



WHEN YOUR
HOLIDAYS
AREN'T HAPPY:

A BIBLE STUDY ON
BLUE HOLIDAYS

Getting the Facts on “Blue Holidays”

Blue Holiday/Holiday Blues:

- “The holiday blues are temporary feelings of anxiety or depression during the holiday season. There’s shopping, social events, and expectations of a good holiday, and these pressures can be stressful. You may also miss loved ones or have negative feelings come back from memories of past holidays. With all these events going on, you may forget about good nutrition or lack the motivation to participate in physical activity. All these things and more can contribute to the holiday blues”
- (Foundry).

Getting the Facts on “Blue Holidays”

- **IMPORTANT:** There is a difference between the holiday blues, which typically go away when the holiday season ends, and more severe depression, which lasts longer and interferes with activities of daily living. If the holiday season passes and you're still feeling depressed or anxious, it's best to consult with a medical professional.

Getting the Facts on “Blue Holidays”

- **38% of Americans report an increase in stress during holidays.**
- **56% increased work stress; 29% increased home stress.**
- **64% of people living with mental health challenges reported their condition worsened during holidays.**

Getting the Facts on “Blue Holidays”

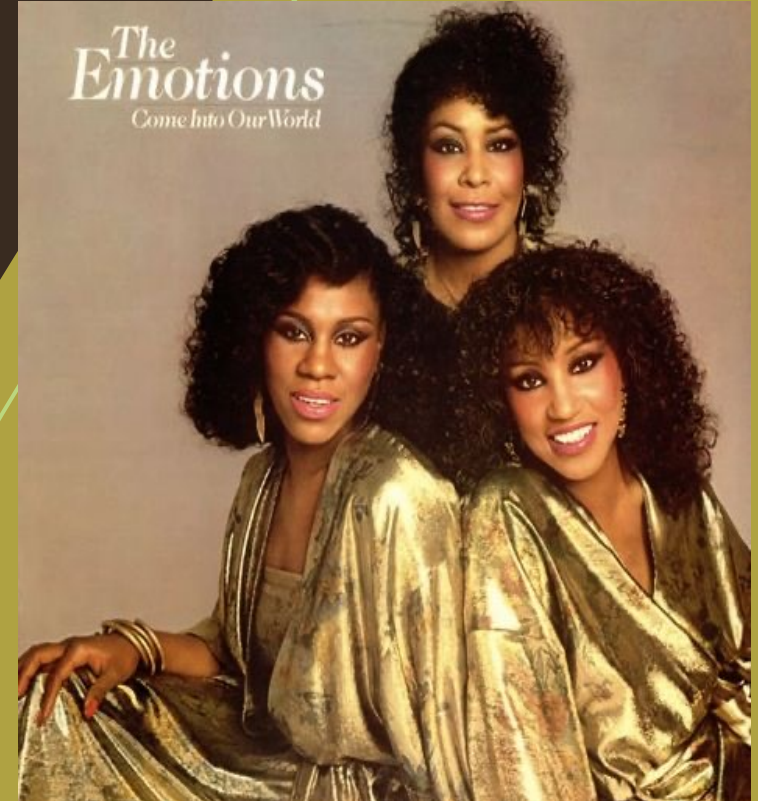
- **Seasonal depression around holidays impacts as many as 6% of the US population.**
- **53% of people experience financial stress due to holiday spending/budgeting.**

*Tis the season to be jolly,
But how can I be when I have nobody?
The yuletide carol doesn't make it better,
Knowing that we won't be together.*

*A silent night
I know it's gonna be
Joy to the world
But it's gonna be sad for me*

What do the lonely do
At Christmas?

*Oh, oh, what do the lonely do
At Christmas time?*





1. If You Are
Broken, Christmas
is for YOU –
Matthew 2:13-18

Matthew 2:13-18

¹³ When they had gone, an angel of the Lord appeared to Joseph in a dream. “Get up,” he said, “take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him.” ¹⁴ So he got up, took the child and his mother during the night and left for Egypt, ¹⁵ where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: “Out of Egypt I called my son.”

