

## **Always wear your helmet!**

**Read Ephesians 6:10-18...** (17) *And take the helmet of salvation,*

I have seen it so many times, riders try to get out on the track without a helmet and ride. Of course the officials call them off the track and make them put on a helmet. We may not always like the rule that we have to wear a helmet but it is there for our protection. All of the safety rules are there for our protection and not just rules to have rules. If we do not wear a helmet and have a crash then it could get really ugly really quickly!

Our helmet is the most important part of our safety gear! I have seen people ride on the track during practice times with only shorts and a t-shirt, no elbow or knee pads, but they always have a helmet on. We may crash without elbow or knee pads and scrape up our knees or elbows but that is about all that happens. If we crash hard enough without a helmet on, we could crack our heads open and actually die from it. It is a scary thought that we could die from crashing on our bikes but if we are not wearing a helmet and crash bad enough then we could actually die from head injuries. Our helmet is there to protect us and even save our lives at times when we crash. Our helmet protects our head and can keep us alive; in fact it is silly to ride with out a helmet!

As a Christian it is much the same way. If we do not have our “helmet” on then it is bad news! Our helmet is the “helmet of Salvation” which simply means being a Christian. If we are not a Christian then none of the other “gear” mentioned is any good at all.

In BMX it is simple to put your helmet on, you only do two things. You pull it over your head and then buckel the chin strap. Really easy and simple yet many people do not want to do it. Putting on our “helmet of salvation” is just as easy and only two things as well, but instead of pulling it over our head and buckling our chin strap we do as Mark 1:15 tells us to do “repent and believe the Gospel”. Repent means to have a change of mind or turn away from what you are doing. We repent of sin which is anything, no matter how small, that God doesn’t want us to do. Believe means to put all of your trust and faith in the Gospel being the Good News of Jesus. The good news is that Jesus died for each and every one of us and rose from the dead to take care of our sins.

Before we go and race we make sure we have our helmets on so we can race. We need, also to make sure that we have our “helmet of salvation” on so we are a Christian.

### **Points to Ponder**

- We should never go ride our bikes without our helmets on!
- We need to put on our “helmet of salvation”
- To put on our Helmet we repent and believe the Gospel
- Repent means to turn away from sin (anything that God doesn’t want us to do)
- Believe means we put all of our trust and faith in Jesus

### **Additional Readings**

Isaiah 59:16-21; Ephesians 2:4-10; 1 Timothy 1:6-14;