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A More Excellent Way Henry Wright

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Discovering A More Excellent Way: Henry Wright's Transformative Approach to Health and Healing

For decades, the conversation around health has been dominated by pharmaceuticals, surgical interventions, and symptom management. Yet, a growing number of individuals are seeking answers that go beyond the physical body. One voice that has resonated deeply within this search is that of **Henry Wright**, a teacher and author whose landmark book, *A More Excellent Way*, offers a radically different perspective on the origins of disease and the pathway to wholeness. This article explores the core principles of Henry Wright's teachings, examines the spiritual roots of illness as he presents them, and provides a practical guide for anyone seeking a more integrated approach to healing. Whether you are a long-time student of spiritual health or entirely new to these concepts, understanding **A More Excellent Way Henry Wright** describes can open a door to profound personal transformation.

Who Is Henry Wright?

Before diving into the content of his most famous work, it is helpful to understand the man behind the message. **Henry Wright** was a pastor and teacher who spent over three decades studying the relationship between spiritual health and physical well-being. He founded Be in Health, a ministry dedicated to helping individuals find freedom from chronic illness, emotional trauma, and relational brokenness. Wright's teachings are grounded in a biblical worldview, but they are presented in a way that is accessible to anyone curious about the intersection of faith, psychology, and medicine. His central thesis is that many physical ailments have spiritual and emotional root causes—and that addressing these root causes leads to lasting healing.

The Core Premise of A More Excellent Way

The title itself, *A More Excellent Way*, is a direct reference to 1 Corinthians 12:31, where the Apostle Paul speaks of a "more excellent way" of love. Wright takes this scriptural concept and applies it to the realm of health. He argues that God's original design for humanity included perfect physical, emotional, and spiritual health. Disease, in his view, is often a consequence of being out of alignment with that design—particularly through unresolved sin, unforgiveness, fear, and ungodly beliefs.

According to **Henry Wright**, the "more excellent way" is not a new medical breakthrough or a secret diet. It is a return to the foundational principles of love, truth, and reconciliation. He insists that when we address the spiritual issues that underlie our physical symptoms, we open the door for genuine, supernatural healing.

The Three-Fold Nature of Humanity

A key framework in **A More Excellent Way** is the understanding that human beings are tripartite: spirit, soul, and body. Wright emphasizes that disease can originate in any of these three areas, but that most medical approaches only address the body. He writes extensively about how unresolved spiritual issues (such as

unforgiveness or rebellion) and soul-level problems (such as fear, anxiety, and shame) can manifest as physical illness. By recognizing this three-fold nature, readers are invited to conduct a thorough self-examination rather than simply treating symptoms.

Spiritual Roots of Disease According to Henry Wright

One of the most compelling and controversial aspects of **A More Excellent Way Henry Wright** authored is the detailed list of spiritual roots associated with specific diseases. Wright does not claim that every illness has a spiritual cause, but he provides a comprehensive map of how certain emotional and spiritual states correlate with physical conditions. Below are some of the major categories he explores.

Fear and Anxiety

Wright identifies fear as one of the most pervasive spiritual root causes of illness. He connects chronic fear with conditions affecting the immune system, the digestive system, and the heart. According to his teaching, fear is not merely an emotion—it is a spiritual force that opens the door to physical breakdown. He often references the biblical instruction to "fear not" as a medical prescription rather than just a comforting suggestion.

Unforgiveness and Bitterness

Perhaps no topic is more central to **Henry Wright**'s message than unforgiveness. He argues that harboring resentment against others is one of the most common pathways to sickness. He links unforgiveness to conditions such as arthritis, cancer, and various inflammatory disorders. In *A More Excellent Way*, Wright provides practical steps for identifying and releasing deep-seated bitterness, emphasizing that forgiveness is not about condoning wrongdoing but about freeing oneself from a spiritual poison.

Rebellion and Pride

Wright also teaches that rebellion against legitimate authority—whether parental, governmental, or spiritual—can create a spiritual environment conducive to disease. He connects rebellion to musculoskeletal issues, skin disorders, and chronic fatigue. Similarly, pride is seen as a root of many mental and emotional struggles, including depression and anxiety disorders. The "more excellent way" involves humility, submission to truth, and a willingness to examine one's own heart.

