

Blue Christmas

a service of remembrance and hope



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Have you ever heard of a Blue Christmas Service? I hadn't until recently, but having walked with people who have experienced significant loss through the holiday season, I see its value.

This next paragraph is a quote from EHS which describes what Blue Christmas is.

A Blue Christmas service is a space created for people to grieve their losses while holding on to the reality that Jesus is the Light and Savior of the world. It is usually held around the winter solstice (December 21 or 22), the longest night of the year and the day that marks the start of winter. Theologically, it integrates the fuller Christmas story – both the joy surrounding Jesus' birth and Herod's horrific slaughter of all the male children two years old and younger.

For many people the holidays are a difficult time due to one loss or another. There are people grieving the loss of important relationships, because death or divorce. People also have experienced the loss of a career, security, direction and hope.

The Christmas season can be hard to navigate when struggling with these losses. It can be confusing dealing with such pain while in a season focused on the joy of the world.

A Blue Christmas gives permission to grieve while holding on to hope in the New Born King, Jesus, who redeems our losses.

There are many places in Scripture not the least of which is the narrative of King David that describes the need and health of processing grief.

If you are in a season of loss and if I were to presume upon your feelings, I would encourage you to feel free to experience the balance of a Blue Christmas. It's appropriate to be honest about a painful thing, while remaining hopeful and trusting of a Savior who has come to restore all of the human experience.

I will leave you with the same Bible verse that Pete Scazzero shared in his article about this...
The light shines still, even now, in the darkness but the darkness can never put it out.

John 1:5

Enjoying the fullness of Christmas!

Pastor Scott

(You can listen to more about enlarging your soul through grief and loss in part five of our series on Emotionally Healthy Spirituality. Click [HERE](#) and **scroll to the bottom** to stream message.)