistical. Look at me, praise me, give me glory. When someone is motivated by that desire for glory it kind of galls me.

I admit, not only am I old, I'm kind of an old school guy in a lot of ways. I hate all the "look at me" stuff that goes on in the NFL these days. A defensive end sacks the quarterback and immediately does his celebration routine, whatever it is. A defensive back breaks up a pass and then waves his arms as if to say, "No way you can complete a pass against me." The running back scores a touchdown then goes into some elaborate dance to show how good he is. I hate all that. The truth is football is the ultimate team game, and if those guys' teammates didn't do their jobs, the ones celebrating their glorious feat wouldn't have been able to do anything. And I notice that when they fail, which they all do, they don't bow down before the opponent who defeated them, or fall on the ground and tear their jersey in shame over their failure.

So I don't like glory hounds, which is ironic, because I am one. I admit it. I want glory for me. I've always wanted glory for me. I love it when people praise me. Man, I lap that stuff up. I can't get enough of it. I remember a time when I had an appointment with a doctor and his staff called to say the doctor's schedule was being impacted by some urgent surgeries, and could I change my appointment time? I said, "Sure, I can do that." The gal proposed a new time and I said, "That will be fine." She said, "Oh, you are awesome. Thank you." I had to agree. I am awesome. Or at least I love it when people think I am. I want them to.

I'm not particularly egotistical. I'm human. We all want that kind of glory and more. It's built into us. I know you must have seen the classic Christmas movie, *A Christmas Story*. It's on every year, usually it plays for 24 hours straight on one station. In it, little eight-year-old Ralphie desperately wants a Red Ryder BB gun for Christmas. He is obsessed. But there are two scenes in the movie I want you to remember. In one, he is assigned to write a theme by his teacher on the subject of "What I Want for Christmas." He labors on his paper describing how he wants a Red Ryder range rifle with this compass in the stock and this thing that tells time. He dreams of his teacher being so taken by his theme that she reads it to the class. Then all of his classmates cheer for him and lift him on their shoulders. What is he dreaming of? Yes, he wants the rifle, for sure, but he's dreaming of *glory*. In the second scene, he dreams of his family being under attack from the villain, Black Bart, and his foul gang. Their lives are threatened. But Ralphie shows up with his Red Ryder rifle that he has named Old Blue. His family, cowering, appeals to Ralphie to save them. He looks in the backyard, sees the bad guys, takes aim, says, "Okay, Black Bart, now you get yours," and begins firing. He hits one after another and they finally all run away. The family in relief and joy thanks Ralphie for saving them. Ralphie was dreaming of glory!

Those scenes work, because every child remembers having fantasies and dreams like that. We all dreamed of glory. The fact is that never really leaves us. It just gets tempered by some maturity and by the reality of life. An awful lot of people have a bit of disappointment down deep in their souls because they never got anywhere near the glory they dreamed of and longed for. The odd thing is that there are people who *have* gotten the glory that they fantasized about, and curiously have found out it came with some let down, because it wasn't enough. It didn't scratch the itch, and they sense there must be something more.

I have mentioned this before, but I have this vivid memory of a moment that reminded me of my own longing for glory. Toby and I were given tickets to the NCAA National Championship football game at the Rose Bowl between Texas and USC. What a dramatic setting that was. The buildup to the game was huge. When we walked into that stadium the field was spectacular. The sellout crowd was working into a fever pitch when a few minutes before game time the teams ran out of the tunnel onto the field and the crowd went nuts. And I had this thought, "I've always wanted to run out onto the field with the crowd cheering wildly, but I'll never know what that's like." Since I was a kid I dreamed of that glory. I still feel it. But I've never experienced it and never will.

Romans 8:17 says, "Now if we are children, then we are heirs, heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory." Paul says we will share in the glory of Christ. How much glory is that? It is immeasurable, immense. It is the glory that we were created for. It is better than any glory I have ever dreamed of. Understand that you and I were created by God for glory. We have a built in need and longing for glory that will never go away. It is our destiny. We were designed by God for glory. It is a good thing to want to share in that glory.

But notice that Paul said we will share in that glory if we also share in the sufferings of Christ. In other words, the suffering, the troubles themselves, have a role in us experiencing glory. This is what can help us when the enemy uses troubles and hardship against us. We put on salvation. We remember that in fact, ***persevering through these hardships, staying faithful, glorifying and trusting God in all the pain and loss and confusion, is actually piling up glory for us.***

What we all wish God promised us is that everything in our lives would have a happy ending. That's why the health and wealth gospel is so prevalent. It's why Joel Osteen has 20,000 people flocking to his church every week. People want the promise that God will give us lives that go from victory to victory, from joy to joy, with only minor lulls between. But Jesus said, "in this world you will have trouble." Sin is active in this world. It sadly is still at work in our lives. And where there is sin there will be misery and loss and pain. That's what sin does. You cannot escape that.

