

Proverbs 14:30

Authorized King James Version (KJV)

A sound heart is the life of the flesh: but envy the rottenness of the bones.

Analysis

Sound heart promotes bodily health, while envy rots bones. This psychosomatic insight shows sin's physical effects—mental and spiritual corruption manifest in bodily disease. Conversely, righteousness conduces to holistic flourishing, anticipating redemption's full healing of body and soul.

Historical Context

Ancient medicine recognized connections between emotional/spiritual state and physical health. Biblical wisdom predicated modern research confirming these mind-body links.

Related Passages

Hebrews 11:1 — Definition of faith

Romans 1:17 — The righteous shall live by faith

Study Questions

1. How do spiritual conditions like envy or peace affect your physical wellbeing?
2. What sinful attitudes might be contributing to stress or illness in your life?

Interlinear Text

לֹא־בְּשֶׁרֶם אֲלֹת בְּשֶׁרֶם מְרַפֵּא וְרַקְבָּה צַמְצָמָה: צַמְצָמָה וְתַּּבְּנָה
is the life of the flesh heart A sound the rottenness of the bones but envy
H2416 H1320 H3820 H4832 H7538 H6106 H7068

Additional Cross-References

Proverbs 17:22 (Parallel theme): A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Job 5:2 (Parallel theme): For wrath killeth the foolish man, and envy slayeth the silly one.

Proverbs 12:4 (Parallel theme): A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones.

Proverbs 3:8 (Parallel theme): It shall be health to thy navel, and marrow to thy bones.

Proverbs 4:23 (Parallel theme): Keep thy heart with all diligence; for out of it are the issues of life.

Psalms 112:10 (Parallel theme): The wicked shall see it, and be grieved; he shall gnash with his teeth, and melt away: the desire of the wicked shall perish.

Psalms 119:80 (Parallel theme): Let my heart be sound in thy statutes; that I be not ashamed.

Romans 1:29 (Parallel theme): Being filled with all unrighteousness, fornication, wickedness, covetousness, malice; full of envy, murder, debate, deceit, malignity; whisperers,