

# Happy Birthday!

On this day of celebration, we invite you to spend some time in reflection, remembering the year that has passed and looking ahead to the year that lies before you. We pray the coming year graces your life with many blessings of love and peace!

- The Campus Ministry Team

## A Birthday Reflection

I look back upon the past year, through the many ups and downs, and I gather my significant memories – people, events, inner stirrings, dreams, jolts, joys, heartaches, etc. – all that touched my life in any sort of special way.

**As I look over my year:**

I am especially grateful for . . .

I am amazed at . . .

I am puzzled by . . .

I wish that . . .

(See Other Side)

**As I look toward the coming year:**

I long for . . .

I hope that . . .

I trust . . .

I promise . . .

I ask . . .

Now pause and visualize a messenger of God drawing near to you. This messenger bears a blessing of God for your coming year. Receive the blessing from the messenger. Spend some time in quiet, allowing the blessing to permeate your entire being.

To conclude this reflection, write a short prayer in your journal or on a paper that you will keep and refer to each month on the date of your birthday. Now go and celebrate!

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