

If you are **willing** to be abstinent, this is a state of great humility. If you are **trying** to be abstinent this is a state of great confusion.

A **willingness** to be abstinent implies you do not know how to do it, but are willing to learn. **Trying** to be abstinent implies you should be able to do it, but are struggling with it.

Willingness to be abstinent involves acceptance. **Trying** to be abstinent involves condemnation.

If you are **willing** to be abstinent, you are open to receive. If you are **trying** to be abstinent, you are closed to guidance.

If you have been **trying** to give up the old ways and have condemned yourself for failure to do so, simply be **willing** to learn how the old ways may be replaced with ways of peace.

If you are **trying** to be abstinent, you will fear failure. If you are **willing** to be abstinent, even “failure” may be used as a teaching device.

If you are **trying** to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure. If you are **willing** to be abstinent, no setback becomes a problem, for you know you will be shown.

If you are **trying**, you are attempting to be abstinent by yourself. If you are **willing** to be abstinent you are asking for guidance.

Trying to be abstinent places the responsibility on you. Being **willing** to be abstinent, places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer. **Trying** to be abstinent is an act of separation from your Higher Power.

When you **try**, there is resistance. When you are **willing**, there is acceptance.

If you are **trying** to be abstinent, everything is interference. If you are **willing** to abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your willingness to be abstinent each day.

Without the giver of the gift (of abstinence), there would be no gift. Which is more important, the giver of the gift or the gift itself? Bear in mind this particular gift is just for one day, or one meal at a time.