

O Prince of Peace,

My peace has fled from me
and I am burdened by
nameless, anxious fears.

The overuse of social media has numbed
my heart and mind to your love.
I can no longer see myself or others clearly.

Meet me O Christ, in this fast.
By your grace, renew my mind
and restore my peace.

I confess that in recent days I have
worried without reason,
coveted what I do not have,
longed for man's approval.

I have become like a beast toward you —
brutish and ignorant,
afraid to be still in your presence as if you are not
a gentle caretaker.

But you are, O God.
Let me remember it.

In anxious apathy I have
avoided prayer, thus forgetting how to pray,
chosen scrolling over solitude,
sought "likes" and found loneliness.

Lord, keep me awake to these truths!
Let me not be a lifeless thing,
a dried husk, a hollow shell.

Let me not passively accept
the chains of social media —
mindlessly swiping and scrolling myself to death of
heart
mind
soul
original thought
appreciation of beauty
wonder
love for my neighbor.

A LITURGY FOR

Fasting from Social Media

When tempted to pick up my phone,
help me to pray.

When fearful of missing out,
replace my fear with joy at being
welcomed to your banquet table.

Heal me now, O Christ.
I am weary and in need of restoration.

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