

Post-Christmas Blues?

Do you have the post-Christmas blues? It's easy for them to develop, since the buildup to the holiday is filled with emotion, expectation, parties and the interaction with family and good friends. Once Christmas Day is over, however, and the celebration is done, loneliness and depression may creep in, if we are not careful.



A principal reason that people may feel that the air has suddenly been let out of their tires is the role that memories play in observance of the holiday. As we gather with those dear to us – some of whom we may not have seen since last Christmas – the natural tendency is to discuss events of years gone by, many of which are related to yuletide. We recall the participation of a child in a church pageant, the most unusual gift that grandpa ever received, or some remarkable occurrence that had to involve an angel to produce its miraculous outcome.

In particular, we miss those people who were once such an intimate part of our observance of Christmas. My mother and father and my mother-in-law and father-in-law are examples. Christmas just doesn't seem the same – and it isn't – without them.



Memories are precious and important, and we need to recollect them from time to time, both in the mind and speaking them out to those surrounding us. But there is a caution here that should be observed, too. We can become so wrapped up in memories, living in the past, that they can shackle us and deny us the joy of our present blessings and dim our vision for the future.

The Holy Bible offers this advice, in Isaiah 43:18-19, as God instructs His people: “Do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.”

Starting today, let's welcome the “new thing” – which may even appear impossible to us now – that God has in store for each of us. There is a reason that the next year follows on the heels of Christmas.

– Beecher Hunter