



Devotions for a Blue Christmas

For most people, Christmas is a time for family and friends, giving and receiving, and peace and togetherness. But, for many others the “most wonderful time of the year” can be the most difficult time of the year, especially in the looming shadow of death, divorce, health problems, financial uncertainty, or troubles of any kind. This struggle of the “blue Christmas” for many people is real, but so is God's offer of hope.

Years ago, I experienced my own string of blue Christmases during process of my divorce and the two or three years that followed. The breakdown of my marriage was unexpected and occurred during the holiday season; I found myself facing that joyous time of celebration broken and lonely. On top of that, I had sole custody of two very small children and had to [learn to navigate the holidays as a single parent](#). I grappled with feelings of depression and the compulsion to try to make the holidays “perfect” for my kids in spite of our seeming isolation from extended family. Yet, when I look back, I see God’s faithfulness in this season, even if I didn’t feel very merry.

Are you not looking forward to Christmas this year? Have employment issues or financial difficulties put a weight on the season? Did you lose a loved one this year and face your first Christmas apart? Is your depression and anxiety exacerbated by the holiday busyness? Maybe you’ve gotten some bad health news and struggle to find cheer. Perhaps, like I once did, you’re dealing with divorce and its aftermath. Whatever reason you may feel blue this year, your feelings are real and valid. In it all God promises you hope, not because it’s Christmas, but for no other reason than he loves you. He’s right there with you in whatever troubles you face; he has not left you alone.

Below is a selection of six biblically-based devotional reflections for those who feel this time of year is anything but the “most wonderful.”

- [Silent Nights](#)
- [Separation and Healing](#)
- [The Assurance of Immanuel](#)
- [Parting Peace](#)
- [Invited to Find Rest](#)
- [Mighty God and Hardships](#)

We pray these devotions uplift your spirit and help you see God's presence in your circumstances this Christmas season.

[Explore more Christmas Devotions.](#)

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