



Breaking the Snare of Fear

Focus God wants to set us free from the fear of man.

Fun Have a three-legged race! Use belts or bandanas or whatever you have around the house to tie legs together. You may need to move the furniture back or step outside to have enough room for this. Consider giving a small prize to the winners.

Review Key Scriptures: Proverbs 29:25; Luke 22:54–62

The fear of man is a very common bondage among believers. We often don't see it as spiritual bondage. Instead, we usually blame it on our personalities. The fear of man usually manifests in behaviors such as people pleasing and control issues.

- *The fear of man snares you to man.* (John 12:42-43; 2 Peter 2:19)
When we measure ourselves by what other people think of us, we cannot truly be who we are. Instead, our identities can be defined by lies or misinformation.
- *The fear of man snares you from God.* (Luke 22:54–62; Jeremiah 17:5)
Peter had walked closely with Jesus, but the fear of man caused Peter to deny Him. The good news is when the fear of man pulls us away from God, He calls us back. He doesn't condemn us but continues to hold onto us.
- *The fear of man snares others through you.* (John 7:13, 9:22, 19:38, 20:19; Matthew 23:15)
When we are snared by the fear of man, we wound and trap others. We do this through control and rejection. Deliverance comes through first seeing that we are ensnared, then asking for help from trusted friends so we can yield this fear to the Lord.

Group Dynamics Idea Create an atmosphere of laughter. Show some funny clips from YouTube or search for some vines.

Discuss

1. What stood out to you from this message?
2. “Fear is a false prophet spirit.” Discuss what that statement means. How does fear speak to us about our future? Why is fear a false prophet?
3. Of the two behaviors that show the bondage of the fear of man, which do you most identify with, people pleasing or controlling behavior? How do people pleasing and control issues break down our relationships?
4. Why is it hard to admit that we are bound by a fear of man?
5. Read Proverbs 29:25. Do you have a story of how God has set you free from the fear of man? If so, please share it with the group.

Take Home

As we conclude, remember the following:

- God wants to set us free from the fear of man.
- God always calls us back when we are pulled away from Him by the fear of man.
- We find freedom from the fear of man when we yield it to the Lord and ask others for help.

Pray

Pray for deliverance from the fear of man. Pray for any other needs in the group.

New Leader Tip Ask group members to help with various tasks related to the group, such as bringing snacks, organizing events, leading worship and sending emails. They may not think to volunteer to help, but respond willingly when you invite them! This will strengthen relationships within the group and also lightens your load as the leader, helping avoid burnout.