

Building A New Image



NHISMAGE, INC.

Inspiration for your transformation

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Preface

Our hope is that you use these words of inspiration as tools to create a life you love living. They are seeds of affirmation you will want to plant daily as you are designing your new image and explore the possibilities to expand and grow in all four quadrants of your life:

- Health and Wellness
- Relationships
- Vocation
- Time and Money Freedom

Be sure to relax and enjoy the process.

“For God So Loved the World...” (John 3:16, Holy Bible, KJV)

Most of us know this scripture from memory. It was the scripture taught us as children or quoted to us when we were having the Christian witness experience, along with the song we learned in Sunday school or Vacation Bible School:

“Jesus loves me this I know for the
Bible tells me so. Little ones to Him
belong they are weak, but He is
strong. Yes, Jesus loves me. Yes, Jesus
loves me. Yes, Jesus loves me, for the
Bible tells me so.”

It is true that we have all heard it before, but do you believe it? If so, then why do you question His love when situations are not pleasant and the hurt and pain of disappointment seems unbearable? How important is that very fact of God’s to you?

God wants you to know that He doesn’t just like you. This is not an infatuation for you. He does not just experience an “I’m in love” moment with you. But He extremely loves you.

How does God love you? Let's count the ways...

1. Isaiah 49:16 says He loves you so much that He engraved your name on the palm of His hand.
2. Matthew 10:30 says He loves you so much that He knows how many hairs are on your head.
3. Psalm 56:8 says He loves you so much that He saves your tears in a bottle.
4. Jeremiah 31:3 says He loves you with an everlasting love.

God wants you to know the warmth of His love. ---
Covering

God wants you to know the security of His love. ---
Protection

God desires for you to experience the provision of His love. ----Provider, Healer, Salvation

God desires for you to know the comfort of His love. -
---Holy Spirit to lead and guide in all truth, bring all things to your remembrance, Counselor

God wants you to feel the safety of his love. ---Dwell
in the secret place of the Most High, Keep you from

the snare of the fowler, Keep you from the noisome
pestilence.

Don't miss out. Take full advantage of every
opportunity that God's love provides. Acknowledge it,
walk in it, and confess it daily as you spend time with
Him renewing your relationship.

How To Love Yourself

How positive are you?

Go your nearest mirror and look yourself in the eye. Now say “I am fearfully and wonderfully made. I can do all things through Christ who strengthens me.”

As children, most of us were taught whether subliminally or overtly to love and serve others. It is expected that we will put others above ourselves; we will be caregivers, the sacrificial lambs for our spouses, children, families, and friends. When something goes awry in our relationships, homes, or the lives of our children, we are expected to stand up and take responsibility for this error. And most of us believe that surely, we were not good enough at this love thing, this wife/husband job, or mothering/fathering responsibility to hold it all together.

We become martyrs for the cause without really defining what our feelings about the cause are.

This didn't happen overnight, it is learned behavior.

It is a result of what you have listened to and accepted in your heart. It is contrary to your created purpose and will overthrow God's plan for you if you do not rectify this evil and begin to chart your new life's course.

Are you ready to do Battle? Okay, let's begin.

Take a Walk Down Memory Lane

Picture yourself as a child or take time to view some old photos. Remember your enthusiasm and confidence. What did you want to become? Where did you expect to become? Where did you expect to go in life? How simple was it for you to accomplish the tasks you were given each day? What made you smile the most?

Make A Decision to Stop All Criticism

Refuse to criticize yourself. Accept yourself exactly as you are. Everyone has imperfections, but when you criticize yourself, negativity is given power. Then, doubt and uncertainty constrict your growth. Approval provides the positive energy needed for upward mobility.

Gift Yourself a Joy Journal

- List 10 things that give you joy.
- Purpose to do at least TWO a day.
- Promise yourself to be committed to action.
- Follow through without excuses.

It is a process. Relax, and lean into it.

Learning Not To Rest On Yesterday's Achievements

Yesterday, it is behind me. It is not just the previous day, but it is many days, weeks, and years that have passed. What I accomplished then may have paved the way to where I am today, but it is not today and not my habitation. If I do not look at today as a fresh start and a new beginning with new goals to work toward, then I will forever flounder as if in shallow water. I will never know how far I can swim and how deep I can go.

