



***Liberty or Legalism: How Do We Grow In
Spiritual Discipline?
Daniel 1* June 21, 2026
Pastor Bear Clifton***

1. Daniel survived the King's attempts to squeeze him by exercising:

Spirit-Led _____.

What does this look like?

2. So how do we grow in it? There's one more thing we need to talk about from chapter 1 (and it's in the teaching title).

What do we mean by "legalism"?

What do we mean by "liberty"?

What's the goal for healthy spirituality?

3. But to reach the point of becoming a Word-fed, Spirit-led self-controlled person sometimes both are required, e.g. legalism.

4. But a problem in life happens when legalism becomes normal.

5. But is this what God wants for us? More and more laws to follow?

6. So why do so many Christians and churches struggle with legalism?

7. What does Christian liberty look like? It has three steps or stages:

- Self-_____. We can't say no for ourselves it has to be put on us from _____.

- Self-_____. We start to be able to say no _____.

- Self-_____. We start to be able to say yes to _____.

Was there one truth, verse, or lesson that really resonated with your heart today?