

# **EXPOSING THE SPIRITUAL ROOTS OF DIABETES**

**POWERFUL ANSWERS FOR  
HEALING AND DISEASE PREVENTION**

**DR. HENRY W. WRIGHT**



**WHITAKER  
HOUSE**

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All Scripture quotations are taken from the King James Version of the Holy Bible.

Boldface type in Scripture quotations indicates the author's emphasis. The forms **LORD** and **God** (in small capital letters) in Bible quotations represent the Hebrew name for God *Yahweh* (Jehovah), while *Lord* and *God* normally represent the name *Adonai*, in accordance with the Bible version used.

## Exposing the Spiritual Roots of Diabetes

Powerful Answers for Healing and Disease Prevention

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## DISCLAIMER

We do not seek to be in conflict with any medical or psychiatric practice, or any church or its religious doctrines, beliefs, or practices. We are not part of medicine or psychology; we are working to make them more effective, believing that many human problems are fundamentally spiritual, with associated physiological and psychological manifestations. This information is intended for your general knowledge only, to give insight into disease, its problems, and possible solutions. It is not a substitute for medical advice or treatment from specific medical conditions or disorders. We do not diagnose or treat disease.

You should seek prompt medical care for any specific health issues. Treatment modalities around your specific health issues are between you and your physician. We are not responsible for a person's disease or their healing. We are administering the Scriptures and what they say about this subject, along with what the medical and scientific communities have observed in line with this insight. There is no guarantee any person will be healed or any disease prevented. The fruit of this teaching will come

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forth out of the application of the principles and the relationship between each person and God. Be in Health® is patterned after 2 Corinthians 5:18–20, 1 Corinthians 12, Ephesians 4, and Mark 16:15–20.

## FOREWORD

**M**y husband, Dr. Henry W. Wright, was a brilliant man with a hunger for learning and an even stronger desire to serve God with all of his heart. He met the challenges of life with compassion, tough love, and his unique humor. It would be impossible to measure the impact he had on the lives of the people around him. His heart was to lead others to wholeness and peace in the love of God. He did his best to represent God's love in all that he did.

During his early years as a pastor, Henry's prayer was for answers to why physical healing from disease was not happening as often as it should in the church. That question, and God's answers, began his lifelong journey to exposing the spiritual roots of disease that were plaguing the body of Christ.

Henry spent decades researching biblical truths on what God said about healing, studying case histories of the people who came to the ministry for help, and learning about diseases and their effects on the human body from medical science. Together, we founded Be in Health and traveled throughout the United States and countries worldwide to teach biblical truths

for overcoming diseases. The fantastic results were healing and restoration for tens of thousands of people across the globe. As the need for ministry increased, the For My Life Retreat was birthed. This impactful weeklong retreat on our church campus in Thomaston, Georgia, helps people understand the spiritual root causes of disease, apply the scriptural truths to their lives, and learn how to be set free!

Henry passed away in November 2019. Along with our family, church, and friends, I miss his presence every day. Shortly after Henry's passing, God spoke to my heart, "He's with Me, and he's good." Over five years ago, Henry and I, along with the Board of Elders, developed a plan to carry the biblical truths God had given him far into the future. Through Henry's relationship with the eldership and church body, we had a clear vision of how to move forward. Henry's vision was to establish generations of overcomers who would be restored—spirit, soul, and body—by God's Word and love.

Today, that is exactly what we are doing. The Be in Health team has expanded and continues to minister to thousands each month via our Thomaston, Georgia, campus, online seminars, mini-teachings, and conferences in cities across the country. The world is in great need of God's love and power to defeat the enemy and any diseases in their lives. I hope the biblical insights Henry deposited in this book help lead you in your journey of healing and restoration.

—Donna Wright

# One

## WHY AM I SICK?

Why am I sick?" "Why did this happen to me?" If you are fighting diabetes, you are searching everywhere for answers to these questions. At Be in Health, I have spent decades researching the *root cause of disease*. This is vital because people want answers to these questions: "Why am I sick?" "How can I be well?" Doesn't it make sense that we get down to the *root cause* that triggers disease in the first place? From there we can uproot it! Why? Because God's desire is for you to live in health and wholeness!

