

Published based on [Why Fast?](#)

Why Fast?

As we end our first week of this season of fasting, it is a good time to reexamine why we are fasting and what happens during a fast.

We are fasting because we feel led to by the Holy Spirit.

We are fasting as a voluntary means of submitting ourselves to the purifying work of God through his Holy Spirit believing that fasting can bring to light matters of the heart that need addressing.

Many of us are fasting food or drink. Others are fasting something else such as TV, shopping, etc.

What can we expect from God? Well, we can expect God to be who He always is. Faithful, holy, loving, patient, kind, gentle.

And we can expect that He will do as He always does, respond to our hearts.

It's not about Him responding to our actions, but about His response to our hearts.

Our hearts which say we realize that the things of life often have unhealthy holds on our soul.

It is about His response to our hearts as we say, "Lord, I don't know my own heart as well as You know it. Please purify my heart."

And as our hearts are purified, we can see God; we can hear God. We can move in the world with God's heart, and "The Lord will guide you continually, and satisfy your soul in drought, and strengthen your bones; You shall be like a watered garden, and like a spring of water, whose waters do not fail." Isaiah 58:11

You can also find this article published on [Why Fast?](#), and on the tag pages [fasting](#), [heart](#), [Isaiah 57](#), [Isaiah 58:11](#).