Matthew 2:13-18

¹⁶ When Herod realized that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. ¹⁷ Then what was said through the prophet Jeremiah was fulfilled:

Matthew 2:13-18

¹⁸ “A voice is heard in Ramah,
weeping and great mourning,
Rachel weeping for her children
and refusing to be comforted,
because they are no more.”



2. If You Are
Broken, God Is With
You – Luke 1:46-55;
Psalm 34:18-19

Luke 1:46-55

⁴⁶ And Mary said:

“My soul glorifies the Lord

⁴⁷ and my spirit rejoices in God my Savior,

⁴⁸ for he has been mindful

of the humble state of his servant.

From now on all generations will call me blessed,

Luke 1:46-55

⁴⁹ for the Mighty One has done great things for me—
holy is his name.

⁵⁰ His mercy extends to those who fear him,
from generation to generation.

⁵¹ He has performed mighty deeds with his arm; he has
scattered those who are proud in their inmost thoughts.

Luke 1:46-55

⁵² He has brought down rulers from their thrones
but has lifted up the humble.

⁵³ He has filled the hungry with good things
but has sent the rich away empty.

⁵⁴ He has helped his servant Israel,
remembering to be merciful

⁵⁵ to Abraham and his descendants forever,
just as he promised our ancestors.

3. If You Are Broken, Seasons of Pain Hold New Opportunities – Isaiah 9:2, 6-7; 43:19

²The people walking in darkness

have seen a great light;

on those living in the land of deep darkness

a light has dawned.

3. If You Are Broken, Seasons of Pain Hold New Opportunities – Isaiah 9:2, 6-7; 43:19

⁶ For to us a child is born,
to us a son is given,
and the government will be on his shoulders.

And he will be called

Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.

3. If You Are Broken, Seasons of Pain Hold New Opportunities – Isaiah 9:2, 6-7; 43:19

⁷Of the greatness of his government and peace
there will be no end.

He will reign on David's throne
and over his kingdom,

3. If You Are Broken, Seasons of Pain Hold New Opportunities – Isaiah 9:2, 6-7; 43:19

establishing and upholding it
with justice and righteousness
from that time on and forever.

The zeal of the Lord Almighty
will accomplish this.

3. If You Are Broken, Seasons of Pain Hold New Opportunities – Isaiah 9:2, 6-7; 43:19

¹⁹ See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the wilderness
and streams in the wasteland.



4. If You Are
Broken, Find A
Community – Luke
1:26-45

Luke 1:26-45

- **The Birth of Jesus Foretold**

- ²⁶ In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, ²⁷ to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. ²⁸ And he came to her and said, 'Greetings, favoured one! The Lord is with you.'^[a] ²⁹ But she was much perplexed by his words and pondered what sort of greeting this might be.

- ³⁰ The angel said to her, 'Do not be afraid, Mary, for you have found favour with God. ³¹ And now, you will conceive in your womb and bear a son, and you will name him Jesus. ³² He will be great and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. ³³ He will reign over the house of Jacob for ever, and of his kingdom there will be no end.'

- ³⁴ Mary said to the angel, ‘How can this be, since I am a virgin?’^[b]
- ³⁵ The angel said to her, ‘The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born^[c] will be holy; he will be called Son of God. ³⁶ And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren.

- ³⁷ For nothing will be impossible with God.’ ³⁸ Then Mary said, ‘Here am I, the servant of the Lord; let it be with me according to your word.’ Then the angel departed from her.

- **Mary Visits Elizabeth**

- ³⁹ In those days Mary set out and went with haste to a Judean town in the hill country, ⁴⁰ where she entered the house of Zechariah and greeted Elizabeth

- ⁴¹ When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit ⁴² and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. ⁴³ And why has this happened to me, that the mother of my Lord comes to me? ⁴⁴ For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. ⁴⁵ And blessed is she who believed that there would be ^[d] a fulfilment of what was spoken to her by the Lord.'