



# Birthday Blessings

## OVERVIEW

The ideas on this handout can be used to invite God into the birthday celebrations in your home. The activities offer suggestions for a variety of birthday blessings to do in a family setting on your son's or daughter's birthday.

### Suggested Time

5 to 10 minutes for each blessing activity

### Group Size

Everyone in the family

### Materials Needed

- ☀ colored paper
- ☀ markers
- ☀ a scissors
- ☀ glue
- ☀ a birthday cake with an extra candle, and matches
- ☀ pens and pencils
- ☀ notepaper or note cards
- ☀ a manila envelope (optional)
- ☀ a roll of butcher paper
- ☀ masking tape
- ☀ streamers or rolls of crepe paper
- ☀ balloons
- ☀ a black permanent marker

- ☀ a bowl of the birthday child's favorite treat
- ☀ small gift tags, as many as the age the birthday child is turning
- ☀ a box
- ☀ wrapping paper
- ☀ cellophane tape
- ☀ a piece of colored poster board
- ☀ photographs of the birthday child that you are willing to cut and paste into a collage

## PROCEDURE

Encourage all the siblings to take part in the birthday blessings.

### Blessing 1

Using colored paper, markers, a scissors, and glue, make a birthday card for your child. Include the words, "God's blessings on your day!" and have everyone in the family, except the birthday child of course, sign it. On the morning of your child's birthday, slip the card under his or her bedroom door.

### Blessing 2

Gather the entire family to awaken the birthday person by singing "Happy Birthday." Also have each family member say, "May God bless you!" to the birthday person.

### Blessing 3

Include an extra candle on the birthday cake. When that candle is lit, state, "God is with you on this special day."

### Blessing 4

Work with everyone in the family to write little birthday blessing cards and hide them inside the birthday person's schoolbooks, homework, lunch bag, book bag, and so forth. Or place all the blessings in a manila envelope and place it on your daughter's or son's pillow so that she or he will find and read the blessings before going to bed.

### Blessing 5

Make a special effort to take your son or daughter to school and on the way stop at the church, go inside together, and kneel for a moment of prayer thanking God for life.

### Blessing 6

While your daughter or son is at school (or while another family member takes her or him away from the house for a couple of hours), decorate her or his

room with birthday messages. Make a butcher paper banner that states, "God's blessings on your special day!" Hang the banner in the room. Drape streamers or crepe paper around the room. Inflate a bunch of balloons and use a black permanent marker to write on each one, "God bless your birthday!" Hang them on doorknobs, from ceiling fans, from bedposts, and so on.

#### **Blessing 7**

Prepare your son's or daughter's favorite treat, such as a bowl of popcorn, peanuts, or M&M's. On small gift tags, write, "God's blessings on your day!" Use as many gift tags as the age the child is turning. Mix these small tags into the bowl of treats and set it out for him or her.

#### **Blessing 8**

If your child's school permits deliveries to students, arrange for a florist to deliver a flower or birthday balloon to your son or daughter at school. Make sure the gift card states, "God bless you on your birthday."

#### **Blessing 9**

At the family dinner table (or at a restaurant if you go out for a birthday meal), prepare to share with the birthday child the positive feelings you and the rest of the family experienced when she or he was born. Begin each comment by saying, "On the day you were born, God smiled because \_\_\_\_\_ [fill in the blank with a family member's name and his or her response to the birth]." For example, you might say, "On the day you were born, God smiled because your dad was so proud he took a picture of everyone in the hospital, including the janitor!"

At the end of the family birthday dinner, share the story of the day of the birth of your child. Tell about all the details of who was there, how the family got to the hospital, the doctor or midwife's name and actions. Include any humorous or touching events. Share the excitement you felt and the hopes and dreams that you had for him or her.

#### **Blessing 10**

Ask the birthday girl or boy to compose and share with the family a prayer of thanksgiving to God for her or his life.

#### **Blessing 11**

Write a note that says, "God thinks you are special, and so do we!" Place it in a box and wrap the box. When it is time for the birthday person to open gifts, have him or her open the message box first. Then invite each member of the family to trace the sign of the cross on the forehead of the birthday boy or girl and to state as they do so, "God bless you!"

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**SCRIPTURAL  
CONNECTIONS**


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**NOTES**


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**Blessing 12**

Write "Blessed!" in large block letters on a piece of colored poster board. Collect photographs of your daughter or son from her or his birth until the present. Cut the photographs so that they fit into the letters of the word "blessed." Glue or tape them into the letters. Overlap and cluster them so that they make a collage. Present the poster to your daughter or son as a birthday gift.

- ☉ Gen. 12:2–3 (God will bless you and make your name great.)
- ☉ Deut. 7:13–14 (You will be blessed among all people.)
- ☉ Ps. 118:23–24 (This is the day the Lord has made; let us rejoice and be glad!)

Use the space below to jot notes and reminders for the next time you use this strategy.