3 Second Rule Analysis

Hook strength evaluation of original clips (references main analysis.json clip numbers). Best picks highlighted. Returns multiple clips (5+) when strong hooks are present.

Humility Is Strength Under Control

Original Clip #3 (3-sec rank #1 of 4)
★ BEST PICK (strongest hook)

Teaching: 00:12:02 – 00:13:10 (68s)
Start this clip at: 00:12:11 – 00:13:10
Hook Strength: 10/10
Why Selected: Instantly challenges the cultural misunderstanding of humility with a sharp, quotable definition.
Best Use: Reels and TikTok opener with bold text overlay of the quote.
Edit Suggestion: Cut right to 'Humility does not mean weakness' and zoom in slightly on the speaker.
Hook Evaluation / Reason: Top tier hook because it directly confronts a common misconception in the first 3 seconds.
Suggested Title: Humility Is Not Weakness
Suggested Caption: Do you confuse humility with weakness? Drop your thoughts below!
Suggested Hashtags: #James3 #BiblicalHumility #Strength #Wisdom #FreedomChurch

Every Conflict Shows Your Source of Wisdom

Original Clip #2 (3-sec rank #2 of 4)
★ BEST PICK (strongest hook)

Teaching: 00:08:05 – 00:09:10 (65s)
Start this clip at: 00:08:18 – 00:09:10
Hook Strength: 9/10
Why Selected: Directly links relational conflict to a deeper spiritual source, forcing immediate self-reflection.
Best Use: Strong Instagram Reel opener for relationship or conflict-themed content.
Edit Suggestion: Start immediately on the word 'Every conflict' without any lead-in audio.
Hook Evaluation / Reason: Incisive statement that stops the scroll by reframing everyday arguments.
Suggested Title: The Root of Every Conflict
Suggested Caption: What is your conflict really revealing about you? Let us know in the comments.
Suggested Hashtags: #James3 #Conflict #HeavenlyWisdom #Relationships #FreedomChurch

Test of Wisdom: Fruit Over Faction

Original Clip #4 (3-sec rank #3 of 4)

Teaching: 00:40:50 – 00:42:00 (70s)
Start this clip at: 00:40:43 – 00:42:00
Hook Strength: 9/10
Why Selected: Uses a striking paradox between peace and purity that captivates listeners instantly.
Best Use: Thought-provoking short format clip with split-screen text graphics.
Edit Suggestion: Trim any initial breath and punch the audio right on 'Peace that skips purity.'
Hook Evaluation / Reason: Poetic and theological punchiness makes this an incredible intellectual hook.
Suggested Title: Peace vs Purity
Suggested Caption: How do you balance peace and purity in your walk with God?
Suggested Hashtags: #James3 #SpiritualFruit #TruthAndGrace #Wisdom #FreedomChurch

The Orphan Spirit Versus The Son

Original Clip #1 (3-sec rank #4 of 4)

Teaching: 00:16:08 – 00:17:20 (72s)

Start this clip at: 00:16:27 – 00:17:20
Hook Strength: 8/10
Why Selected: Introduces a compelling psychological and spiritual concept ('orphan spirit') right at the start.
Best Use: Identity-focused Reel addressing striving and anxiety.
Edit Suggestion: Start right on 'One kind is the wisdom...' and add subtle background atmosphere music.
Hook Evaluation / Reason: Strong conceptual hook that resonates deeply with audiences struggling with identity.
Suggested Title: The Orphan Spirit Explained
Suggested Caption: Are you living with an orphan spirit or as a son and daughter?
Suggested Hashtags: #James3 #OrphanSpirit #IdentityInChrist #Sonship #FreedomChurch

YouTube Post / Repost

Title for social: James 3:13-18 - Heavenly Versus Earthly Wisdom

Why watch: Do you confuse humility with weakness? Drop your thoughts below! What is your conflict really revealing about you? Let us know in the comments.

Start the video here: 00:00:00 — The message starts on this line: And giving, you know, we are entering the holiday season in this season this month in particular is

Open with these clips:
1. Humility Is Strength Under Control — 00:12:11 — Instantly challenges the cultural misunderstanding of humility with a sharp, quotable definition.
2. Every Conflict Shows Your Source of Wisdom — 00:08:18 — Directly links relational conflict to a deeper spiritual source, forcing immediate self-reflection.

★ *Best Pick(s)*

- **Original Clip #3: Humility Is Strength Under Control** (hook strength 10/10)
- **Original Clip #2: Every Conflict Shows Your Source of Wisdom** (hook strength 9/10)

Overall Note

The strongest hooks in this series are Original Clip #3 and Original Clip #2. Original Clip #3 stands out as the best overall pick because it challenges a widespread cultural and religious misconception ('Humility does not mean weakness') within the very first second. Original Clip #2 follows closely as a powerful diagnostic hook regarding conflict. Prioritize posting Clip #3 first to maximize initial engagement, followed by Clip #2 to maintain a high-value teaching stream.

Edit in Resolve or Premiere

DaVinci Resolve
1. Open DaVinci Resolve.
2. Load the media into the Media Pool (File → Import → Media, or drag the clips in).
3. Then File → Import → Timeline, and pick 20261101_103536_20261101_1904_3sec_open_Resolve.fcpxml.

Adobe Premiere
1. Open Adobe Premiere.
2. Import the media (File → Import, or drag the clips into the Project panel).
3. Then File → Import, and pick 20261101_103536_20261101_1904_3sec_open_Premiere.xml.

Common files

Sermon video: 2026-11-01 10-35-36.mp4

Open-with clips:
- 03_humility-is-strength-under-control_pad30-60.mp4 (longer edit copy)

- 02_every-conflict-shows-your-source-of-wisdom_pad30-60.mp4 (longer edit copy)

Resolve file: 20261101_103536_20261101_1904_3sec_open_Resolve.fcpxml
Premiere file: 20261101_103536_20261101_1904_3sec_open_Premiere.xml

Video: 20261101 103536 | Generated: 2026-11-01 19:04

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