Satan wants to use those troubles to batter you, to get you to give up on God, maybe even resent him for not keeping trouble from your door. What we need to do is put on the hope of salvation. We

need to not be surprised by the travails of this sin-infused, broken world. We need to look forward to our real hope. We need to remember that those very hardships that Satan tries to use to ruin us actually are amassing glory for us as we stay true to our Lord in the face of them. We must allow that hope to give us the strength to stand and stay faithful in the middle of the combat here.

DON'T GO UNARMED

Next Paul says we should take up our sword, which is the Word of God. A sword was an essential part of a soldier's equipment. If he was going to defend himself and effectively fight an enemy, a sword was crucial. Would any Marine go into battle without his rifle? No way. These days the saying is that it's a bad idea to bring a knife to a gunfight. In Paul's day it was a bad idea to bring just your fists to a sword fight.

The sword, that essential weapon in the spiritual battle, is the Word of God. Let's think for a moment about the whole idea of the Word of God. Why should we take seriously some documents written more than two millennia ago by a bunch of people? There are other religions with their own documents they think came from God, and we don't pay any attention to them. We see them for what they are, just some human produced documents. So why treat this particular collection of documents as the very truth of God?

There are a number of reasons we could give having to do with the certainty of the documents we have today, the integrity of the Bible, its confirmation by archaeology and so on, but none of those are terribly convincing. In the end, we come down to a couple of main reasons for trusting the Bible to be a divinely inspired source of truth.

The first one is that it has predictions about the future that have proven to be accurate. The book of Daniel has two separate prophecies of what was going to happen in regard to world powers in the years after Daniel's prophecies. In both, he predicted that the Babylonian empire would be replaced by the Medo-Persian empire as the ruling power in the world, and that it would be supplanted by the Greeks. Then they would be replaced by the Romans. This all was accurately foretold several hundred years before it happened. How did he know how history was going to go? God revealed it. There was no human way to possess that information.

And in Daniel 11:2-4 there is an amazing prophecy. Daniel said, "Now then, I tell you the truth: Three more kings will arise in Persia, and then a fourth, who will be far richer than all the others. When he has gained power by his wealth, he will stir up everyone against the kingdom of Greece. Then a mighty king will arise, who will rule with great power and do as he pleases. After he has arisen, his empire will be broken up and parceled out toward the four winds of heaven. It will not go to his descendants, nor will it have the power he exercised."

This was part of a prophecy that began in 10:1, which says, "In the third year of Cyrus, king of Persia, a revelation was given to Daniel." So this prophecy happened in the third year of Cyrus. We

know from history that was either 535 or 534 BC. As the prophecy said there were three kings, then came a fourth who was the richest and most powerful. It turned out to be a king named Xerxes I. He sacked Athens, so the Greeks came after him. They were led by a man named Alexander. We call him Alexander the Great. He defeated the Persians, along with everybody else. He died fairly young and left no heir. So just as Daniel said his kingdom was parceled out to the four winds, divided between four of his generals. Antipater, Lysimachus, Seleucid Nicator and Ptolemy all got part of the empire.

That is amazingly accurate, given that those events occurred a couple of hundred years after Daniel talked about them. The rest of Daniel 11 contains prophecies that are so detailed that some people claim Daniel had to have been written after the events because there is no way he could have known all of that before it happened...except if God revealed it to him. In Daniel 9 he also prophesied the time in history that Messiah would come. There can be no questioning that because it has been established beyond doubt that he wrote hundreds of years before Christ came.

In Ezekiel 26:12 the prophet, writing sometime around 587 BC, predicted that the coastal city of Tyre would be destroyed and its timber and rubble would be thrown into the sea. More than 200 years later, Alexander attacked Tyre. The attack consisted of a town on the shore, then another part on an island a little way off shore. Alexander sacked the city on shore, then used the wood and rubble from that city to build a causeway to the island. When that was done he conquered that city, too. He did it by dumping the rubble of his conquest into the sea.

There is no human way those men could have known the things they predicted. There is no way Micah could have known that the coming Messiah would be born in the town of Bethlehem. These are evidences that God was at work in this book.

The other powerful evidence is that we can know that Jesus died and was raised from his tomb, and that this validated his claim to be God walking among us. Since we know he was who he claimed to be, we know we can trust what he said, and he said that these words were the trustworthy Word of God.

How do we employ this gift against the enemy? One way is we use it to fight temptation. Temptation is not tempting if it doesn't look good to us. There has never been a single moment in my life when I was tempted to take a hammer and slam it down on a finger. I have done that accidentally, but I have no desire to ever do that. The enemy is not going to try to tempt us with things that we think will make life worse for us. He is always going to throw temptations at us and here's what we can know about them: First, they will in some way be aimed at trying to get us to go our own way, do our own thing, not go God's way. Second, it will always look good. Satan will always make sure to tell us that it will make us much happier, give us a much fuller life if we will do this thing.

Consider how he tempted Jesus in Matthew 4. He started with “Hey, use your divine power to turn rocks into loaves of bread.” He was saying, “I’m concerned about you. You’re starving out here. You need to eat or you’re going to die. I’m just looking out for your own good. You have power. Just use a bit of it to make some bread and you’ll feel a lot better.” Satan’s temptations will always be designed to look like they are going to make us happier.

