

7 THINGS

Keeping Faithful Christians Sick

(And No One's Told You Why – Until Now)



Fix These Quietly. Feel a Shift This Week.

Dear Faith-Filled Friend,

You're praying. You're trusting God. You're eating better, maybe even taking a few supplements. But your body still isn't healing.

You've searched your heart. You've searched Google. And you've probably whispered the same question I did:

“Why is healing happening for everyone else, and not for me?”

At 37, after years of being told it was “all in my head,” I was finally diagnosed — Rheumatoid Arthritis and Fibromyalgia. By 39, fifteen more diagnoses had piled on top.

A doctor handed me a prescription. I read the side effects. I said no.

She wrote “uncooperative” in my chart — right there, while I sat across from her and watched her write it. Then she stopped trying.

I felt alone. Forgotten. Like maybe my faith just wasn't enough.

But what I found changed everything.

Many faith-filled Christians are unknowingly breaking biblical healing principles every day — and it's quietly keeping them sick. Not because their faith is too small. Because no one ever showed them this part.

Once I stopped just trying harder and started aligning with God's design, my body began to respond.

In this guide, I'll show you 7 things that may be quietly keeping you stuck — and how to gently turn each one around.

You were Made to Heal.

Let's begin.

With grace & truth,

Angela 

Mistake #1: Praying the Wrong Prayers

“Give me wisdom and knowledge, that I may lead this people...” — 2 Chronicles 1:10

We’ve been taught to pray for healing—and that’s a good thing. But sometimes, we pray for outcomes, when **we need to pray for wisdom**.

Solomon could’ve asked for riches, power, or long life. Instead, he asked for the wisdom to lead well – and it pleased God so much, He gave Solomon everything else too.

For years I begged God to heal me. Nothing changed. The moment I stopped praying for an outcome and started praying for wisdom, things shifted — fast.

Toxins, inflammation triggers, wrong mindsets I never would have found searching on my own started surfacing, almost like God had been waiting for me to ask a different question.

“If any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach.” – James 1:5

There's a specific shift in how you pray that opens this door. I teach the exact wording inside THRIVE — it took me years to find. It'll take you one module.

Mistake #2: Putting Professionals’ Knowledge Above God’s Wisdom

“Even in his illness he did not seek help from the Lord, but only from the physicians.” — 2 Chronicles 16:12

I used to run to doctors first — then ask God to bless whatever they decided. God can absolutely work through professionals. But when their opinion replaces His leading instead of partnering with it, we end up more confused, not less.

King Asa died trusting physicians instead of God — not alongside Him. Instead of Him. (2 Chronicles 16)

I found healing when I made God my first consult. Physicians became partners. Not idols

**“Trust in the Lord with all your heart and lean not on your own understanding.”
— Proverbs 3:5**

THRIVE walks you through exactly how to bring God into a diagnosis before a doctor ever does — and what to do next when their advice doesn't sit right.

Mistake #3: Believing a Little Bit Won't Hurt You

**“Don't you know that a little leaven leavens the whole batch of dough?”
— 1 Corinthians 5:6**

We tell ourselves: one skipped day won't matter. A little mold exposure, a little processed food, a little stress — surely that's not what's keeping me sick.

But Scripture warns us: leaven doesn't stay small. It works through the whole lump.

I used to think partial changes were enough. They weren't — not because God demands perfection, but because half-measures don't interrupt what's already multiplying in your body.

Healing didn't come from doing a little better. It came when I got serious enough to actually finish what I started.

“The heart of the discerning acquires knowledge, for the ears of the wise seek it out.” – Proverbs 18:15

THRIVE isn't about perfection — but it is about finishing the process completely enough to actually feel the shift. I'll show you exactly how much is enough, so you stop wondering if you're doing too little or too much

Mistake #4: Believing You're Not Smart Enough

“But we have the mind of Christ.” – 1 Corinthians 2:16

“I just don't get it.” I've said those exact words. It took me a while to realize that was the enemy whispering a lie, not a fact about me.

You were not given a spirit of confusion or inadequacy. You were given the mind of Christ. Wisdom and clarity are already available to you — not someday, now.

I've watched moms who could barely get through the day — moms with nothing left to give by 3pm — go on to not just heal themselves, but lead their own kids back to health.

They weren't smarter than you.

