

Natural Gas Spot Prices at the Henry Hub 2025

[Price per Million British Thermal Units (mmBtu)]

Day	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1	Holiday			\$3.96	\$3.08		NA	NA	Holiday	NA		NA
2	\$3.66			\$4.05	\$3.09	\$2.98	NA		NA	NA		NA
3	\$3.47	\$3.30	\$3.81	\$4.21		\$2.82	NA		NA	NA	NA	NA
4		\$3.24	\$4.40	\$4.04		\$2.82	Holiday	NA	NA		NA	NA
5		\$3.22	\$4.40		\$3.25	\$2.85		NA	NA		NA	NA
6	\$4.06	\$3.31	\$4.39		\$3.10	\$2.68		NA		NA	NA	
7	\$3.98	\$3.33	\$4.22	\$3.96	\$3.17		NA	NA		NA	NA	
8	\$3.76			\$3.84	\$3.23		NA	NA	NA	NA		NA
9	\$3.90			\$3.43	\$3.22	\$3.09	NA		NA	NA		NA
10	\$4.14	\$3.49	\$4.58	\$3.70		\$2.75	NA		NA	NA	NA	NA
11		\$3.68	\$4.55	\$3.43		\$2.74	NA	NA	NA		NA	NA
12		\$3.94	\$4.19		\$3.21	NA		NA	NA		NA	NA
13	\$4.41	\$4.42	\$3.89		\$3.26	NA		NA		Holiday	NA	
14	\$4.35	\$4.63	\$3.92	\$3.55	\$3.30		NA	NA		NA	NA	
15	\$4.43			\$3.25	\$3.20		NA	NA	NA	NA		NA
16	\$4.28			\$3.21	\$3.07	NA	NA		NA	NA		NA
17	\$10.07	Holiday	\$4.15	\$2.94		NA	NA		NA	NA	NA	NA
18		\$6.46	\$4.17	Holiday		NA	NA	NA	NA		NA	NA
19		\$7.78	\$4.22		\$3.01	Holiday		NA	NA		NA	NA
20	Holiday	\$5.76	\$4.21		\$3.15	\$3.10		NA		NA	NA	
21	\$4.39	\$4.43	\$3.95	\$3.15	\$3.19		NA	NA		NA	NA	
22	\$3.89			\$3.08	\$3.02		NA	NA	NA	NA		NA
23	\$3.96			\$2.93	\$2.92	\$3.52	NA		NA	NA		NA
24	\$3.84	\$3.86	\$4.03	\$2.87		\$3.31	NA		NA	NA	NA	NA
25		\$3.89	\$3.94	\$2.73		\$3.26	NA	NA	NA		NA	Holiday
26		\$3.91	\$3.86		Holiday	NA		NA	NA		NA	NA
27	\$3.71	\$3.91	\$3.87		\$3.21	NA		NA		NA	Holiday	
28	\$3.43	\$3.89	\$3.89	\$2.96	\$3.14		NA	NA		NA	Holiday	
29	\$3.29			\$3.17	\$2.94		NA	NA	NA	NA		NA
30	\$3.12			\$3.12	\$2.80	NA	NA		NA	NA		NA
31	\$2.92		\$4.13				NA			NA		NA
Note: NA = Not available.												

Sources: *Natural Gas Weekly Update*. The *Natural Gas Weekly Update* was not published in the days leading up to a holiday. For the listed prices, the Natural Gas webpage <https://www.eia.gov/dnav/ng/hist/rngwhhdD.htm> was the source. Energy Information Administration, Washington, DC. Nebraska Department of Water, Energy, and Environment, Lincoln, NE.

Notes: A map is available. To obtain the price per hundred cubic feet (ccf) or the approximate price per therm, divide the price by ten (10). NA indicates price is not available.

A general rule of thumb: Add three dollars to the Henry Hub spot price to estimate the residential natural gas price. Likewise, add 30 cents if you have already converted the price from British thermal units to ccf or therms.