



BELMONT CHURCH

Helping Hands Training Notes

Ministerial notes on hospital visits (by Jim Davis)

1. **Pray** ahead of time about your visit(s) and prepare yourself spiritually.
2. **Practice being prophetic**, according to I Corinthians 14.
We are to be; encouraging, strengthening and comforting to those we minister to.
3. **Ask questions, don't presume!** - Is this a good time to visit? Can I lay hands on you to pray for you? Can I anoint you with oil?
(In all of these, be respectful of the patient's wishes).
4. **Don't overstay your welcome** - Limit your time of visit to approximately 5 minutes, unless asked to stay longer. They are in the hospital for a reason and a lot of them don't have much reserve for a long visit and are sleep deprived.
5. **Introduce yourself!** - Talk with all family and friends who are there, so they know who you are and why you are visiting. (Be mindful of representing well Belmont Church and Jesus Christ).
6. **Be practical** - Ask if there are ways you can be helpful - staying with the patient while a family member(s) go to the cafeteria for lunch...
7. **Give and it will be given back** - Know that you yourself are a blessing in doing this, and lots of times you will receive more than you give.

Health expert notes on hospital / home visits (by Elizabeth Bell)

1. First thought - Just Do It!

Why?

- To provide some comfort, reassurance, distraction.
Illness, injury, surgery, and even testing can take away a person's self-assurance. Patients can feel anxious, uneasy, nervous, apprehensive, confused, alone...

What do patients want?

- To know they are missed. (Patients really appreciate the fact that you took the time to visit).
- To be treated "like a normal person." (So, look them in the eye, smile, touch them, just have a normal conversation).

2. Smells / Sights / Sounds...

What do I do if?

- Patient is “out of it” or can’t talk – keep the visit short, hold their hand, smile, ask short yes/no questions, maybe they can write (be creative).
- Patient is in distress or falls – use the nurse call light, yell for help!
- Patient asks a direct question about their prognosis – don’t lie, refer to the doctor or family member, but this does depend on your relationship with them.
- I get nauseated or faint – politely excuse yourself from room, re-enter if you are able, if not then explain to patient, don’t be too hard on yourself, don’t let this keep you from visiting others.
- I get emotional – depends on your relationship with patient (sometimes it’s Ok to show emotion).

3. DON’T...

- Stay too long
- Wake the patient
- Go if you are sick
- Take a large group with you
- Get in the way of hospital personnel
- Wear strong perfume/cologne
- Sit on their bed / put your coat on the bed
- Eat their food / drink
- Comment on their choice of doctor, hospital...
- Give treatment suggestions, home remedies...
- Make the conversation about you (or your uncle who had the same problem)
- Lie – even if family member asks you to do so

4. DO...

- Call to see if they are still there and can have visitors
- Respect visiting hours and visitor limits
- Respect the staff
- Knock before entering and wait to be invited in
- Wash hands or use sanitizer before entering
- Turn off your cell phone
- Introduce yourself to everyone in the room
- Be positive! Tell them they are missed, be an encouragement
- Have a “normal” conversation
- Let the patient guide the conversation
- Keep the visit short
- Choose gifts wisely (not necessary, but nice) – card, crossword book, no food
- Remember where you park your vehicle (or use valet)

Nashville area hospital numbers

Check on patients before visiting, to help make sure they are there.

Suggested wording for clarity:

Ask operator "May I have the room number for _____ ?"

- Vanderbilt--615-322-1000
- St. Thomas Midtown--615-284-5288
- St. Thomas West--615-222-6617
- Skyline--615 769-4636
- Centennial--615-342-2600
- Summit--615-316-3490
- Southern Hills--615-781-4111
- Williamson Medical--615-435-5435

Ministerial notes on anointing with oil, prayers, blessings and sharing communion (by Phil Boeing)

Why Anoint?

Anointing is a Biblical practice, in the Bible we discover;

- Sheep - were heavily anointed to protect them from pests.
- People - were anointed for healing / deliverance / blessing / calling / consecration / leadership.

Why Oil?

The oil in scripture often represents the Holy Spirit and the Messiah means 'Anointed One'.

When we anoint with oil we are bringing the Lord Jesus Christ into the situation and we are in agreement with what God is doing, through the power of the Holy Spirit.

What to expect?

Be excited, this is a wonderful opportunity to usher in blessings from above!

A starting place

- Before you go to anoint someone, ask the Lord "What would you have me share?"
- Always ask the person's permission.
- Consider if it's safe and wise to anoint the forehead (if it flows down), if it's not appropriate, anoint the palms of their hands.
- When you have left, the mark of oil can inspire faith in the person anointed, as they can see and touch the evidence of your visit and be reminded of your prayer of faith.
- Remember, prayer and anointing always go together.

Prayer and Blessing

- Before you go to pray and bless someone, ask the Lord "What would you have me share?" and prepare yourself spiritually.
- Never underestimate the blessing that you are to others, as you make time to go and bless them. Through you, they will receive peace and comfort from the Lord.
- Remember that this is Gods perfect and revealed will.
- Be prepared that as you give to others, you will receive.

- Remember that we are God's blessing for them, and it is His blessing that is bestowed.
- Before you speak, ask the Lord for specific insight.
- Always pray scripture - this is God's word and revealed will.
- Paul's prayers are a powerful spiritual tool when both praying and pronouncing blessing;
 1. Paul prayed for the saints continually
 2. Paul prayed for their spiritual growth
 3. Paul prayed for their wisdom
 4. Paul prayed for their understanding
 5. Paul prayed for their spiritual power
 6. Paul prayed for their unity
 7. Paul prayed for their progress
 8. Paul prayed for their maturity

Paul's Prayers to study and quote from:

EPH. 1:17-19 / PHIL. 1:9-11 / COL. 1:9-12 / ROM. 15:5-6 / I COR, 1:4-9
 GAL. 6:8 / II THES, 3:16 / COL. 4:2-4

Sharing Communion

(Take the communion boxes with you, kept in the ministry draw, within the WC stage).

- Pray and prepare yourself to share communion - read an account in the Gospels to familiarize yourselves with Jesus' words.
- "DO THIS TO *REMEMBER ME" - encourage the person you are serving to remember the living Lord Jesus, seated now in glory and power at Gods right hand. Encourage them to think upon all He has done for them - because He loves them.
- Examine ourselves - Encourage prayers of repentance (if necessary) before receiving the elements.
- Thanksgiving – As you partake encourage the offering of thanks for all the Lord has done.
- Be expectant - Pray for healing and restoration as they partake, and expect Jesus to draw alongside them and reveal Himself to them afresh.