SOFTWARE & TECH

# Henry W Wright A More Excellent Way

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## Understanding the Foundations of Henry W Wright: A More Excellent Way

In the vast landscape of Christian literature on healing and spiritual well-being, few works have resonated as deeply as Henry W Wright's seminal book, **A More Excellent Way**. First published in the 1980s and expanded over the years, this text offers a comprehensive biblical framework for understanding the spiritual roots of physical and emotional illness. For readers seeking clarity on the connection between faith, health, and emotional wholeness, Henry W Wright's teachings present a thought-provoking perspective that has influenced countless individuals worldwide.

Henry W Wright, the founder of Be in Health Ministries in Thomaston, Georgia, spent decades studying the relationship between sin, emotional trauma, and disease. His work challenges conventional thinking by proposing that many sicknesses have spiritual origins that require repentance, forgiveness, and deliverance rather than medical intervention alone. While the book does not dismiss medicine, it emphasizes that lasting healing often involves addressing root causes that lie beneath the surface of symptoms.

## The Core Message of A More Excellent Way

At the heart of **Henry W Wright A More Excellent Way** is the premise that God designed the human being as a unified whole consisting of spirit, soul, and body. When one aspect of this tripartite nature is out of alignment with God's design, the whole person suffers. Wright argues that many diseases commonly treated by medicine are actually manifestations of unresolved spiritual issues such as bitterness, fear, rejection, unforgiveness, and demonic oppression.

The book takes readers systematically through various categories of illness and links each one to a specific spiritual root. For example, Wright associates arthritis with criticism and a critical spirit, cancer with bitterness and resentment, and heart disease with emotional stress rooted in fear and anxiety. While these connections may seem simplistic at first glance, Wright supports his claims with extensive scriptural references and years of pastoral counseling experience.

### Biblical Foundations for Healing

Wright grounds his teachings firmly in Scripture, drawing heavily from passages such as 3 John 1:2, which states, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." This verse becomes a foundational principle for Wright's argument that physical health is directly tied to the state of one's soul. When the soul suffers from sin, trauma, or spiritual bondage, the body eventually reflects that suffering.

Another key passage for Wright is Proverbs 4:23: "Keep your heart with all diligence, for out of it spring the issues of life." Wright interprets this as meaning that the emotional and spiritual state of the heart determines the quality of one's physical life. A heart filled with bitterness, fear, or unforgiveness cannot produce health, just as a poisoned well cannot produce clean water.

### The Role of Forgiveness in Physical Healing

One of the central themes in **Henry W Wright A More Excellent Way** is the necessity of forgiveness. Wright devotes considerable attention to the destructive power of unforgiveness, which he identifies as a primary root

cause of numerous physical ailments. According to Wright, when a person refuses to forgive, they hold onto bitterness that literally affects their body at a cellular level. The stress hormone cortisol remains elevated, the immune system weakens, and the body becomes susceptible to disease.

Wright teaches that forgiveness is not about condoning wrongdoing or pretending that an offense did not occur. Rather, forgiveness is a choice to release the offender from the debt of justice that only God can properly handle. This release, Wright argues, opens the door for God's healing power to flow into the body. Many readers have reported physical healings after applying the forgiveness principles outlined in the book.

## Exploring the Spiritual Roots of Specific Diseases

The bulk of **A More Excellent Way** is organized around specific diseases and their alleged spiritual roots. Wright does not claim to have uncovered every cause for every illness, but he presents patterns he observed over many years of ministry. Understanding these connections requires an open mind and a willingness to consider that physical symptoms may have non-physical origins.

### Fear and Anxiety as Root Causes

Wright identifies fear as one of the most pervasive spiritual roots of disease. He writes extensively about how fear, when left unchecked, opens the door to torment, anxiety disorders, and even physical conditions such as heart palpitations and digestive issues. Drawing from 2 Timothy 1:7, which states that God has not given us a spirit of fear, Wright argues that fear is not from God and must be actively renounced and replaced with faith.

For those struggling with chronic anxiety, Wright recommends a process of identifying the specific fear, confessing it as sin, and receiving God's peace through the Holy Spirit. He emphasizes that fear is often rooted in a lack of trust in God's character or a belief that one must control outcomes rather than surrendering them to divine providence.

### Bitterness and Cancer

Perhaps the most controversial connection Wright makes is between bitterness and cancer. He argues that unresolved bitterness, often stemming from deep wounds caused by betrayal or abuse, creates a spiritual environment in which cancer can thrive. Wright cites numerous examples from his ministry in which individuals diagnosed with cancer experienced complete remission after forgiving those who had deeply hurt them.

While medical science does not recognize bitterness as a direct cause of cancer, Wright's perspective aligns with emerging research on the link between chronic stress, inflammation, and disease. Whether or not one accepts the spiritual etiology Wright proposes, his emphasis on emotional healing as part of cancer recovery offers a holistic approach that many find beneficial.