By God's grace, we have discovered answers to the root causes of disease that can put you on the road to healing and health. I want to state from the beginning that my research has revealed that approximately 80 percent of all chronic diseases have a *spiritual root cause*. Eighty percent is an astounding number! I believe that it is God's will to expose those spiritual roots and set you on the pathway to health. Because of what God has revealed in over thirty years of observing case studies, researching science, and studying His Word, thousands of people worldwide are free of their diseases and syndromes because they dealt with the root

issues causing the manifestations. The healing answers that we will share in this book are from God's guidance and His Word and all the glory for these healings belongs to Him!

## GOD'S PROMISES FOR HEALTH

God has given us many promises for health and healing. He meant for us to live in wholeness. “[I am the God] who forgiveth all thine iniquities; who healeth all thy diseases” (Psalm 103:3). “Who his own self [Jesus] bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed” (1 Peter 2:24). Jesus also declared that healing was the “children’s bread.” (See Matthew 15:26.)

If God has promised us that our diseases can be healed, then why are we sick? Why are so many people, including Christians, still suffering with chronic illnesses—autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, lupus, Graves’ disease, diabetes 1, as well as cancer, diabetes 2, high blood pressure and heart disease, chronic depression, and so many more? To find the answers, we need to take a journey together to expose the spiritual roots of disease and discover how you can live in wholeness—spirit, soul, and body. My prayer is that this journey will fill you with peace and produce the understanding and wisdom that will bring you freedom from disease!

## OVERCOMING DIABETES

According to national studies, “...34.2 million people in the United States were living with diagnosed or undiagnosed

diabetes in 2018. That's about 10.5 percent of the population. Ninety to 95 percent of the people with diabetes have type 2. The percentage of people with diabetes increases with age.... Among those 65 years old and older, the rate reaches 26.8 percent.”<sup>1</sup>

There are two main types of diabetes: type 1 and type 2. Although type 2 diabetes is far more prevalent, both are chronic illnesses that affect the way your pancreas produces or regulates blood sugar (glucose). A well-functioning pancreas produces insulin, the hormone that enables the sugar to move from our blood into other body cells to be used for energy. In both types of diabetes, the individual is dealing with high levels of sugar in the blood. However, there are significant differences in the physical and spiritual causes.

Type 1 diabetes is an autoimmune disease. Autoimmune means “immunity against self.” The immune system contains white corpuscles that were designed by God to fight off foreign invaders like bacteria and viruses in your body. In an autoimmune disease, your white corpuscles are malfunctioning and identifying some healthy part of your body as an enemy invader—attacking it to destroy it. In the case of type 1 diabetes, your white corpuscles identify the antigen markers on the pancreatic islets as the enemy and begin to attack and destroy them so that they can no longer produce insulin. It is the body attacking the body. Doctors don't know why; they don't know what has gone wrong. In the medical community, the diagnosis of an autoimmune disease is a life sentence—there is no known cause and no known

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1. Corinne O'Keefe Osborn, “Type 1 and Type 2 Diabetes: What's the Difference?” Healthline, updated October 28, 2020, <https://www.healthline.com/health/difference-between-type-1-and-type-2-diabetes>.

cure. The best that doctors can do is attempt to reduce or control your symptoms—not bring healing. (You can find more details on autoimmune disease in my books *A More Excellent Way*, *Exposing the Spiritual Roots of Disease*, and *Exposing the Spiritual Roots of Autoimmune Disease*.)

Type 2 diabetes is not an autoimmune disease; the body is not attacking itself. The pancreatic islets are not diseased at all, and they are still producing insulin. But something invisible is stopping them from releasing the insulin properly. Your cells no longer respond normally to insulin—they are what is called *insulin resistant*—causing the sugar level in your blood to rise to dangerous levels. Type 2 diabetes is a *syndrome* that produces an imbalance of function in your body. We will define the nature of a syndrome in a later chapter. Medical science is not certain why some people develop type 2 diabetes, although it has strong links to excessive weight. It has become a plague in our anxiety-ridden and overweight society.

## UNDERSTANDING THE ROOT CAUSE OF DISEASE

There is so much misunderstanding in the medical community and even in the church about the root cause of disease in mankind. In my research, I have studied what God has said in His Word very closely, and I have also spent years studying medical science. It's important to study the human body God has created as well as what He has declared in His Word about our bodies and health. Although some people have accused me of being against science, I'm indebted to it because it has enabled me to see things that I could not see otherwise.

