



## Expecting good things from God

Ephesians 6:17 *"And take the helmet of salvation..."*

### Words of Ministry

I remember a time in my life when I used to dread when the phone rang. Sounds silly, but at that time in my life I was battling with a personal financial crisis as well as dealing with some complicated problems in the lives of others. Every phone call seemed like more bad news to deal with. Just the sound of the phone ringing brought up all kinds of negative expectations in my mind.

Have you ever been at that place where you seem to be *expecting* bad things? It is a horrible way to live. Most people, when the phone rings think, *"It must be bad news."* They don't think, *"I wonder what the good news is that it cannot wait till morning!"* Or if they hear, *"The boss wants to see you,"* instinctively, think, *"What did I do wrong?"* Not, *"It must be about a promotion!"*

Our minds are inclined toward the negative. Sin separated us from God and separated our thinking from His Presence and Promises. One of the primary needs in our spiritual life is to see to it that our minds return to communion with the Lord through our regenerated spirit. We must put off independent thinking and put on thinking that is God-infused. Ephesians 4:20-24 says, *"... and be renewed in the spirit of your mind."* Notice that it is listening to what God puts in our spirit that renews the mind. The mind can not renew the mind. It takes the Spirit fellowship with our spirit to renew our mind.

One piece of spiritual armor that God calls us to put on every day is the *"helmet of salvation"*. Just as a helmet protects our head in battle, so

thoughts of hope about God's salvation in our life protects our mind from the negative onslaughts of the enemy. 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). A thought of hope in God's saving power places a spiritual helmet over our mind.

Hope is a positive expectation about a positive outcome. It is seeing the future through God's ability and grace and not our own resources. Hope is the expectation of good from God. Paul, when faced with execution in prison, began to speak about God's deliverance, *"according to my earnest expectation and hope"* (Phil 1:20). That expectation and hope towards God settled like a helmet over Paul's mind and helped him stay in faith regarding God's plans for his life. Hope enables us to stay in faith where God's promises are concerned.

Is your mind helmeted with an earnest hope and expectation of God's goodness in each situation in your life?

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 God's goodness 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, health and prosperity!

You may not know what is going to happen this week. But one thing you can do is to put on the helmet of the hope of salvation and tell yourself that you are going to have a week of God's faithfulness and goodness!

Biblical hope is a powerful protection for your mind. You can have a confident expectation of good happening to you because God is on your side. You are a child of the living God. You have a Savior watching over you. There are more angels given charge over your life than there are demons assailed 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 a confident expectation of good happening to you!