

# Proverbs 29:25 – Teaching Framework

*“The fear of man lays a snare, but whoever trusts in the Lord is safe.”*

## I. What “Fear of Man” Is

- Not just nervousness—it is identity distortion
- Approval becomes safety; rejection becomes threat
- Connected to anxiety, attachment, and cognitive distortions

## II. Why It Is Called a Snare

- It traps behavior (people-pleasing, avoidance)
- It traps thinking (constant evaluation)
- It replaces God’s authority with human approval

## III. The Great Exchange

- Fear of man → Trust in God
- External validation → Internal identity
- Anxiety → Peace

## IV. Mechanisms

- Cognitive loop: thoughts → emotions → behaviors
- Attachment loop: fear of rejection → over-accommodation
- Nervous system loop: chronic social threat activation

## V. How to Overcome

- Identity reconstruction (who God says you are)
- Cognitive restructuring (challenge distorted thoughts)
- Exposure (practice truth in relationships)
- Schema healing (defectiveness, abandonment, subjugation)
- Spiritual alignment (fear of the Lord)

## **VI. Key Teaching Statements**

- What you fear, you give authority to
- If people define you, they control you
- Freedom begins when God's voice is louder than people

## **VII. Practical Exercise**

- Whose opinion affects you most?
- What do you fear they think?
- What do you do because of that fear?
- What does God say instead?

## **VIII. Closing**

- Fear of man is a spiritual, cognitive, and emotional system
- Healing requires identity, cognitive, behavioral, and spiritual change