

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 (מְטוֹמָה, metom, wholeness/integrity) remains in flesh or rest (שְׁלוֹמָה, 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	מָתָם	בְּבָשָׁרִי	מִפְּנֵי	זַעַמְךָ	אֵין
H369	There is no soundness	in my flesh	because	of thine anger	H369
	H4974	H1320	H6440	H2195	
שֶׁל וְאֵין	בְּעֲצָמֵי	מִפְּנֵי	חַטָּאתִי:		
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.