

DAILY REFLECTIONS

Week Three



Reflections Study Guide — Week Three

Co-Conspirator

In this week's study guide, we will explore the co-conspirators in our lives. Iyanla Vanzant reminds us that no one comes into our life by accident — they come for a reason, a season, or a lifetime. I offer the thought that the same is true for our allies. An ally may come into our life for a reason or a season. Likewise, an advocate may also come into our life for a reason or a season.

I recently worked with a young person who was being sued unjustly and needed a good lawyer. The universe sent him a court-appointed lawyer who could advocate for him because the lawyer had experienced a similar life challenge as my client. He advocated for this young man in ways no other court-appointed attorney could. I believe he was divinely sent for a reason — to be the best advocate for my friend. He was only in his life for a season — the time of the trial. Now, both of them have gone on to greater things; the season of their time together has passed.

Advocates also come into our life for a reason and a season. Perhaps it's a school counselor, a professional mentor, a practitioner, or a dear friend who reminds us of who we are and Whose we are. They write the letter of recommendation that shows they stand with us. They let others on the board know that if we go, they're going as well. If they hear someone gossiping about us, they stop it. Our name is always safe in their mouth. They will take the risk to hold us accountable — but they do it privately.

Now, the co-conspirator — that person is deep in the trenches with us. If we have to flee a domestic situation in the middle of the night, they allow us to take refuge in their home. If they were abandoned by their parents, we raise them as if they were our own. If they need the funds to go to college, the co-conspirator pays the bill. A co-conspirator's love is unconditional. While a co-conspirator may come into our life for a reason or stay for a season, the difference they make in our life lasts a lifetime.

So this week, think about the people who seemed to come into your life “by chance.” Who were the allies that showed up unexpectedly? Who were the advocates that arrived just in the nick of time? Who showed up and was willing to get down in the mud

with you to pull you out of the eddy you were stuck in? Reflect on that. This week, seek to identify who they are and what you might do to show your gratitude for them.

Study Guide:

Perfect — here's your 7-day study guide for September 17–October 23 following the same style and rhythm as your last weeks.

I've kept the reflection prompts in line with the "Co-Conspirator" theme from your introduction.

CO-CONSPIRATOR

But then, my dear ones, there is the **co-conspirator**. This is sacred kinship. The co-conspirator doesn't just act for you—they act with you. Shoulder to shoulder, risk for risk, soul to soul. They are willing to be uncomfortable, to disrupt systems from the inside, to lose power for the sake of justice. A co-conspirator doesn't need to be thanked, for they know the struggle is mutual and the liberation is shared. Their love is not performative—it is revolutionary.

“The co-conspirator is in the trenches with you, covered in the same dirt, dreaming the same dream, and refusing to leave you behind.”

Reflections Study Guide — Week Three: Co-Conspirator

Dates: August17 – August 23, 2025

Sunday, August 17

Reflection Prompt:

Think of a time when someone unexpectedly entered your life and offered you the exact support you needed. Who were they, and what impact did they have?

Your Reflections:

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Signature: _____ Date: _____

Monday, August 18

Reflection Prompt:

Recall a situation when an advocate stepped in on your behalf. How did they use their voice, influence, or position to stand with you?

Your Reflections:

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Signature: _____ Date: _____

Wednesday, August 20

Reflection Prompt:

Consider a time when you were the ally, advocate, or co-conspirator for someone else. How did it feel to step into that role?

Your Reflections:

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Signature: _____ Date: _____

Friday, August 22

Reflection Prompt:

How has the presence of allies, advocates, and co-conspirators shaped your spiritual growth and resilience?

Your Reflections:

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Signature: _____ Date: _____

Tag: Rev. J

Tag: Rev. Jack Elliott is a motivational storyteller, playwright, and empowerment teacher. Ordained in 1985, he is licensed and affiliated with the Centers for Spiritual Living. He is the Founding President of Heart and Soul Center of Light, the Founding Spiritual Director of ElderPride Incorporated, and the Spiritual Leader of CSL Visalia.

You'll find his essays, videos, and podcasts at www.elderpride4me.org.

If you feel empowered to support his work, click the link below to make a donation. Visit www.elderpride4me.org and click the donate button.

You may also make a donation in his name to Heart and Soul Center of Light by visiting www.heartandsoulcenter.org and clicking the "Donate" button, or by visiting www.cslvisalia.org and clicking their donate button.

Thank you.

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