

# Get Ready to 'Fall Back': What to Know About Daylight Saving Time 2025

It's that cozy time of year again when the air feels crisper, the days grow shorter, and we all get a little gift of extra sleep. Daylight saving time is coming to an end, and that means it's almost time to "fall back."

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This year, daylight saving time officially ends on Sunday, Nov. 2, 2025, at 2 a.m. local time. Before you head to bed on Saturday night, set your clocks back one hour. You'll wake up to an extra hour of rest and a little more sunlight to brighten those chilly autumn mornings.

Daylight saving time runs from March to November giving us longer evenings throughout spring and summer. When we "spring forward," we shift our schedules to make the most of daylight later in the day. Now as we "fall back," we trade those late sunsets for earlier dawns, a welcome change for early risers and morning commuters alike.

Not everyone in the U.S. changes their clocks though. Hawaii, most of Arizona and U.S. territories like Puerto Rico, Guam and the Virgin Islands skip daylight saving time altogether, keeping things simple year-round.

There's been plenty of talk about whether the nation should make daylight saving time permanent. Even President Donald

Trump has voiced mixed feelings, once calling the time change “inconvenient” but admitting it’s a tough issue to settle since half the country loves the longer evenings and half prefers bright mornings.

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No matter where you land in that debate, the time change is a reminder to slow down, reset and refresh as we move into the winter months. It’s the perfect moment to check your smoke detector batteries, light a few candles and savor that extra hour of rest.

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So go ahead, embrace the shift, grab a warm drink and enjoy the early morning light. The clocks may be turning back but it’s still a good time to move forward with gratitude and grace.

***Prepared by Charisma Media Staff.***