Energy Market Report

Report Date: July 10, 2026
Report Week: July 1, 2026 to July 8, 2026

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Newstracker:

-US natural gas spot prices were mixed at most major pricing locations from Wednesday, July 1, to Wednesday, July 8 (the Report Week), during which the Henry Hub spot price fell 2 cents to $3.31/MMBtu.

-The price of the August 2026 NYMEX natural gas futures contract decreased 1 cent to $3.21/MMBtu for the Report Week. The price of the 12-month strip averaging August 2026 through July 2027 futures fell 2 cents to $3.34/MMBtu. International natural gas futures prices increased this Report Week, with LNG prices at TTF for Europe rising $1.36 to $15.39, and prices at JKM for East Asia climbing $0.45 to $16.21/MMBtu. Compared to the week ending February 25 (before LNG deliveries via the Strait of Hormuz were disrupted), this week's TTF and JKM prices are 40% and 52% higher, respectively.

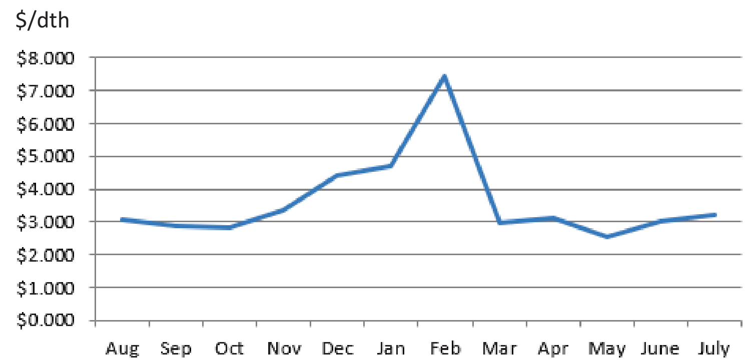
-Total US natural gas consumption increased by 5.9 Bcf/d (2%), driven almost entirely by a 6.3 Bcf/d (16%) increase in electric power sector demand. This increase was partially offset by a 0.5 Bcf/d (3%) decrease in LNG liquefaction. Temperatures were above average across much of the eastern United States, as a heat dome enveloped the region during the first half of the report week. Total U.S. natural gas supply decreased by 1.1 Bcf/d (1%), reflecting lower dry natural gas production, which averaged 109.4 Bcf/d.

-The LNG-carrying capacity of vessels departing US ports was 117 Bcf, down 19 Bcf from the previous week. Thirty-one LNG vessels left U.S. ports, down five vessels from the previous week.

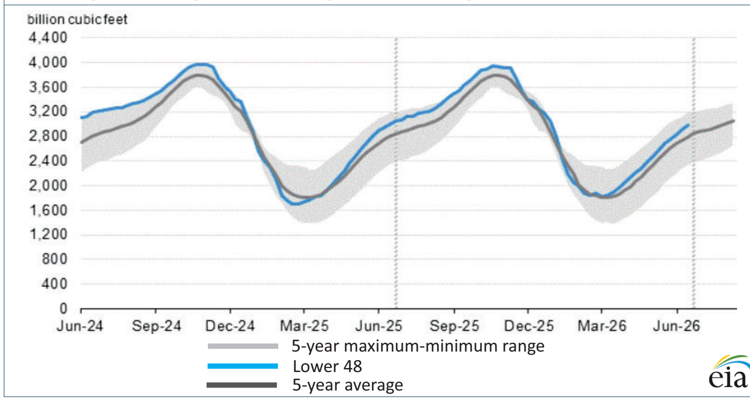
-Net US natural gas injections into storage totaled 61 Bcf for the week ending July 3, compared with the five-year (2021–2025) average net injections of 51 Bcf and last year's net injections of 53 Bcf during the same week. Working natural gas stocks totaled 2,983 Bcf as of Friday, July 3, according to EIA estimates. Stocks were 185 Bcf (7%) more than the five-year average and 15 Bcf (1%) lower than last year at this time.

Excerpted from eia

Monthly NYMEX Natural Gas Settle Price: Aug 2025 - Jul 2026:



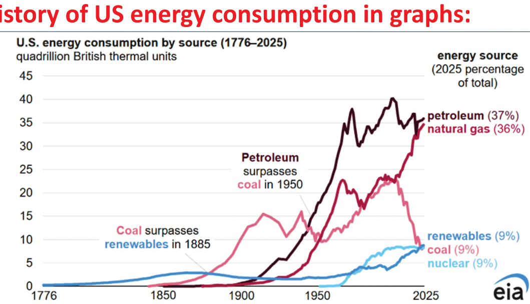
Working natural gas in underground storage as of Jul 3, 2026

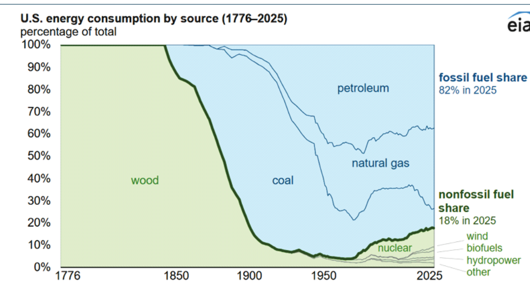


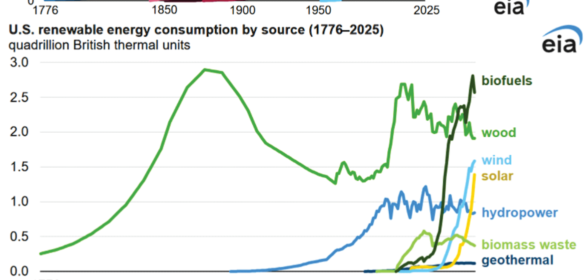
Forward 12-month NYMEX natural gas strip price - Aug26-Jul27:

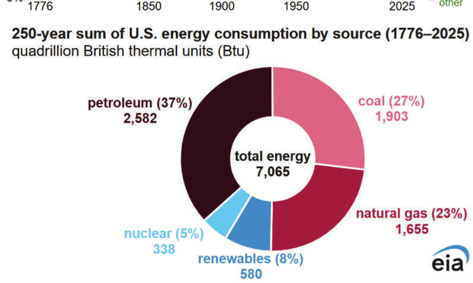
Process Load-weighted $3.342/dth - w/o/w =▼$0.023
Typical Heat Load-weighted $3.554/dth - w/o/w =▼$0.025

The 250-year history of US energy consumption in graphs:









> "Let no one who has the slightest desire to live in peace and quietness be tempted, under any circumstances, to enter upon the chivalrous task of trying to correct a popular error." -William Thoms[1]

[1]https://www.azquotes.com/quote/1373077