"...I am the bread which came down from heaven." - John 6:41 "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." - John 15:5 Just as man cannot live without the most basic necessities such as bread (food), water, air, our Lord showed us our need to entirely depend on Him. He is the bread of life and He is the source of the living water. He is the vine and we are the branches, and without Him we can do nothing. Let's cast all our cares upon the Lord, and trust in Him in everything. Praise the Lord!