

Take the Helmet of Salvation



Do you ever wonder if you are saved? It is important for you to know this. As a young man, Joseph Smith had this same question in mind when he went into a grove of trees and prayed.

Salvation is the Lord's

Psalm 3:8

Salvation belongeth unto the Lord: thy blessing is upon thy people. Selah.

Because salvation can only come from Jesus, it is God that you must ask about whether you are saved.

Helmet of Salvation

A helmet protects your head, and what you know. A physical blow to the head can sometimes result in the brain forgetting some things it once knew. Salvation is the act of becoming saved from the bondage of sin and the consequence of eternal death and receiving everlasting joy. Salvation frees you from the power of the enemy who desires to make you miserable like himself.

Knowing Who You Are in Christ

When you have received salvation, you will unite with Jesus and become one. That is what His atonement or at-one-ment does. So, who you are in Christ is who Christ says you are and what He says about you. This can be found in the scriptures the Holy Ghost will confirm it to you.

The devil attacks the knowledge that you have salvation, he wants you to feel worthless, guilty, ashamed, filthy, and incapable. You need the Helmet of Salvation to protect you from these kinds of attacks.

Obtain Salvation

Have you obtained salvation?

2 Nephi 9:23

And he commandeth all men that they must repent, and be baptized in his name, having perfect faith in the Holy One of Israel, or they cannot be saved in the kingdom of God.

Salvation is a Gift

D&C 6:13

If thou wilt do good, yea, and hold out faithful to the end, thou shalt be saved in the kingdom of God, which is the greatest of all the gifts of God; for there is no gift greater than the gift of salvation.

Salvation is Free for All Who Will Receive it

2 Nephi 21:27

Hath he commanded any that they should not partake of his salvation? Behold I say unto you, Nay; but he hath given it free for all men; and he hath commanded his people that they should persuade all men to repentance.

2 Nephi 2:4

And thou hast beheld in thy youth his glory; wherefore, thou art blessed even as they unto whom he shall minister in the flesh; for the Spirit is the same, yesterday, today, and forever. And the way is prepared from the fall of man, and salvation is free.

Salvation Comes From Jesus Christ



It is Jesus Christ who gives salvation. There is nothing else and no one else that has the power to save you, and He has already paid the price with His own blood.

Mosiah 3:18

For behold he judgeth, and his judgment is just; and the infant perisheth not that dieth in his infancy; but men drink damnation to their own souls except they humble themselves and become as little children, and believe that salvation was, and is, and is to come, in and through the atoning blood of Christ, the Lord Omnipotent.

Acts 4:12

Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.

How to Gain Salvation

Many know the wonderful feeling of being set free from sin, it brings great joy and loving gratitude!

Alma 5:9-10

And again I ask, were the bands of death broken, and the chains of hell which encircled them about, were they loosed? I say unto you, Yea, they were loosed, and their souls did expand, and they did sing redeeming love. And I say unto you that they are saved. And now I ask of you on what conditions are they saved? Yea, what grounds had they to hope for salvation? What is the cause of their being loosed from the bands of death, yea, and also the chains of hell?

How is it possible to get the bands of death and the chains of hell removed? You won't gain salvation just by keeping commandments, it's simply not possible to save yourself by doing it all on your own. You need the atonement of Jesus our High Commander, He is the Savior.

Mosiah 13:28

And moreover, I say unto you, that salvation doth not come by the law alone; and were it not for the atonement, which God himself shall make for the sins and iniquities of his people, that they must unavoidably perish, notwithstanding the law of Moses.

To gain salvation you need to believe in God and believe that He is Who He says He is. Humble yourself to rely on His grace and sincerely repent of your sins, and He will save you. This of course must be repeated often as you continue to fall into sin.

Mosiah 4:8-10

And this is the means whereby salvation cometh. And there is none other salvation save this which hath been spoken of; neither are there any conditions whereby man can be saved except the conditions which I have told you. Believe in God; believe that he is, and that he created all things, both in heaven and in earth; believe that he has all wisdom, and all power, both in heaven and in earth; believe that man doth not comprehend all the things which the Lord can comprehend. And again, believe that ye must repent of your sins and forsake them, and humble yourselves before God; and ask in sincerity of heart that he would forgive you; and now, if you believe all these things see that ye do them.

You Can Have Salvation Now

Don't be confused about your standing with God, He is ready to give you salvation immediately.

Alma 34:31

Yea, I would that ye would come forth and harden not your hearts any longer; for behold, now is the time and the day of your salvation; and therefore, if ye will repent and harden not your hearts, immediately shall the great plan of redemption be brought about unto you.

Repent When You Make Mistakes

Always remember Jesus, and try to follow Him. Continue to repent when you make mistakes and you will always have salvation.

Mosiah 4:11

...as ye have come to the knowledge of the glory of God, or if ye have known of his goodness and have tasted of his love, and have received a remission of your sins, which causeth such exceedingly great joy in your souls, even so I would that ye should remember, and always retain in remembrance, the greatness of God, and your own nothingness, and his goodness and long-suffering towards you, unworthy creatures, and humble yourselves even in the depths of humility, calling on the name of the Lord daily, and standing steadfastly in the faith of that which is to come, which was spoken by the mouth of the angel.

Know Who You Are in Christ

Read what God says about you in His word, and believe it. Remember the Lord sees you from an eternal perspective and who you are includes all that you may become if you truly desire it. You are His, you are clean, worthy, and powerful, you are a child of light. The Lord intends for you to think, feel, and act like you are saved.

1 Thessalonians 5:5-10

Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation. For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ, Who died for us, that, whether we wake or sleep, we should live together with him.

Praise the Lord!

Do you see just how desperate your situation would be without your Savior? Never forget how merciful, kind and wonderful Jesus Christ is. By praising the Lord, you can remind yourself that you are the Lord's, that He has given you salvation and He will continue to give you salvation!

Psalms 62:1-8

Truly my soul waiteth upon God: from him cometh my salvation. He only is my rock and my salvation; he is my defence; I shall not be greatly moved. My soul, wait thou only upon God; for my expectation is from him. He only is my rock and my salvation: he is my defence; I shall not be moved. In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.

Sing and shout, tell the world and the devil that Jesus is Lord, and that He has done wonderful things for you!

2 Nephi 22:3-6

Therefore, with joy shall ye draw water out of the wells of salvation. And in that day shall ye say: Praise the Lord, call upon his name, declare his doings among the people, make mention that his name is exalted. Sing unto the Lord; for he hath done excellent things; this is known in all the earth. Cry out and shout, thou inhabitant of Zion; for great is the Holy One of Israel in the midst of thee.

Helmet of Salvation Printable Activity

This Who You are in Christ script has God's words from scripture about who you are and how God sees you. Read this to yourself each day to get inspired and remind yourself of who you can become through Jesus Christ.