

Psalms 38:3

Authorized King James Version (KJV)

There is no soundness in my flesh because of thine anger;
neither is there any rest in my bones because of my sin.

Analysis

There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin. Sin's effects manifest somatically—no soundness (מְתֻמָּה, metom, wholeness/integrity) remains in flesh or rest (מִלְּשָׁם, shalom, peace) in bones. The parallel: God's anger brings physical consequences; David's sin brings inner turmoil.

This psychosomatic description anticipates modern understanding of guilt's physical toll. The bones, representing core vitality (cf. Psalm 51:8, 'make the bones which thou hast broken to rejoice'), lack shalom. David traces all dis-integration back to sin—moral failure fragments the whole person, body and soul.

Historical Context

Ancient Israelites understood sickness and health holistically, not separating 'spiritual' from 'physical.' While not every illness is caused by personal sin (John 9:3), David recognizes this affliction stems from his transgression. The wisdom literature frequently connects righteousness with health and sin with disease.

Related Passages

James 2:17 — Faith and works

Romans 1:17 — The righteous shall live by faith

Study Questions

1. How have you experienced the physical or emotional toll of unconfessed sin?
2. What does the loss of *shalom* (wholeness, peace) in David's 'bones' reveal about sin's comprehensive destruction?
3. How do you distinguish between general suffering and discipline specifically tied to personal sin?

Interlinear Text

אֵין מִתְמַמָּה בְּבָשָׂרִי יְנַעַת בְּמִפְגַּן אֵין
H369 There is no soundness in my flesh because of thine anger H369
H4974 H1320 H6440 H2195

שֶׁל וּמִתְפַּאֲתִין מִפְגַּן בְּנָצָם because of my sin
neither is there any rest in my bones because of my sin
H7965 H6106 H6440 H2403

Additional Cross-References

Psalms 6:2 (Parallel theme): Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.

Psalms 51:8 (Parallel theme): Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.