



THE LIFE RECOVERY CODE

Daily Discipline. Spiritual Alignment. Inner Control.

Daddy Frequency Productions

THE TRUTH

John 14:6

God is the Truth.
We are meant to be filled with Him —
to live truthfully.

Truth is not something you chase.
It is something you align with.

You are not here to invent truth.
You are here to align with it.

CHARACTER CHECK

Ephesians 4:2

Be humble, gentle, patient,
understanding, and peaceful.

People are watching your life.
Can they see Christ in you?

They don't hear your words.
They read your life.

THE OUTPUT

Galatians 5:22

The Spirit produces:

Love • Joy • Peace

Patience • Kindness • Goodness

Faithfulness • Gentleness • Self-Control

If it is not producing these,
it is not aligned.

THE DAILY REQUIREMENT

Romans 6:6 / Colossians 3:5

Turn from sin.

Reject your old nature.

Nail it to the cross.

Commit daily.

Not sometimes.

Not when you feel like it.

Draw on the Spirit

moment by moment.

ANGER CONTROL

Ephesians 4:26–27

Do not let anger control you.

Do not let the sun go down
while you are still angry.

Anger gives a foothold to destruction.

Feel it. Process it. Release it.

Or become it.

DISCIPLINE

Ecclesiastes 7:9

Control your temper.
Uncontrolled anger makes you a fool.

No metaphor. No softness.

You either control yourself
or you prove you can't.

PERSEVERANCE

Philippians 1:2–6

God sees your difficulties.

He promises completion.

Struggle is temporary.

Completion is guaranteed.

You don't need more time.

You need more control.

Hold position.

DAILY DIRECTIVE

Philippians 4:6–7

Ask for help.

Ask for strength.

Ask for guidance.

Ask for control.

You are not designed
to do this alone.

That is not weakness.
That is architecture.