**Our first inner talk each day should be to thank** our dear Heavenly Father for gifting us to see, hear or wake up to another new day which we hope will lead us (not into temptation) but to guide us into good, healthy and prosperous life experiences (while also delivering us from evil).

All thanks or praises go to our Heavenly Father first, who carefully watches over us as we sleep. He brings comfort to us in our dreams and wisdom to us when we awake.

We also should honor our mind. It may want to write or be creative or just socialize and speak of inspirational ideas to others.

I suppose that is why we make friends with people who are like minded. We should surround ourselves with someone who strengthens our minds and encourage our thoughts for our future.

We have our bodies that we will only be able to use for a small time. They will one day start to deteriorate as the aging process has already begun. But that is alright. Now is the time to give our body the attention it needs.

We have our mind, body and spirit. These are our three friends who walk through this life with us from moment to moment. They also experience all that we experience each day and our inner voices lets us know if they are happy with our choices or if they are disappointed.

We have the power to love ourselves and therefore, we can rub the body when it speaks to us to give it affection. We have the power of peace and therefore, we can do something to ease the spirit when it needs forgiveness or inspiration. We also have the power for inspiration and therefore, we can study books or other spiritual leaders, who give knowledge and understanding to the mind to prepare us for any obstacle or blessing that comes across our paths each day.

Giving daily homage to all of these elements that our Heavenly Father has gifted us with is the strongest exercise that we can do to help make each moment of our day better. Our Heavenly Fathers gift to us is to allow us opportunities to give back to our mind, body and spirit with these tools. When we give back to ourselves, we become one with ourselves and our Heavenly Father. And that is the best armor for the day.