Dear [Friend's Name],

I hope this message finds you well. I wanted to take a moment to sincerely apologize for not being there to celebrate your birthday. It breaks my heart to have missed such an important day in your life.

[Optional: Brief explanation of your absence, if appropriate, e.g., "Due to unforeseen circumstances, I was unable to join you."]

Your birthday is a special occasion, and I regret not being there to share in the joy and festivities. I truly value our friendship and wish I could have celebrated with you. I hope you had a wonderful day filled with love and laughter.

Please know that I am thinking of you and would love to make it up to you. Let's plan a day soon to celebrate together!

Once again, I am so sorry for my absence. Wishing you all the happiness in the world.

With all my love,

[Your Name]