They just stopped agreeing with the lie that they couldn't understand it.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” – 2 Timothy 1:7

You don't need a science degree. You need someone who's already organized it for you — which is exactly what THRIVE does, one simple step at a time.

Mistake #5: Believing You're Just Too Old to Heal

“My Spirit shall not strive with man forever... yet his days shall be one hundred and twenty years.” – Genesis 6:3

If you've been told “it's just your age,” I want to break that lie right now. The problem isn't age. It's accumulated damage — from toxins, stress, processed food, and spiritual disconnection. And all of that can be reversed.

I think of Gary. He spent years working night shifts as a nurse — running on empty, sleeping poorly, often sent home early by chronic back pain. He'd quietly let go of a dream he'd carried for years: climbing a mountain. By 60, “someday” had turned into “too old now.”

Gary started walking the same process I now teach inside the Thrive Again Blueprint. A year later, he stood on top of that mountain.

“Diet is paying off. Energy is back, pain is better. Things are changing & I'm just getting started.” —Gary S.

He's not done. And neither are you

“They will still bear fruit in old age, they will stay fresh and green.”

– Psalm 92:14

If Gary's story is hitting close to home, this might be the moment to see what walking this process actually looks like — [see how THRIVE works](#)

Mistake #6: Believing It's Too Expensive to Heal

“And my God will supply all your needs according to His riches in glory in Christ Jesus.” — Philippians 4:19

I used to think: “I can’t afford a doctor who doesn’t take insurance. I can’t afford to eat organic. I can’t... I can’t... I can’t!”

Here’s something personal: my husband and I lost our home to mold. We had to walk away from almost everything we owned and start completely over — new house, new furniture, new everything. On top of that came over \$500,000 in medical expenses. And if that wasn’t enough, we were also sitting on \$100,000 in credit card debt from years of just trying to keep up.

The math never should have worked. But God funds what He leads — through opportunities, refunds, and provision I couldn’t have planned for. We cash flowed

the remediation, rebuilt our life, paid off the medical bills, and wiped out that debt too.

You don't need it all upfront. You need the next obedient step. Provision tends to meet movement — not indecision.

“The Lord is my shepherd, I lack nothing.” – Psalm 23:1

THRIVE is built to be your next obedient step — not a \$600,000 one. And you don't have to figure out where that step is by yourself.

Mistake #7: Unknowingly Eating the Wrong Foods

“Then God said, ‘Behold, I have given you every plant yielding seed... and every tree with seed in its fruit. You shall have them for food.’” – Genesis 1:29

Many Christians are praying for healing — while unknowingly feeding their bodies the very foods that block it. Most modern food is no longer “God-made.” It's lab-engineered to override your hunger signals and keep you coming back.

Genetically modified crops. Pesticides like glyphosate. Seed oils your body can't process. None of it is what God intended to nourish His people.

Here's the tricky part: most of what's quietly hurting you is hiding behind labels that sound healthy. “Natural.” “Multi-grain.” “Light.” None of those mean what you think they mean.

It's not about perfection. It's about alignment with His original design.

**“So whether you eat or drink or whatever you do, do it all for the glory of God.”
– 1 Corinthians 10:31**

THRIVE walks you through exactly which labels to trust, which to ignore, and the handful of swaps that mattered most for me — without flipping your whole kitchen upside down.

You Were Made to Heal... Starting Now

You just read seven things that may have been quietly working against you. If you felt convicted, I hope you also felt something else: hope.

Because here's the truth:

Healing is available. Wisdom is available. Support is available.

Your faith didn't fail you. You just never had the rest of the plan — faith and action were always meant to move together.

That's exactly why I built the Thrive Again Blueprint: a simple, biblical, strategic path to help you detox, rebuild your energy, and realign with God's design for your health.

THRIVE is for you if:

- You've tried everything and you're tired of guessing
- You're ready to stop outsourcing your health and start partnering with God in it
- You want the steps that worked for me, for Gary, and for the moms who are now leading their own families back to health

- You're ready to move into the full health Jesus died to give you

I walked this path with 15+ stacked diagnoses and \$500,000 in medical bills — so you don't have to spend what I did to find your answers. Gary walked it at 60, and stood on a mountain a year later. You don't have to keep guessing alone.

>> [Explore the Thrive Again Blueprint](#)<<

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” — 3 John 1:2

You were made to heal. Not someday. Now.

I can't wait to walk this healing path with you.

With grace & expectancy, Angela 🌸

