"You are what you eat" also applies to our spiritual health

https://desperatemen.org/wp-content/uploads/2019/01/Desperate-Men-Ministry-Wednesday-Jan.-9-Appetites-60-sec-final-mix.mp3

Be a "Receiver" this year — leaving nothing on the table God has for you in 2019

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Friday-Jan.-4-Receiving-60-sec-final-mix.mp3

Overcoming "Bouts of Doubt"

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Wednesday-Jan.-2-Believing-God-60-sec-final-m...mp3

They gazed intently as He ascended. We (should be) gazing intently for His imminent return!

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Friday-Dec.28-Advent-Week-4-Love-Pt-3-60-sec...mp3

The Real Gift is Thrice-Holy Love

Love from a Father Who made a way to redeem sinners like you and me. Love from the Son Who condescended to us in so many ways. Love from the Spirit Who conceived it...

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Monday-Dec.-24-Advent-Week-4-Love-pt.-1-60-s...mp3

What Men Can Learn About 'How

to Pray' from a Teenage Girl

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Monday-Dec.-17-Advent-Week-Three-Joy-pt-1-60...mp3

Are You Prepared?

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Friday-Dec.14-Advent-week-Two-You-and-Me-60-...mp3

Preparation and Faith — How God worked in His-story Then and Now

https://desperatemen.org/wp-content/uploads/2018/12/Desperate-Men-Ministry-Monday-Dec.-10-Advent-Week-Two-Ecspectancy-6....mp3

Moving from "Thanks" to "Giving"

https://desperatemen.org/wp-content/uploads/2018/11/Desperate-Men-Ministry-Monday-Nov.-26-Giving-Tuesday-60-sec-final-mi...mp3

Cultivating a taste for the only "Whole Food" that can sustain us and help us grow...

https://desperatemen.org/wp-content/uploads/2018/11/Desperate-Men-Ministry-Wednesday-Nov.-21-Taste-60-sec-final-mix.mp3