SOFTWARE & TECH

# A More Excellent Way By Henry Wright

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## Introduction: Discovering the Path to Wholeness

In a world where physical ailments, emotional turmoil, and relational fractures seem ubiquitous, the search for true healing often leads people down many paths. Some turn to modern medicine, others to alternative therapies, and many to spiritual practices. Yet, for countless readers, one book has stood out as a transformative guide that bridges the gap between faith and wellness: **A More Excellent Way by Henry Wright**. This groundbreaking work, first published in the early 2000s, presents a biblical perspective on healing that challenges conventional thinking and offers a holistic approach to health. Henry Wright, a pastor and teacher with decades of experience in spiritual ministry, wrote this book to help believers understand the root causes of sickness and disease from a spiritual standpoint. The core premise is that many physical and emotional problems stem from unresolved spiritual issues such as sin, unforgiveness, fear, and generational patterns. In this article, we will explore the key themes, practical applications, and lasting impact of **A More Excellent Way By Henry Wright**, and why it continues to resonate with readers seeking a deeper, more integrated understanding of healing.

## Who Is Henry Wright and Why Did He Write This Book?

Henry Wright was a minister, teacher, and founder of Be In Health, a ministry dedicated to helping people experience wholeness through biblical truth. For over 30 years, he taught on the relationship between spiritual health and physical well-being. His teachings were influenced by his own journey of overcoming serious health issues, including a life-threatening heart condition, through prayer, repentance, and aligning with God's design. Wright believed that many diseases are not random but are connected to specific spiritual root causes, such as bitterness, rebellion, or a spirit of infirmity. He sought to provide a systematic, easy-to-understand framework that individuals could apply to their own lives. **A More Excellent Way** is the culmination of his life's work, offering readers a comprehensive manual for identifying and resolving the spiritual issues that may be hindering their healing.

## Core Themes of "A More Excellent Way by Henry Wright"

### The Biblical Foundation of Healing

Wright anchors his entire teaching in Scripture, particularly the Old and New Testaments. He emphasizes that God's original design for humanity was one of perfect health—spirit, soul, and body. Sin entered the world and brought sickness, but through Christ's atonement, healing is available. He often cites passages like Isaiah 53:5 ("by His stripes we are healed") and 3 John 1:2 ("I pray that you may prosper in all things and be in health, just as your soul prospers"). The book encourages readers to see healing not as an optional extra but as part of the redemptive package. Wright argues that many Christians are unaware of the spiritual laws that govern health and that ignorance of these laws can lead to unnecessary suffering.

### Identifying Spiritual Root Causes of Sickness

Perhaps the most distinctive feature of **A More Excellent Way by Henry Wright** is its detailed classification of diseases and their possible spiritual roots. Wright provides a comprehensive list of physical and emotional conditions—from cancer and heart disease to depression and anxiety—and links each to specific spiritual issues.

For example, he suggests that fear and anxiety can open the door to heart conditions, while bitterness and unforgiveness are often linked to arthritis and other inflammatory diseases. He also addresses generational curses, patterns of sin passed down through families, which can manifest as recurring health problems. Wright is careful to note that not all sickness is directly caused by sin; natural causes exist, but he encourages readers to examine their lives for spiritual blockages that may be hindering healing.

### The Role of Repentance, Forgiveness, and Deliverance

Central to the healing process Wright describes is the practice of repentance—turning away from sin and turning toward God—and forgiveness, both receiving and extending it. He teaches that unforgiveness is a major hindrance to healing because it creates a root of bitterness that defiles many (Hebrews 12:15). The book includes practical steps for identifying areas of unforgiveness in relationships, whether toward parents, spouses, or oneself. Additionally, Wright discusses the need for deliverance from demonic oppression, which he believes can cause or exacerbate physical and mental illnesses. He provides prayers and declarations that readers can use to renounce specific sins, break generational ties, and invite God's healing power into their lives. This practical, actionable approach has made the book a valuable resource for small groups and individuals alike.

### Emotional Healing and the Mind-Body Connection

Long before the term "mind-body connection" became mainstream in secular wellness circles, Wright was teaching that emotional wounds can manifest as physical symptoms. **A More Excellent Way** delves into the impact of trauma, abuse, rejection, and shame on overall health. Wright encourages readers to bring these hidden wounds to the light, to forgive those who hurt them, and to receive God's love and acceptance. He also addresses common emotional strongholds like fear, worry, and anger, explaining how they can affect the body's stress response and immune function. By offering a biblical perspective on emotional health, Wright provides a framework that complements modern psychological insights while remaining firmly rooted in faith.

