

# Men's Breakfast - The Sustenance

We see it everyday - on TV, spam email, magazines ads, etc. they all tell us to live long you have to eat and drink the right stuff. In John we have read how to have eternal life - we are to drink the living water and eat the bread of life and we will never be thirsty or hungry again. [Matthew 5:6 \(NIV\) Blessed are those who hunger and thirst for righteousness, for they will be filled.](#)

What can you do today to rely on God, rather than on things or people, to satisfy your needs?

What demanding attitudes do you need to ask God to help you change?