

Hard Times at Christmas

While the Christmas season is usually considered a time of joy and celebration, for many people it also can mark tragedy, grief, and sadness.

My mother suddenly died three days before Christmas many years ago when I had young children in the house. That presented a challenge for me—which may be why I came to prefer Advent over Christmas.

I've worked through a lot of that grief over the years, but melancholy remembrances still crop up. I understand what it means to grieve through the holiday season.

These four posts speak to that uncomfortable underlying sadness.

I hope they are never needed for you and your loved ones.

But if you're looking for a sympathetic reflection, here are our posts.

[Death at Christmas: Six Ways to Cope](#) *Suggests six ways to deal with memories, emotions, children, finding joy, inventing new traditions, and celebrating the true meaning of Christmas.*

[Helping Families Through Holiday Grief](#) *5 practical ways to help individuals and families struggling with grief during the holiday season.*

[Perspectives on Grief at Christmas: How Long Until It Doesn't](#)

[Hurt?](#) *Recognizing grief over the holidays, the ups and downs, realizing you're grieving not being a Grinch, and thoughts on discussing personal grief with loved ones who may or may not understand.*

[Reflecting on Mixed Messages at Christmas](#) *Reflecting on how the past can confuse the present when grief mixes in—but Jesus can fill some of those holes by His presence.*

