"A birthday is a day to remember. The name is somewhat ridiculous because who can remember their actual "birth" day? Most people, when they are older, want to forget their birthdays anyway! So why have a birthday? It is so we, the ones who really celebrate, can appreciate the gift of God in birth. This gift of God reminds us of the new birth that is offered in Christ. It has a beginning point of birth (which we never forget), we look forward to the next "Spiritual" birthday (contemplating spiritual maturity), and we anticipate the aging process in Christ because it brings us one day nearer to the One who brought about our birth in the first place. So you see, physical and spiritual birth are both necessary. Without the realization of aging (at each birthday) we may not contemplate the real necessity of death and neglect the need for a spiritual birthday." John 3:5-6 DEM