Grace United Methodist Church

**VISITATION MINISTRY**

**THE BE-ATTITUDES FOR VISITATION**

* **BE PREPARED:** Take a moment for yourself. Center yourself. Pray for the Holy Spirit’s direction.
* **BE PRESENT:** Give your attention to the person you will be visiting.
* **BE OPEN:** Accept the person where they are...emotionally, energy level, physically.
* **BE STILL:** Don’t look for answers...don’t try to fix. Listen!
* **BE SENSITIVE TO NEEDS AND CONDITIONS:** Listen for the words and tone of what is said. Ask open-ended questions, reflect back what they said. Observe the facial expressions and non-verbal messages.
* **BE HUMAN:** Don’t feel you have to have the answers.
* **BE SILENT:** Don’t fill silences with chatter. Hold their hand, touch their arm if appropriate.
* **BE EMPATHETIC:** Allow yourself to feel with the person.
* **BE YOURSELF:** Rely on the Holy Spirit to be directing you. It isn’t you but Him that will work through you.
* **BE SELFLESS:** The person has enough to deal with without trying to make you feel comfortable. Help them know you are there just for them.
* **BE POSITIVE:** Be sensitive to their situation. Be upbeat but not overwhelming.
* **BE RESPECTIFUL OF THE DIVERSE BELIEFS:** Value your faith, but don’t assume they are on the same page with you.
* **BE MINDFUL OF USING SCRIPTURE:** Ask if they would like you to read scripture to them. Ask if they have anything specific they would like to hear. Use short passages.
* **BE READY TO PRAY:** Ask if they would like you to pray with them. Ask the person what they wish to pray for... (i.e.: Pray for courage, for hope. Give thanks.)
* **BE AWARE:** Sometimes if many family or friends are gathered in the room you may feel that all attention is centered on you. Remember you are there to support and encourage—you are not expected to provide advice on medical issues.

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