

The Dark Heart Of Christmas

Christmas is a unique time of year.

Traditionally, it's seen as a season of joy, hope, celebration, and family—a chance for many to unwind and find rest as the year draws to a close.

Yet, for others, the story is different. Christmas can be a lonely and isolating season, marked by fractured relationships, the pain of missing loved ones, or financial pressures that overshadow the festivities. It can feel less like a time of rest and more like a whirlwind of exhaustion and unmet expectations.

For many, Christmas is a complex mix of emotions—hopeful yet heavy, joyful yet sorrowful, warm and welcoming but also marked by loneliness and discouragement. It's a time that holds both the brightest lights and the deepest shadows, depending on where one stands.

It seems to me that all these emotions are deeply rooted in the true Christmas story—a story far removed from the sanitised, child-friendly version we often share. Yes, Christmas is a time of hope and celebration as we mark the birth of Jesus Christ. But it's also a season for introspection and solemnity as we reflect on why Jesus came and the profound purpose of His arrival.

Christians are often accused of being overly focused on [sin](#)—and it's true that we sometimes tend to emphasise sin more than the grace that forgives those sins. But sin, and humanity's separation from God, are central to the Christmas story.

Without sin, there would be no need for redemption or reconciliation with God. Without sin, there would have been no need for Jesus Christ to come “to save his people” (Matthew

1:21). Without sin, Jesus would not have had to die. At the heart of the Christmas narrative lies a profound hopelessness—a darkness that calls us to pause and reflect.

Jesus | The Hope Of The World

Before there was a baby in a manger, there was a crisis in a garden—a catastrophic severing of humanity’s relationship with God. It was a moment that cast a long shadow of darkness over the world and which set the scene for the arrival, many centuries later, of a Saviour. Jesus came as the light that would pierce the darkness, bringing hope and redemption to a world in desperate need of reconciliation with God.

One of my favourite chapters in the Bible is the opening of the Gospel of John. John begins his account of Jesus Christ’s origins with words that echo the first chapter of Genesis. He reflects on the darkness present in the beginning—a world without form and void—and reveals how light entered that darkness. That light, John tells us, is Jesus, through whom God’s unfailing love and faithfulness has come to humanity. It is through him alone that God has been fully revealed to us.

“Comfort, comfort my people,” the prophet Isaiah would write, “Speak tenderly to Jerusalem. Tell her that her sad days are gone and her sins are pardoned. Yes, the LORD has punished her twice over for all her sins.” Listen! It’s the voice of someone shouting, “Clear the way through the wilderness for the LORD! Make a straight highway through the wasteland for our God! Fill in the valleys, and level the mountains and hills. Straighten the curves, and smooth out the rough places. Then the glory of the LORD will be revealed, and all people will see it together. The LORD has spoken!” | Isaiah 40:1-3

It’s Definitely Good News

“Keep it positive,” my daughter urged when I mentioned I was writing about the deeper, darker side of Christmas. “Not

everything has to be a negative.” And I do understand her point. Christmas, with its twinkling lights, joyful songs, and festive feasts, is a season meant for happiness and celebration.

Do we really want to turn our thoughts to more solemn, existential realities? Do children really need to understand *why* Jesus came into the world? Some might say it feels like ‘raining on the parade’ or being a bit of a party pooper during such a joyful season.

But I think the answer should be yes.

Reflecting on the deeper meaning of Christmas doesn’t take away from the celebration—it adds depth and significance. The joy and festivities are wonderful, but they become even more meaningful when we understand the “why” behind them: Jesus came into the world because of God’s immense love, to bring light into darkness and offer hope and reconciliation. Christmas is definitely *good news*, but its true significance shines brightest when we understand just how broken things were before it.

For children, this truth doesn’t need to feel heavy or complex. Instead, it can be shared as a simple, hope-filled message—that Jesus is the ultimate gift, given to bring peace, love, and joy to the world. Far from lessening the joy of the season, this understanding can make Christmas even more special.

God-With-Us

Christmas celebrates the gift of grace found in Jesus, a gift that came at a great cost. While the festivities—lights, songs, and feasts—bring joy, they are merely the wrappings around this profound truth: Jesus Christ is the ultimate gift, the hope of the world, fulfilling God’s mission to redeem humanity.

John tells us that the light that was in the beginning, the Word Himself, would step in the very creation He had made in order to save and redeem it. In his human body, the war against sin and death would be waged and won.

His name would be Emmanuel, that is, *God-With-Us*, and he would save us from our sins.

*“What gift of grace is Jesus, my Redeemer,
There is no more for Heaven now to give,
He is my joy, my righteousness, and freedom,
My steadfast love, my deep and boundless peace” | City Alight*

As we celebrate Christmas, we can embrace both the joy and the meaning of the season. The twinkling lights, festive songs, and shared meals remind us of the happiness this time of year brings. But it’s also an opportunity to reflect on the deeper story—the arrival of Jesus, the true light of the world, who stepped into our darkness to bring grace, redemption, and reconciliation.

At its heart, the Christmas story contains both joy and sorrow, loss and restoration, light and darkness. Christmas is about this extraordinary gift—freely given—and a hope that continues to shine brightly today.