

# Psalms 104:15

Authorized King James Version (KJV)

And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart.

## Analysis

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Wine gladdens human hearts, oil makes faces shine, and bread strengthens hearts. This verse celebrates God's provision beyond mere survival—wine brings joy, oil brings beauty (health), and bread brings strength. These three staples of Mediterranean diet represent comprehensive provision for joy, wellbeing, and vitality. This isn't asceticism but appreciation for God's good gifts. Christ's first miracle was providing wine (John 2:1-11), and He instituted communion using bread and wine. The Reformed tradition affirms creation's goodness while warning against excess.

## Historical Context

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Wine, oil, and bread were essential to ancient Israelite life, representing God's covenant blessings (Deut 7:13). These weren't luxuries but common provisions, showing God's care through ordinary means.

## Related Passages

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**Romans 2:1** — Judging others

**Matthew 25:31** — Final judgment

## Study Questions

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1. How do you balance grateful enjoyment of God's good gifts with guarding against excess and idolatry?
2. What common daily provisions do you overlook that deserve thanksgiving to God?

## Interlinear Text

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וַיִּין	יִשְׂמַח	לִבִּי	אֶנּוּשׁ	לְהִצָּה יל	פָּנֵי ים
And wine	that maketh glad	heart	man's	to shine	to make his face
H3196	H8055	H3824	H582	H6670	H6440
וְשֶׁן	וְלֶחֶם	לִבִּי	אֶנּוּשׁ	יִסְמְד:	
and oil	and bread	heart	man's	which strengtheneth	
H8081	H3899	H3824	H582	H5582	

## Additional Cross-References

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**Psalms 23:5** (Parallel theme): Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

**Ecclesiastes 10:19** (Parallel theme): A feast is made for laughter, and wine maketh merry: but money answereth all things.

**Ecclesiastes 9:7** (Parallel theme): Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works.

**Judges 9:13** (Parallel theme): And the vine said unto them, Should I leave my wine, which cheereth God and man, and go to be promoted over the trees?

**Hebrews 1:9** (Parallel theme): Thou hast loved righteousness, and hated iniquity; therefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows.

**Psalms 92:10** (Parallel theme): But my horn shalt thou exalt like the horn of an unicorn: I shall be anointed with fresh oil.

**1 John 2:20** (Parallel theme): But ye have an unction from the Holy One, and ye know all things.

**Ephesians 5:18** (Parallel theme): And be not drunk with wine, wherein is excess; but be filled with the Spirit;

**Ezekiel 4:16** (Parallel theme): Moreover he said unto me, Son of man, behold, I will break the staff of bread in Jerusalem: and they shall eat bread by weight, and with care; and they shall drink water by measure, and with astonishment:

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