

Psalms 22:14

Authorized King James Version (KJV)

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.

Analysis

The physical imagery—'poured out like water,' 'bones are out of joint,' 'heart is like wax'—vividly describes crucifixion's effects. Medical analysis confirms these symptoms: severe dehydration, dislocated joints from hanging by nails, and cardiac stress. Reformed theology emphasizes that Christ's physical suffering was real and excruciating, not merely symbolic. He truly became sin for us (2 Cor. 5:21), experiencing death's full horror to conquer it completely.

Historical Context

Crucifixion was Rome's most torturous execution method, designed to maximize suffering over hours or days. This psalm, written centuries before crucifixion was invented, prophetically describes its effects with medical precision, evidencing divine inspiration.

Related Passages

James 2:17 — Faith and works

Hebrews 11:1 — Definition of faith

Study Questions

1. How does meditating on Christ's physical suffering deepen your hatred of sin?
2. What does the specificity of these physical details teach about biblical prophecy?

Interlinear Text

כֶּמַּחַיִּים	נִשְׁפָּכְתִּי	וְהִתְפָּרַדּוּ	כָּל	עַצְמוֹתַי	הָ
like water	I am poured out	are out of joint	H3605	and all my bones	H1961
H4325	H8210	H6504		H6106	
לִבִּי	כֶּדֶוֹן ג	נִמְסָה	בֵּת וֶחַד	מֵעֵי:	
my heart	is like wax	it is melted	in the midst	of my bowels	
H3820	H1749	H4549	H8432	H4578	

Additional Cross-References

Daniel 5:6 (Parallel theme): Then the king's countenance was changed, and his thoughts troubled him, so that the joints of his loins were loosed, and his knees smote one against another.

Psalms 31:10 (Parallel theme): For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed.

Job 23:16 (Parallel theme): For God maketh my heart soft, and the Almighty troubleth me:

Joshua 7:5 (Parallel theme): And the men of Ai smote of them about thirty and six men: for they chased them from before the gate even unto Shebarim, and smote them in the going down: wherefore the hearts of the people melted, and became as water.

Psalms 68:2 (Parallel theme): As smoke is driven away, so drive them away: as wax melteth before the fire, so let the wicked perish at the presence of God.

Psalms 22:17 (Parallel theme): I may tell all my bones: they look and stare upon me.

Job 30:16 (Parallel theme): And now my soul is poured out upon me; the days of affliction have taken hold upon me.

John 12:27 (Parallel theme): Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour.

Nahum 2:10 (Parallel theme): She is empty, and void, and waste: and the heart melteth, and the knees smite together, and much pain is in all loins, and the faces of them all gather blackness.

Matthew 26:38 (Parallel theme): Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.

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