Do you remember what happened when Jesus was out in the wilderness and was tempted by Satan? How did Jesus respond when Satan showed up? In every instance Jesus answered by quoting the Bible. In Matthew 4:4 Jesus said, “It is written, man shall not live on bread alone. In Matthew 4:7 he said, “It is also written, do not put the Lord your God to the test.” In verse 10 he said, “It is written, worship the Lord your God and serve him only.” At every point he quoted what is written in the Bible.

If Jesus felt his best way to resist Satan was to remember, apply and quote the Bible, what do you think is going to be our best strategy? I suggest that we are not more clever or strong than Jesus. That being the case the best thing we can do is to know God’s word inside and out. Notice that Jesus didn’t respond to Satan, “Uh, I think there’s something in the Bible about what you are saying. Let’s see, where was that? Just a second, let me look it up. I’ve got an app on my phone that will help me find it.” As soon as the temptation was out of Satan’s mouth Jesus had an applicable Scripture to fire back at him.

Psalm 119:11 says, “I have hidden your word in my heart that I might not sin against you.” That’s exactly what Jesus did. He hid the word of God in his heart and it enabled him to say no when Satan tried to scam him. That’s crucial, because often the things Satan throws at us will absolutely *seem* to promise a better, more enjoyable life. They will always look good. It will be difficult to defeat that appeal. The thing that enables us to stand is God’s Word, which assures us that what we’re seeing is a lie. It may look good, but it is intended to and will ruin us. The best thing we can do is fight Satan’s fire with fire, the fire of the Word of God. The more extensive and the tighter our grip on God’s word, the more we will be able to recognize Satan’s suggestion as a temptation, and the better we will be able to just say no.

I woke up in the middle of the night a few weeks back and couldn’t go back to sleep. Uncertainty about the future was suddenly clamoring for my attention. Disaster scenarios about our financial future began playing out. I began fretting. I started trying to come up with some plan for averting the disasters that were certain to befall us. Planning is fine, but I have learned that any plan you come up with when you can’t sleep in the middle of the night is likely to fall apart in the light of day. I was being tempted by Satan to doubt that God will provide for us, to panic and believe it is all up to me, to fear that God is going to fail us or abandon us. But at one point while I was in the middle of this worry session. Philippians 4:19 popped into my head. “My God will meet all your needs according to the riches of his glory in Christ Jesus.” I thought about that. Is that true? Is God really going to meet my needs according to the riches of his glory? If it is, then I don’t need to worry. That verse

reminded me that what God supplies is enough. So Satan, scram, because my God will meet every need I have and more.

CONCLUSION

BECOME AN EXPERT SWORDSMAN

The more you have God's word hiding in your heart, the more it will be accessible when you need it. And you are going to need it. Read it, listen to it, memorize it, make it a part of who you are.

Why do we do this thing where we gather on Sundays and sing these songs then listen to some clown like me harangue for a while? In part it is because by singing praise to God we honor him. In part it is because we strengthen each other by being here. But in part it is because we are planting the word of God into our hearts. We are learning to use that sword in battle. The more we are reminded of it, the firmer our grip on it will be, and the more we will be able to wield it effectively. When the attacks of the enemy happen, your normal mental processes go out the window, and you need the Word of God as your muscle memory.

LIVE IN THE HOPE OF YOUR SALVATION

Bruce Olson is a missionary to the Montilone people in the jungles of Columbia. At one point he was captured by one of the guerilla armies that was fighting there. They held him as a prisoner for nine months and treated him cruelly. The guerillas wanted to pressure him to use his influence to get the Montilones to join their cause, but he refused. Finally, they told him since he would not help them they were going to execute him. The day of his execution came. That morning he put on the helmet of salvation. He read Psalm 100 that tells us to enter God's gates with thanksgiving and his courts with praise. So he thanked God for his life, for all that he had done in his life. He thanked God especially that in that moment, as a captive about to die, he had God's presence and felt his peace and he had hope. At last the moment came when they stood him before a firing squad and gave him one last chance to change his mind and help the guerillas. Even as they had mistreated him, Bruce had tried to love and care for his captors. And as a result he had befriended quite a few of them. As the ten man firing squad faced him he could see tears in the eyes of several of them. They hated what they were about to do, but knew that if they refused they would soon join Bruce in front of a firing squad. As the officer gave the orders to ready, take aim, and then fire, Bruce thought, "God you are forever faithful. Take me into your arms now." When the officer commanded "Fire!" there was a deafening roar of 10 rifles firing and Bruce felt...nothing! The men in the firing squad started at him in amazement, and he stared back. Then came the realization. They had been given blank ammunition to fire. A few days later Olson was released from captivity.

We likely won't have to stare death in the face like Bruce did, but we all know we must face it. He was able to live through that experience with peace and courage because he had on the helmet of salvation, and we can do the same.