

Psalms 38:6

Authorized King James Version (KJV)

I am troubled; I am bowed down greatly; I go mourning all the day long.

Analysis

I am troubled; I am bowed down greatly; I go mourning all the day long.

Three Hebrew verbs intensify: troubled (אָוָה, avah, twisted/distorted), bowed down (שָׁחָה, shachach, bent over), mourning (קָדַר, qadar, darkened/in gloom). The progression: internal distortion → physical prostration → perpetual grief.

David's posture mirrors his spiritual state—sin doesn't just make us feel bad, it deforms us. The bent-over position suggests inability to look up to God (cf. Luke 13:11, the woman bound 18 years). 'All the day long' indicates unrelenting anguish. Yet this very misery drives David to prayer rather than despair—suffering can be sanctifying when it turns us Godward.

Historical Context

Ancient near eastern mourning customs included tearing garments, wearing sackcloth, sitting in ashes, and assuming bent postures. David's description suggests profound grief akin to mourning the dead—but here he mourns his own spiritual death through sin. This public display of penitence would communicate moral seriousness to observers.

Related Passages

1 John 4:8 — God is love

1 Corinthians 13:4 — Characteristics of love

Colossians 1:16 — All things created through Christ

Genesis 1:1 — Creation of heavens and earth

Study Questions

1. How does sin 'twist' and 'distort' your inner life even when outward circumstances seem fine?
2. When you're spiritually 'bowed down,' unable to look up, what practices help you turn toward God rather than inward?
3. Is your response to conviction characterized by 'all day long' mourning, or do you move too quickly past godly sorrow?

Interlinear Text

נָעַו יָתִי	שָׁחַ תִּי	עַד	מְאֹד	כָּל	הַ יּוֹם	קִיָּד ר
I am troubled	I am bowed down	H5704	greatly	H3605	all the day	mourning
H5753	H7817		H3966		H3117	H6937
הֵלַכְתִּי:						
I go						
H1980						

Additional Cross-References

Job 30:28 (Parallel theme): I went mourning without the sun: I stood up, and I cried in the congregation.

Psalms 35:14 (Parallel theme): I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.

Psalms 42:9 (Parallel theme): I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

Psalms 42:5 (Parallel theme): Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

Psalms 43:2 (Parallel theme): For thou art the God of my strength: why dost thou cast me off? why go I mourning because of the oppression of the enemy?

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