

Big Book (Alcoholics Anonymous), page 58

The great fact is just this and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows, and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

And it continues a little further down the page:

...we had but two alternatives. One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best as we could; and the other to accept spiritual help.

I believe that peace, joy, and serenity come from living in the present moment in conscious contact with my Higher Power. But it requires a daily and moment to moment decision to turn to my Higher Power for guidance, direction, and strength.

But what is the alternative? Go on to the bitter end, hang on, isolate, eat, avoid life? I know at times I want to do that and I have to make the choice to accept spiritual help – to recognize that I can pause when agitated or doubtful and ask my Higher Power – what should I do next.

Hope this helps.