

Treat Yourself to Silence

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“**M**aybe just one more scroll.” Perhaps, for many of us, this is an all-too-familiar phrase—a seemingly harmless decision that somehow turns looking at a single social media post into thirty more minutes of swiping, watching, and liking. Whether it’s Facebook, TikTok, or Instagram, digital platforms are designed to hold our attention for as long as possible. But, as Catholics, we must ask ourselves: *What is this doing to our souls?*

We know that the noise of social media is constant. Our daily routines are interrupted by persistent notifications from our favorite influencers or recommendations about new trends or products. Our social media feeds flood our minds with curated images and endless opinions. On the surface, it seems like harmless—maybe even educational—entertainment. But, over time, we might feel the loss of interior silence. Without silence, we risk losing the space where God speaks to us. God did not come to Elijah in the violent wind or earthquake or fire, but in a “light silent sound” (1 Kings 19:12). Today, that gentle voice can become increasingly difficult to hear—not because God has stopped speaking to us, but because we fill ourselves with so much noise that we obscure God’s voice.

Our Catholic faith teaches us that silence is not emptiness; rather, it is the fullness of the presence of God. Without silence, we cannot truly pray; without prayer, we lose our anchor. When we cannot put aside our phones, we allow social media to chip away at the sacred stillness and distract us from the divine presence that constantly surrounds us.

Our faith, however, gives us the antidotes to this need for more media: *discernment* and *discipline*. We must first recognize the subtle ways in which social media consumes too much of our attention and time.

Are we using social media to connect with others or to numb ourselves to reality? Is our use of social media bringing us closer to God, or is it pulling us toward distraction?

How can we create habits of silence? We need to set boundaries; for example, no phones for the first thirty minutes of the day. Imagine this: rather than opening Facebook or Instagram or your emails first thing in the morning, open your Bible to a random page and pick out a passage to read. Instead of ending the day scrolling through TikTok, end it with a meditation and examination of your day. However you decide to do it, it is important to set aside dedicated time each day for device-free meditation. Those moments of prayer, journaling, and spiritual reading enable you to be in the presence of God.

Turn away from the noise and let God speak to you. Maybe that moment of silence is exactly where God has been waiting for you all along. #



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