

Foreword by Bishop Jill Duff



AT THE FOOT OF THE CROSS

How to Pray for Healing
and Wholeness

Dr Caris Grimes

For Individuals, Groups and Churches

At the Foot of the Cross

DR CARIS GRIMES

- Have you ever felt the nudge to pray for someone's healing but hesitated, unsure of how or whether to proceed? In *At the Foot of the Cross*, Caris Grimes takes readers on an empowering journey of understanding, equipping, and emboldening them to pray for the healing and wholeness of others.

- This deeply thoughtful and practical guide addresses the fears, doubts, and questions that hold many back from stepping into the ministry of healing prayer. Through candid discussions, theological exploration, and real-world insights, Caris tackles challenging questions: Why does God sometimes seem silent in the face of suffering? Can anyone pray for healing, or is it reserved for those with a specific spiritual gift? What if nothing happens?

- Designed for individuals, small groups, church communities and Christian organisations.

- *At the Foot of the Cross* is an invitation to embrace the courage to pray for others and to trust in a God who works through our prayers, even in the face of uncertainty. Whether you're new to this journey or looking to deepen your practice, this book will inspire and equip you to take that first step.

AUTHOR BIO

Caris is a Consultant General and Colorectal Surgeon and is married to Ian Nott, an Anglican priest. Between them, they have four fabulous children. Caris was born in West Africa which has left her with a love of travelling and exploring. She enjoys hiking, cycling and kayaking, or sitting in a quiet armchair with a good book and a glass of wine. Her rule in life is never to refuse an offer of coffee, chocolate or prayer.

ENDORSEMENTS

'This is a book that will challenge you but not frighten you. It will encourage you but not leave you complacent, but, above all, it will lead you into new adventures of faith.'

Revd Wes Sutton, Director, Acorn Christian Healing Foundation

ISBN: 9781917455152

April 2025

Category: Pastoral Counseling

Paperback, 140mm x 216mm

110 pages, £9.99

malcolm down
PUBLISHING