



01.18.2026

## Summary:

In this powerful message, Pastor Jaime challenges the Church to identify the one area of life that, if improved, would transform everything else. Drawing from 2 Corinthians 3:17-18, he introduces a three-part framework for lasting change in 2026: the "What" (identifying what needs to change), the "How" (creating practical strategies with small, sustainable gains), and most importantly, the "Why" (having a purpose bigger than your obstacles). Through personal stories, he reveals that his family is his ultimate motivation. He shares his vision of reaching age 92 to be present for his children and grandchildren, emphasizing that without a "why" big enough, neither the "what" nor the "how" will sustain you through challenges. This isn't a motivational speech about New Year's resolutions; it's a Spirit-led call to make intentional, meaningful changes that honor God and the people we love.

## Top Points:

1. **Glory to Glory Progression** - 2026 is about going from "better to better," not overnight transformation but sustainable progress
2. **The Three-Part Framework:** What (identify the one thing), How (practical strategies), Why (your deeper motivation)
3. **Small Gains Over Perfection** - Sustainable, attainable victories are better than dramatic resolutions that fail by January 18th
4. **Spirit-Led Adjustments** - Getting with God to identify triggers, parameters, and practical steps for change

5. **The Power of Why** - Your "why" must be bigger than your "what" and "how" to sustain you through obstacles
6. **Family as Motivation** - Being present for loved ones, reaching 92 years old, leaving a legacy
7. **Practical Spirituality** - Living out spiritual principles in everyday life (health, relationships, habits)
8. **No Condemnation** - This is about progress, not perfection; it's about getting better, not being perfect
9. **The Vision of Legacy** - Seeing the end goal: gathering family, passing the baton, releasing blessing to the next generation
10. **Endurance Through Purpose** - Like Jesus endured the cross for the joy set before Him, we endure challenges for our "why"

## Top Quotations:

*"What is that one thing that if it became better changes everything, makes everything better?"*

*"Sometimes small changes for better sets you up for something monumental. Sometimes little is better. Less is more."*

*[The Word says,] "I can do all things through Christ, who gives me strength. He doesn't do it for me, he does it in and through me. He backs me. I do it, He gives me the strength."*

*"If your 'why' is not bigger than your 'how' and your 'what,' you may not have the energy, the strength, the focus to carry this thing on."*

*"For the joy set before Him, He endured the cross... His 'why' was bigger, and it was so big that He was willing to endure it for the joy."*

*"When your 'why' is bigger, then your 'what' is doable. Your 'how' is doable."*