

# Psalms 119:28

Authorized King James Version (KJV)

My soul melteth for heaviness: strengthen thou me according unto thy word.

## Analysis

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**My soul melteth for heaviness** (דָּלַף נַפְשִׁי מִתּוֹגָה)—The verb *dalaph* means to drip, weep, or waste away—the soul literally liquefying under grief's weight. *Tugah* (heaviness, sorrow) is crushing emotional burden, not mere sadness. This raw honesty reflects biblical lament psalms that refuse to minimize suffering. **Strengthen thou me according unto thy word** (קִמְּנִי כְּדִבְרְךָ)—The verb *qum* (to arise, stand, establish) requests God make the psalmist stand upright again. Scripture alone provides the structural integrity to bear grief's weight without collapse.

The psalter validates tears while directing them toward God. Melting grief is not unbelief—it's human frailty crying out for divine strength. This verse models how believers should process sorrow: honest before God, anchored in His Word, confident in His strengthening grace.

## Historical Context

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Hebrew culture openly expressed grief through weeping, tearing garments, and sitting in dust—practices foreign to Stoic philosophy but endorsed by Scripture. The psalmist writes from a worldview where emotional honesty before God is worship, not weakness, anticipating Jesus who wept at Lazarus's tomb.

## Related Passages

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**John 15:13** — Greatest form of love

**1 Corinthians 13:4** — Characteristics of love

**Genesis 1:1** — Creation of heavens and earth

**Colossians 1:16** — All things created through Christ

## Study Questions

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1. How does the psalmist's transparent grief challenge modern Christian pressure to 'stay positive' and minimize suffering?
2. Where in God's Word have you found the specific strengthening you needed during seasons of melting sorrow?
3. What's the difference between melting in grief while crying to God versus melting in grief while turning from God?

## Interlinear Text

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מַלְתֶּת	נַפְשִׁי	לְעֵלְיוֹת	חַזְקֵנִי	יְיָ אֱלֹהֵי
<b>melteth</b>	<b>My soul</b>	<b>for heaviness</b>	<b>strengthen</b>	<b>thou me according unto thy word</b>
H1811	H5315	H8424	H6965	H1697

## Additional Cross-References

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**Psalms 22:14** (Parallel theme): I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.

**Psalms 27:14** (Parallel theme): Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

**Isaiah 40:29** (Parallel theme): He giveth power to the faint; and to them that have no might he increaseth strength.

**Zechariah 10:12** (Parallel theme): And I will strengthen them in the LORD; and they shall walk up and down in his name, saith the LORD.

**1 Peter 5:10** (Parallel theme): But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

**Philippians 4:13** (Parallel theme): I can do all things through Christ which strengtheneth me.

**Isaiah 40:31** (Parallel theme): But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

**Psalms 107:26** (Parallel theme): They mount up to the heaven, they go down again to the depths: their soul is melted because of trouble.

**Psalms 29:11** (Parallel theme): The LORD will give strength unto his people; the LORD will bless his people with peace.

**Ephesians 3:16** (Parallel theme): That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;