## Practical Applications: How to Use "A More Excellent Way"

Many readers find that the true value of **A More Excellent Way by Henry Wright** lies in its practicality. The book is organized so that readers can look up their specific condition and read the corresponding chapter. For example, someone struggling with chronic fatigue might read the section on weariness and learn about the spiritual issues of burden-bearing or false responsibility. Each chapter typically includes:

- A list of symptoms and possible medical descriptions.
- Biblical references that address the root issue.
- Prayers of confession and renunciation to release the spiritual stronghold.
- Affirmations of truth to renew the mind.

This structure makes it easy to use the book as a daily devotional or a prayer guide. Many churches and ministry groups have incorporated the teachings into healing rooms or prayer counseling sessions. The book also includes appendices with prayers for specific issues like eating disorders, addiction, and marital strife.

### Healing Through Community and Counsel

Wright emphasizes that healing is not meant to be pursued in isolation. He encourages readers to seek support from pastors, counselors, and trusted friends. The book includes guidelines for forming healing groups where members can pray for one another, confess sins, and hold each other accountable. This community aspect is crucial because many root causes involve relational wounds that require reconciliation. By following the principles in **A More Excellent Way**, individuals can experience not only physical improvement but also deeper, more

meaningful relationships with God and others.

## Criticisms and Considerations

While **A More Excellent Way by Henry Wright** has been life-changing for many, it is not without its critics. Some theologians caution against oversimplifying the connection between sin and sickness, noting that the Bible does not always attribute disease to personal sin (see the story of Job or the man born blind in John 9). Others worry that the book might inadvertently cause guilt or shame in those who do not experience healing, leading them to believe they have insufficient faith or hidden sin. Wright himself addresses these concerns, stating that his teachings are meant to be a tool for examination, not a source of condemnation. He encourages readers to seek God's guidance and to continue walking in faith even if healing does not come immediately.

Additionally, some medical professionals express skepticism about the specific disease-root cause correlations, which are not scientifically proven. However, many readers appreciate the book as a complementary approach that addresses spiritual and emotional dimensions often neglected in conventional medicine. It is important to note that Wright does not discourage medical treatment; rather, he sees it as part of God's provision. The book's subtitle, "A More Excellent Way," reflects the idea that spiritual healing is a higher but not exclusive path.

## The Lasting Legacy of Henry Wright's Teachings

Since its publication, **A More Excellent Way** has sold hundreds of thousands of copies and has been translated into multiple languages. Henry Wright passed away in 2019, but his ministry, Be In Health, continues to offer resources, conferences, and training based on his teachings. The book remains a staple in the Christian healing movement and is often recommended by pastors, counselors, and individuals seeking a deeper understanding of how faith intersects with health. Its influence can be seen in the growing interest in "biblical wellness" and "spiritual roots of disease" within many charismatic and evangelical circles.

For those who are new to the concepts, **A More Excellent Way by Henry Wright** serves as an accessible entry point. It challenges readers to take an honest look at their hearts, to forgive as they have been forgiven, and to trust God for complete restoration. Whether you are suffering from a chronic illness, dealing with emotional pain, or simply curious about the spiritual dimensions of health, this book offers a roadmap that is both profound and practical. It invites you to step into a more excellent way—a way of wholeness that begins with the soul.

## Conclusion: Embrace the Journey Toward Wholeness

In a culture that often separates the physical, emotional, and spiritual aspects of health, **A More Excellent Way by Henry Wright** stands as a powerful call to integration. It reminds us that we are not just bodies to be fixed but whole persons created for relationship with God and others. By identifying and addressing the spiritual root causes of our pain, we can experience freedom that goes beyond symptom management. The book’s enduring popularity testifies to the deep hunger for authentic healing that many people carry. Whether you approach it with skepticism or open faith, the principles within these pages have the potential to transform your perspective on sickness, health, and the God who desires to make us whole. If you are looking for a comprehensive, biblically grounded guide to healing, **A More Excellent Way** is a resource worth exploring. It may just lead you down the path to the abundant life that Jesus promised—a life of health, peace, and purpose.

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