

Kathie Lee Gifford Reveals Chronic Pain Battle and the Miracle She's Seeking

For decades, Kathie Lee Gifford has been known not only as a television personality and bestselling author but also as a Christian unafraid to speak publicly about her faith. Now, she is sharing how that faith carried her through one of the most physically difficult seasons of her life.

In an exclusive interview with *People*, Gifford reflected on a year marked by surgeries, injuries and relentless physical pain that tested both her body and her spirit. The veteran broadcaster said the suffering became so intense that she found herself longing for heaven—not because she wanted to end her life, but because she desired to be with the Lord.

“I wanted to die a few times,” Gifford told *People*. “I wasn’t going to hurt myself. I wasn’t going to kill myself. I just didn’t want to be here—as blessed as I am.”

She made clear that her comments were about the severity of her physical pain rather than suicidal thoughts. Instead, she described praying, “‘Lord, if this is all you have left for me, I want to go home,’” according to *People*.



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Gifford told the magazine that years of performing eventually caught up with her physically. Over the past year, she underwent a hip replacement, surgery for a broken arm and cataract surgery, while additional injuries led to further medical treatment. The setbacks also affected her ability to enjoy one of life's greatest blessings—time with her five grandchildren.

Unable to run and play with them as she once had, Gifford said she instead spent quieter moments sitting with them, singing songs and writing together until her health improved.

Today, rehabilitation has become part of her daily routine. According to People, Gifford continues physical therapy nearly every day and has also received stem cell treatments as she works to regain her strength. She said she is grateful that her recovery has progressed enough for her to be active with her grandchildren again.

For longtime followers of Gifford, her openness about suffering is consistent with the faith she has displayed throughout her career. Whether discussing loss, family or life's unexpected challenges, she has repeatedly pointed audiences toward her confidence in God rather than in circumstances.

That confidence also shapes the way she views her future.

More than a decade after the death of her husband, Frank Gifford, she told People she has no plans to pursue another relationship. Even so, she refuses to place limits on what God might choose to do.

"If God wants to do something miraculous, like give me another great love... then I'm open to it," Gifford said. "And so I leave room for the miraculous to happen."



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Although the "miracle" she referenced was not about her physical healing, Gifford's words underscore that God still works in unexpected ways. Faith is not rooted in knowing exactly how God will move but in trusting that He remains faithful regardless of the outcome.

Gifford's testimony also serves as a reminder that Scripture never promises a life free from hardship. Instead, it points believers to the hope found in Christ, even in seasons of suffering. As the apostle Paul wrote in Romans 8:18, "the sufferings of this present time are not worth comparing with the glory that is to be revealed to us."

While Gifford continues recovering physically, her story ultimately points beyond pain to perseverance. Even after enduring months of debilitating setbacks, she continues to place her future in God's hands, leaving room for His purposes—and, as she put it, for "the miraculous to happen."

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Abby Trivett is a writer and editor for Charisma Media and has a passion for sharing the gospel through the written word. She holds two degrees from Regent University, a B.A. in Communication with a concentration in Journalism and a Master of Arts in Journalism. She is the author of the newly released book, *The Power of Suddenly: Discover How God Can Change Everything in a Moment*. For interviews and media inquiries, please contact media@.