Unfortunately, the blind side of science is that scientists and medical professionals tend to believe only what they can perceive with their five physical senses. The Bible gives us a much greater insight to see beyond what we can observe in the natural. Answers to man's diseases and problems have been laid out in the Bible for over thirty-five hundred years. So why don't people read the Bible to discover those answers? That is what we are going to do in the following chapters. We will look at what God and science have to say about the root causes of and pathways to the recovery from disease—including diabetes. We will uncover the answers that you are searching for—to put you on the road to healing and health.

## CAN GOD HEAL YOU?

I want to put your fears to rest that you can never be cured of type 1 or type 2 diabetes. With God, all things are possible! (See, for example, Matthew 19:26.) There is complete healing and restoration possible for all diseases. By God's grace, at Be in Health, we have identified the spiritual roots of disease and successfully helped people overcome those root causes with amazing results of healing and recovery. They have found the pathway to true lasting healing that comes from God. According to Psalm 103, God heals all your diseases, redeems your life from the pit, crowns you with love, and makes you feel young all over again! That is the love of God!

*Who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; who satisfieth*

*thy mouth with good things; so that thy youth is renewed like  
the eagle's.* (Psalm 103:3–5)

Disease prevents you from having a full life; healing gets you back to normal and maybe even better than you were before your diagnosis. That is *A More Excellent Way!* You will learn from God's Word how you can walk in healing and wholeness for the rest of your life!

## CREATED IN HIS IMAGE

The Bible tells us in Genesis that God created man in His own image. “*And God said, Let us make man in our image, after our likeness.... So God created man in his own image, in the image of God created he him; male and female created he them*” (Genesis 1:26–27). If we live as God designed us, we will be changed back into His image and thrive. We will function at our highest level. However, if we follow paths or ways of thinking about ourselves that are not in agreement with His plan, we lose our identity in God, and may open a door to disease in our bodies. God is the author of what He has created: you. God is the sustainer of what He has created: you. So, if we dismiss God as part of the equation in our healing, what have we got? We have cut ourselves off from the source of our answer to the recovery and healing of disease.

God's desire as our heavenly Father is to form us back into our true identity as His children, in His image, and according to His nature. To understand who we are, we need to know who God is. First and foremost, He is our Father. Jesus was sent to the earth to restore our relationship with our heavenly Father. “*For*

*if, when we were enemies, we were reconciled to God by the death of his Son, much more, being reconciled, we shall be saved by his life”* (Romans 5:10). First John tells us that “God is love” (1 John 4:8, 16). And we reflect God’s nature within us when we manifest the fruit of the Holy Spirit in our lives. “*The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance*” (Galatians 5:22–23)—all attributes of a loving God.

Psalm 139:14–15 tells us that God the Father thoughtfully and carefully designed and created each one of us.

*I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.*

We are each designed with a specific personality, unique characteristics, and our own purpose and place that are prepared for us in His family if we will accept it. We were not created or called to be anyone other than ourselves. Each person needs to settle in their own heart that they are fearfully and wonderfully made in the image of God, not in anyone else’s image. God does not make accidents.

## KEEP TRACKING WITH US STEP-BY-STEP

In *Exposing the Spiritual Roots of Diabetes*, you will recognize the areas in life that can separate you from your identity as a child of God. The Father wants to help us realign our hearts with His heart. We must learn to accept what He says about us as

truth. In this journey, we will answer many questions along the way. How can this loss of your identity in God the Father lead to disease? How did the spiritual roots of disease begin? What are the specific spiritual roots of type 1 and type 2 diabetes, and how have they invaded your life?

In the early chapters, we will expose the unseen forces that trigger all disease from within and how you can overcome them. You will recognize the battleground that paves the way for disease, and how to apply the Word of God to receive your healing. In the later chapters, we will expose the specific spiritual root causes of diabetes, highlighting the case studies of people who have experienced healing from their disease. Your healing is what this journey is all about.

Since there is a great deal to learn about the spiritual roots of disease, I will take you step-by-step to truly understand how you can walk in healing and wholeness for the rest of your life! Please don't try to get ahead of yourself. Read the truths in this book one step at a time. The Bible encourages us to learn by establishing a *firm foundation* and then building upon it *one precept* (guiding principle) or line at a time. “*For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little*” (Isaiah 28:9–10). Keep tracking with us closely throughout this journey—your freedom from disease may depend on it!