

Spiritual Birthdays

Best Use

As a guide to celebrate your child's spiritual birthday

Nutritional Value

Reinforcing the child's faith decision annually

Introduction

Celebrating your child's faith decision every year can help them establish a firm foundation to prevent unnecessary doubts. This is especially important if your child came to faith at a young age. Many children raised in church begin to question the authenticity of their faith when they get older simply because they can't recall the specific date or some dramatic event surrounding their moment of conversion. An annual "spiritual birthday party" can reinforce your child's faith by reminding him or her that our salvation is firmly rooted in what Jesus Christ did for us.

Schedule

Decide what date you will celebrate your child's spiritual birthday as a fun tradition that also reinforces his or her faith decision. Consider any of the following options...

- The actual date you child trusted Jesus Christ as Lord and Savior
- If you don't know the actual date, using your child's baptism anniversary would be the next best option.
- If you don't have a record of either date, then you might consider celebrating the day after your child's physical birthday to highlight his or her "born again" day.

Celebrate

Just like for a physical birthday party, you may choose to invite guests to join the celebration, perhaps nearby relatives, close family friends or a teacher from church. Ask your child who they would like you to invite. Including the child's friends might be a wonderful opportunity for your child to explain what a spiritual birthday is all about. Consider making his or her favorite meal, baking a cake, serving cupcakes or some other treat that will make the occasion special. Include a candle for each year since your child was born again. You might also give your child a gift that will help them grow spiritually during the coming year such as an age-appropriate Bible, a devotional book or an iTunes gift card to download Christian music.

Reinforce

Take time to talk about what Christ did for your child and what happened when he or she decided to believe. Some specific suggestions include...

- Helping you child write a letter to God thanking Him for what Jesus did on the cross, for things that happened during the past year, etc. Write your own letter to the child encouraging his or her walk with God, mentioning how you've seen growth this year, etc.
- Invite your child to read John 3:3 aloud and explain that you are celebrating the child's "born again" birthday. Then read 2 Corinthians 5:17 together and ask the child how Jesus Christ made them a new person when they believed. (i.e., He saved me from sin, He gave me eternal life, He gave the Holy Spirit to guide me, etc.)
- Pray for your child, asking God to help them continue to grow a strong faith in the coming year.