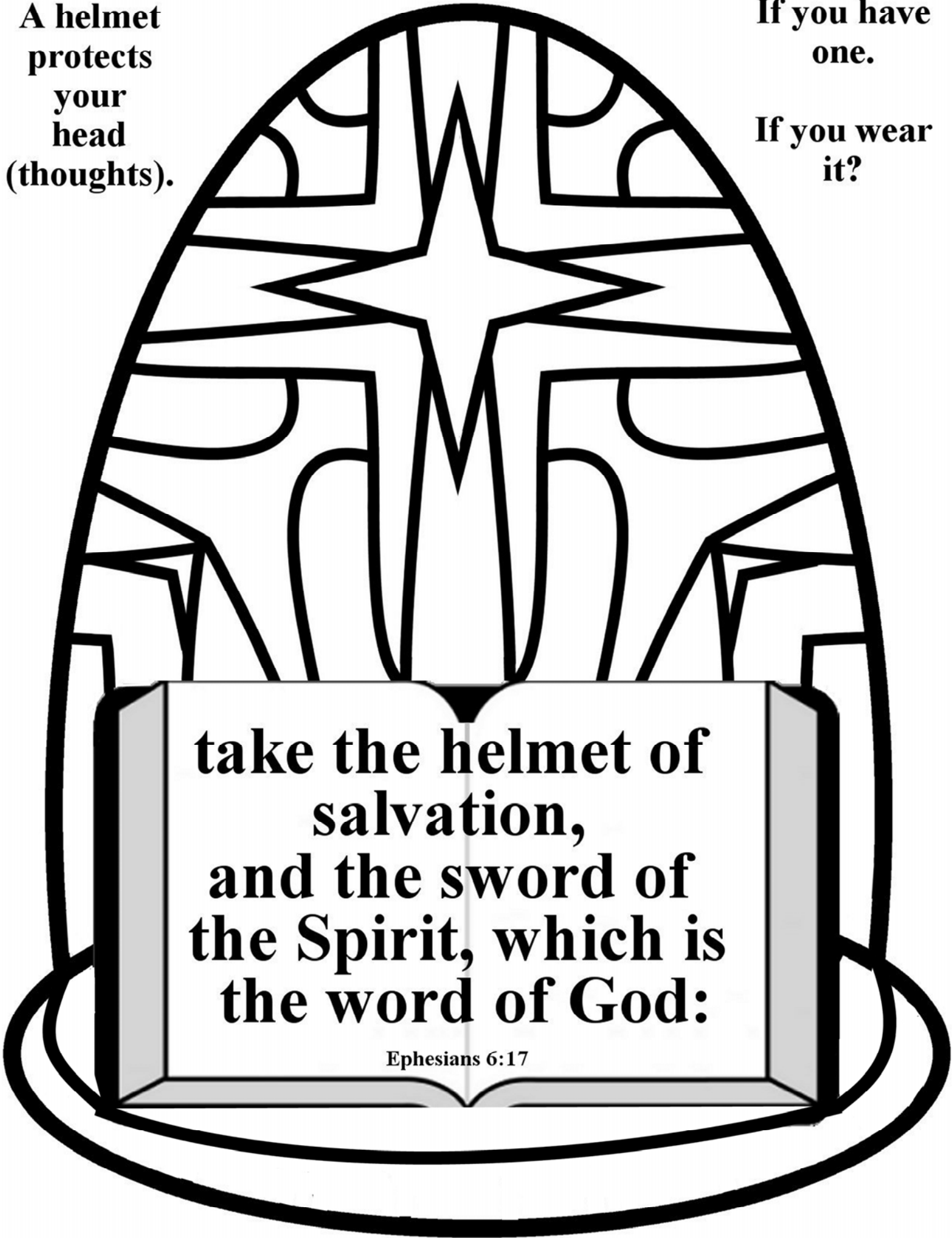


**A helmet
protects
your
head
(thoughts).**

**If you have
one.**

**If you wear
it?**



**take the helmet of
salvation,
and the sword of
the Spirit, which is
the word of God:**

Ephesians 6:17