

HARMONI HORIZONS

BI-MONTHLY NEWSLETTER

Iron Sharpens Iron: The Power of Christian Accountability Partners **"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17 (NIV)**

Think about the friendships that have shaped you most. They probably were not the easiest ones — they were the ones where someone who loved you also told you the truth. A friend who showed up in your lowest moments, prayed for you by name, and knew your real struggles. That kind of friendship is not an accident. It is a gift, and according to Scripture, it is exactly what God had in mind.

Friends Who Make Us Better

Solomon put it simply:

"As iron sharpens iron, so one person sharpens another" (Proverbs 27:17).

A true friendship does not leave you exactly as it found you. It refines you, stretches your faith, and calls out the best in you — even when you cannot see it yourself.

- **Hebrews 10:24–25 echoes this:**

"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another." Real friends get close enough to give you that gentle push — and they keep showing up because they genuinely want to see you grow.

- **The Kind of Friend You Can Be Honest With**

James 5:16 holds one of Scripture's most intimate invitations:

"Confess your sins to each other and pray for each other so that you may be healed."

Not a courtroom — a friendship.

Two people who trust each other enough to say, "Here is where I am really struggling," and then pray over each other with confidence that God hears. Do you have a friend you can call when life is not good? One who already knows the messy parts of your story and loves you anyway?

- **Galatians 6:2 calls this the fulfillment of Christ's law:**

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

To love like Jesus is to be the friend who stays.



What This Friendship Looks Like



You do not need a program or curriculum for this kind of sharpening — just proximity, honesty, and a shared love for Jesus:

- **They ask real questions — not just "How are you?" but "How are you really?"**
- **They tell you the truth — gently and lovingly, to see you walk in freedom**
- **They pray with you — not just for you**
- **They show up consistently — because consistency is how trust is built**

"Two are better than one... If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." — Ecclesiastes 4:9-10

God placed you in community on purpose. So reach out. Go a little deeper. Be honest. Be present. Be the kind of friend who sharpens — and let yourself be sharpened in return.

Movie Night



Something exciting is coming to Harmoni Horizons!

Get ready, because August is bringing something truly special!

We are thrilled to announce the launch of our Monthly Christian Movie Night — a time to gather, connect, and be inspired through the power of faith-filled movies.

Whether you're looking for an afternoon of fellowship, reflection, or simply uplifting entertainment surrounded by community, this is the place to be.

We are putting the finishing touches together to make this a memorable experience, so stay tuned — details are coming soon!

Stay connected with us for updates!

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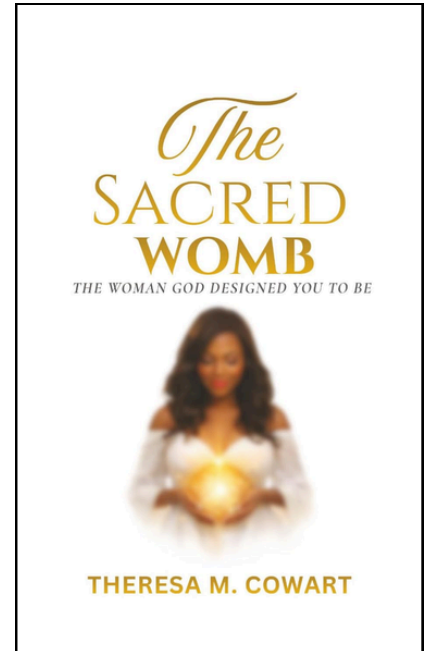
Partner Spotlight

Theresa M. Cowart

Harmoni Horizons is honored to shine a light on one of our remarkable partners, Theresa M. Cowart, a powerful voice for women's healing, identity, and spiritual restoration.

Theresa is the author of the transformative book *The Sacred Womb: The Woman God Designed You to Be* — a deeply moving work that invites women on a journey to reclaim their divine purpose, break free from shame and brokenness, and step boldly into the life God intentionally designed for them.

Through biblical reflection, spiritual insight, affirmations, and powerful declarations, Theresa guides readers to understand that they were never created to carry wounds in silence, but to carry life, purpose, and sacred identity.



The Sacred Womb is available now on Amazon — pick up your copy today!

Daily Affirmation

Take a moment today to speak these truths over yourself — let each word sink in and remind you of who you truly are:

I am not defined by my past, my pain, or the opinions of others — I am defined by the God who created me.

I am healed where I was broken, whole where I felt incomplete, and worthy where I was made to feel small.

I am enough — not because of what I do, but because of Whose I am.

I release shame, I release fear, and I release every voice that told me I was too much or not enough.

I was created sacred, on purpose, and for a purpose.

My story is not over. My healing is not too far. My destiny is not delayed.

I am a woman/man of faith, strength, and grace — and I walk boldly into everything God designed me to be.