### Rejection and Heart Disease

Wright also addresses rejection as a root of heart disease, both physically and spiritually. He explains that a wounded heart, one that has experienced rejection from parents, spouses, or significant others, can manifest as literal heart problems. The emotional pain of rejection, he argues, places strain on the cardiovascular system and can lead to hypertension, arrhythmia, and even heart attacks.

The solution Wright offers is a deep encounter with God's unconditional love and acceptance. He teaches that every person must know, at the core of their being, that they are loved and accepted by God regardless of human rejection. This knowledge, he believes, can heal the wounded heart and restore physical health.

## Practical Steps for Applying A More Excellent Way

For readers who wish to apply the principles of **Henry W Wright A More Excellent Way** to their own lives, the book provides a structured approach. Wright encourages readers to pray through specific areas of their lives, asking the Holy Spirit to reveal any spiritual roots of sickness. He emphasizes the importance of self-examination, confession, and repentance as daily disciplines.

### Self-Examination and Confession

Wright advises readers to regularly examine their hearts for unforgiveness, bitterness, fear, and other negative emotions. He suggests journaling as a tool for identifying patterns of thought and behavior that may be contributing to physical symptoms. Once identified, these issues should be confessed to God and, where appropriate, to others who have been affected.

Confession, for Wright, is not merely admitting wrongdoing but actively renouncing the sin and turning away from it. This turning, or repentance, is essential for breaking the spiritual cycle that perpetuates disease. Wright often quotes Proverbs 28:13: "He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy."

### Renouncing Spiritual Bondage

In addition to confession, Wright teaches that some individuals need to renounce specific demonic influences that have gained access through sin or trauma. He distinguishes between ordinary temptation and demonic oppression, arguing that persistent patterns of sickness may indicate a need for deliverance ministry. Wright provides prayer guidelines for breaking generational curses, renouncing soul ties, and closing doors to demonic activity.

### Receiving God's Healing Power

After addressing the spiritual root, Wright encourages readers to actively receive God's healing. This may involve prayer with laying on of hands, anointing with oil, or simply trusting in God's promises. Wright emphasizes that healing is a gift received by faith, not earned by works. However, he also notes that unresolved sin can block the flow of God's healing power, which is why repentance must precede or accompany petitions for healing.

## Critiques and Considerations

While **A More Excellent Way** has helped many people, it is important to approach it with discernment. Critics point out that Wright's teachings can lead to guilt and shame, especially when individuals do not experience healing after following his steps. The implication that sickness is always caused by sin can be damaging to those already suffering from serious illness.

Wright himself acknowledges that not all sickness is caused by sin, citing examples such as Job and the man born blind in John 9. He encourages readers to seek God for personal revelation rather than assuming a one-size-fits-all diagnosis. Still, the book's structure tends to suggest universal patterns that may not apply to every individual situation.

Medical professionals also caution against replacing medical treatment with spiritual practices. Wright does not advocate abandoning medicine, but some readers may interpret his teachings as minimizing the role of physicians. The healthiest approach is to view Wright's work as a complement to medical care, not a replacement.

## The Enduring Impact of A More Excellent Way

Despite critiques, **Henry W Wright A More Excellent Way** remains a widely read and influential book in Christian healing circles. It has been translated into multiple languages and continues to be used in churches, small groups, and counseling ministries. The Be in Health organization, founded by Wright, offers conferences, training programs, and a residential healing center based on the principles of the book.

What makes Wright's work enduring is its emphasis on personal responsibility and the power of forgiveness. In a culture that often seeks quick fixes and external solutions, Wright calls readers to look inward and address the emotional and spiritual issues that may be undermining their health. This call to inner work resonates with many who have found that medical treatment alone does not bring lasting healing.

Additionally, Wright's teachings align with a growing body of research in psychoneuroimmunology, which studies the connections between psychological states, the nervous system, and the immune system. While Wright uses spiritual rather than scientific language, the underlying premise that emotional health affects physical health is now widely accepted in mainstream medicine.

## Conclusion

**Henry W Wright A More Excellent Way** offers a bold and challenging perspective on the relationship between spiritual health and physical well-being. For readers open to exploring the possibility that unresolved emotional and spiritual issues may be contributing to their physical symptoms, the book provides a detailed roadmap for self-examination, repentance, and healing. While not a substitute for medical care, Wright's teachings invite a holistic approach that addresses the whole person: body, soul, and spirit. Whether one fully accepts every connection Wright proposes or simply appreciates the emphasis on forgiveness and emotional healing, **A More Excellent Way** continues to serve as a valuable resource for those seeking a deeper understanding of the spiritual dimensions of health. The book's core message remains as relevant today as when it was first written: that true healing often begins with the heart, and that God's design for human flourishing encompasses far more than the absence of disease.


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