There are times when we experience physical sensations, such as the feeling of something moving inside our bodies—like insects crawling on your skin. This can lead to discomfort, fatigue, or body aches. If you experience such sensations, it is essential to first seek medical advice. A doctor can examine you, offer a diagnosis, and recommend treatment. If the condition resolves with medical treatment, then it was likely a physical issue.

However, if treatment does not resolve the problem and the sensations persist, it may not be purely physical but spiritual. The Bible tells us that there are times when demonic influences can manifest in the lives of individuals (Ephesians 6:12). People who experience sensations like things crawling inside them, sharp pricking sensations, or a feeling of something moving in their stomach, back, arms, or legs, might be encountering spiritual oppression.

The Bible warns us in

> *1 Peter 5:8 (NIV),* “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

These sensations could be a form of spiritual attack, manifesting through oppression or even possession.

When these things happen, take note of the circumstances. Do these sensations become stronger when you're praying, reading the Bible, or engaging in spiritual practices? In

> *Ephesians 6:10-11 (NIV), Paul encourages us to* "put on the full armor of God, so that you can take your stand against the devil's schemes."

Spiritual attacks often intensify in moments of spiritual focus, as the enemy seeks to distract or disturb.

Additionally, if you experience other troubling symptoms—such as memory loss, unexplained anger, fear, or a sense of decline in your well-being—these could also point to spiritual warfare (2 Corinthians 10:4). The enemy's goal is to steal, kill, and destroy (John 10:10), and these symptoms may be signs of that spiritual battle.

The good news is that deliverance is possible through Jesus Christ. In

> *Luke 10:19 (NIV), Jesus says,* “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”

The Bible also assures us that through Christ, we are more than conquerors (Romans 8:37).

How to Find Freedom:

To overcome these struggles, the first step is accepting Jesus Christ into your life.

> *Romans 10:9 (NIV) states,* “If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”

Jesus is the one who offers true freedom from spiritual oppression (John 8:36). By accepting Him into your heart, you can experience both spiritual and physical healing.

If you feel called to receive salvation, take a moment to open your heart to Jesus. He promises that those who come to Him will find rest (Matthew 11:28).

Shalom

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