Yesterday is familiar and good to remember, but it is not where I want to dwell. Yesterday cannot move beyond its place because it is motionless, like stagnant water that cannot purge or cleanse itself with the flow that receives new water and expels old debris. It becomes sore and unpleasant to the senses of sight and smell. Soon, everyone avoids the path around it, and the beauty of it is lost.

So, remember yesterday's achievements are meant to be lessons for today and building blocks for

tomorrow. This is one secret to growth and beauty in your life as you come into the full stature of Jesus Christ. NHisMage.

Down But Not Out

Scriptures Psalms 42:5-6 & 43:5, 2 Corinthians 4:8-9

Each day we are faced with different circumstances and situations where decisions must be made. These issues often affect us and others long term, which may cause us mental anguish as we wrestle or fight to win the war against the enemy of positive confession and biblical truths.

In Psalms 42 the psalmist asked a question of his self, acknowledging his current state of mind. Then he states that he is cast down, the Hebrew word is “shachach” meaning to sink or depress, to bend down or humble self. This may indicate that David composed this psalm while fleeing from Absalom his son and enemy. You can imagine the pain and anguish he was in dealing with a situation such as this. But David reminds himself of his source and help. Praise God. He calls to remembrance a large sacred mountain forming the southern portion of the Anti-Lebanon range, the summit of which consists of 3 peaks which are rarely free of snow. The cool heights condense the moisture of the atmosphere so rapidly that mists fall frequently and cover the mountain. Dew is so thick at night as to be like rain. The upper part is bare, but the slopes are covered

with vegetation. He goes from dryness and drought to refreshing water and growth. As the song says, "From sinking sand you lifted me, from shades of night to the bright light."

In Psalms 43 David ask the question again and this time states that his very being is disquieted (anxious, uneasy, restless, dissatisfied). Yet again he reminds himself to praise God who is the salvation of his countenance. If we look to Yeshua (Jesus) our outlook changes and so does our appearance. What is that part of you where he abides?

2 Corinthians, Paul acknowledges the changes in our mental and emotional outlook. But he lets us know that they are temporal not eternal. When there is a physical fight many times one opponent is knocked down. But he is given an opportunity to rise during the count down time. If he rises before the count is finished he is not defeated. And in many instances has risen to defeat his opponent and become the victor. But he must be focused on the prize, determined, physically prepared and mentally convinced that he is a winner.

We are in the spiritual boxing ring. We cannot discredit our opponent. We must be alert, watchful, prepared to take some blows, but strong enough to fight back. We must have some spiritual muscle behind each punch we throw. Know our source of

strength and help. Remember that the weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds.....

There are times when you will go down.

Acknowledge it, but don't stay there. Get up the count is not over. You are more than a conqueror through Jesus who loves you and gave Himself a ransom for you. Chose to wake up, look up, and move up to the higher elevations where there is refreshing water and continual growth.

Our Products and Services

Life Coaching

NHisMage, Inc employs two certified DreamBuilder Coaches. A coach is the catalyst that helps an individual to unstoppable personal achievement. The power of personal coaching lies in the fact that it provides an individual with the most critical ingredient for extraordinary, consistent success: ongoing support, detailed action plans, constructive feedback and, most importantly, high level perspective.

We have a limited number of appointments available and they often book up quickly, so if you're interested in coaching and you'd like to schedule a complimentary strategy session



Zeal Wellness

Want to get back in the game and do it with gusto? These all-natural products add focus, vitality, and energy to your day. This all-in-one blend transcends the benefits of many supplements and provides your body with the food-based nutrition it needs. Packed with antioxidants and vitamins, Zeal for Life® comes in Bold Grape, Tropic Dream, Wild Berry and Kiwi Watermelon flavors. Enjoy Zeal daily to have more energy and recapture a youthful zeal for life. <http://www.zurvita.com/nhismage>

Who We Are

NHisMage, Inc. is a faith-based organization designed to help people improve their self-images, learn new coping skills, and recognize their abilities. We believe that taking these steps will enhance people's lives and the communities in which they reside. We are ordinary people with extraordinary care, dedication, and vision, working in our homes, neighborhoods, and communities to become a united workforce for positive growth and financial stability.

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