Occult Involvement and Generational Curses

A more controversial but integral part of **Henry Wright**'s teaching involves the spiritual impact of occult practices and generational sin. He suggests that involvement in activities such as astrology, séances, or Eastern meditation can open spiritual doors that lead to physical and mental oppression. Likewise, he discusses the concept of generational curses—patterns of sin and sickness passed down through family lines. Wright offers prayer and renunciation as the means of breaking these cycles.

Practical Steps for Applying A More Excellent Way

Reading **A More Excellent Way Henry Wright** wrote is not intended to be a passive intellectual exercise. Wright designed the book as a manual for personal transformation. Below are practical steps derived from his teachings that readers can implement immediately.

Step 1: Identify the Root

The first step is to stop focusing solely on the symptom and begin asking deeper questions. Wright provides diagnostic tools—essentially a spiritual and emotional symptom checker—that help readers identify which spiritual root may be at play. For example, if you suffer from chronic back pain, he might ask you to examine whether you are carrying a burden of fear or responsibility that was never meant to be yours.

Step 2: Confession and Repentance

Once a root cause is identified, Wright advocates for honest confession. This is not about shame or self-condemnation, but about bringing hidden issues into the light. Confession, in his view, breaks the power of secrets and opens the heart to receive God's healing grace. Repentance involves a genuine change of mind and direction—turning away from the sin or fear that has been holding you captive.

Step 3: Forgiveness and Reconciliation

If unforgiveness is identified as a root, Wright provides a clear pathway to freedom. This includes naming the person or situation, expressing the hurt honestly before God, and making a deliberate choice to release the debt. He also encourages actual reconciliation where possible, though he acknowledges that this is not always safe or feasible. The key is the internal release, not necessarily the external relationship.

Step 4: Renouncing Fear and Embracing Love

Wright teaches that love is the ultimate antidote to fear. In **A More Excellent Way**, he explains that perfect love casts out fear. He encourages readers to meditate on God's love, to practice gratitude, and to actively replace fearful thoughts with truths from Scripture. This is a discipline that requires daily practice but yields significant physical and emotional benefits.

Step 5: Prayer for Healing

Finally, Wright emphasizes the importance of prayer—not as a formula, but as a relational connection with the Creator. He teaches that healing is not something we earn but something we receive. Prayer is the means by which we align ourselves with God's will and open our bodies to supernatural restoration. Many readers of *A More Excellent Way* report significant physical improvements after engaging in sustained, intentional prayer based on the principles Wright outlines.

Criticisms and Considerations

It is important to acknowledge that **Henry Wright**'s teachings are not without critics. Some medical professionals argue that his approach can lead to guilt and shame for individuals who do not experience healing. Others caution against rejecting conventional medicine in favor of a purely spiritual approach. Wright himself, however, does not discourage medical treatment. He encourages readers to view medicine as a gift from God while recognizing that true, lasting healing often requires addressing spiritual dimensions that medicine cannot touch.

Readers are encouraged to approach **A More Excellent Way** with discernment. The book is best used as a complementary resource alongside professional medical care, not as a replacement. Its greatest value lies in its invitation to holistic self-examination—considering the emotional, relational, and spiritual factors that may be contributing to physical distress.

The Lasting Impact of Henry Wright's Work

Despite the controversies, *A More Excellent Way* has sold hundreds of thousands of copies and has been translated into multiple languages. Testimonials from readers around the world describe dramatic healings from conditions ranging from chronic pain to autoimmune disorders to deep emotional trauma. The Be in Health ministry continues to offer conferences, support groups, and resources based on Wright's teachings.

What makes **Henry Wright**'s message so enduring is its emphasis on love as the foundation of health. In a world that often reduces healing to a chemical equation, Wright calls us back to a more ancient and holistic understanding. He reminds us that the body, mind, and spirit are deeply interconnected, and that true health requires harmony in all three.

Conclusion

A More Excellent Way is more than a book—it is an invitation to a transformed life. By exploring the spiritual roots of disease and offering a practical path toward forgiveness, freedom, and love, Wright provides a framework that addresses the whole person. Whether you are struggling with a chronic condition, seeking deeper emotional healing, or simply curious about the connection between faith and health, this work offers profound insights. The journey begins with a single question: Are you willing to look beyond the symptom and seek the root? If so, you may just discover the more excellent way you have been searching for.

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