John 6:55~ For my flesh is true food, and my blood is true drink.

1. So he then told them, that his flesh was true food, and his blood was true drink, for his example in life, one would have to take in completely, and follow closely to gain everlasting life.

[Question] What then, did Jesus tell his disciples, that was true food and true drink?

[Question] What then, would they have to follow closely to gain everlasting life?