

# Redemption

Psalm 51

# Blue Monday

## Date [\[edit\]](#)

The date is generally reported as falling on the third Monday in January,<sup>[5]</sup> but also on the second or fourth Monday,<sup>[5]</sup> or the Monday of the last full week of January.<sup>[6]</sup> The first such date declared was 24 January in 2005 as part of a Sky Travel press release.<sup>[7]</sup>

## Calculation [\[edit\]](#)

The formula uses many factors, including: weather conditions, debt level (the difference between debt accumulated and our ability to pay), time since Christmas, time since failing our new year's resolutions, low motivational levels and feeling of a need to take action. One equation used by Arnall in 2006 was:<sup>[2]</sup>

$$\frac{(C \times R \times ZZ)}{((Tt + D) \times St)} + (P \times Pr) > 400$$

where Tt = travel time; D = delays; C = time spent on cultural activities; R = time spent relaxing; ZZ = time spent sleeping; St = time spent in a state of stress; P = time spent packing; Pr = time spent in preparation. [Units of measurement](#) are not defined.

The 2005 press release<sup>[7]</sup> and a 2009 press release<sup>[8]</sup> used a different formula:

$$\frac{[W + (D - d)] \times T^Q}{M \times N_a}$$

where W=weather, D=debt, d=monthly salary, T=time since Christmas, Q=time since failing our new year's resolutions, M=low motivational levels, and N<sub>a</sub>=the feeling of a need to take action. Again, no units were defined.



# Psalm 51

Have mercy on me, O God, according to your steadfast love;  
according to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from  
my sin.

For I know my transgressions, and my sin is ever before me.

Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.

Indeed, I was born guilty, a sinner when my mother conceived me.

You desire truth in the inward being; therefore, teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Let me hear joy and gladness; let the bones that you have crushed rejoice.

Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me.

Do not cast me away from your presence, and do not take your holy spirit from me.

Restore to me the joy of your salvation, and sustain in me a willing spirit.



Then I will teach transgressors your ways, and sinners will return to you.

Deliver me from bloodshed, O God, O God of my salvation, and my tongue will sing aloud of your deliverance.

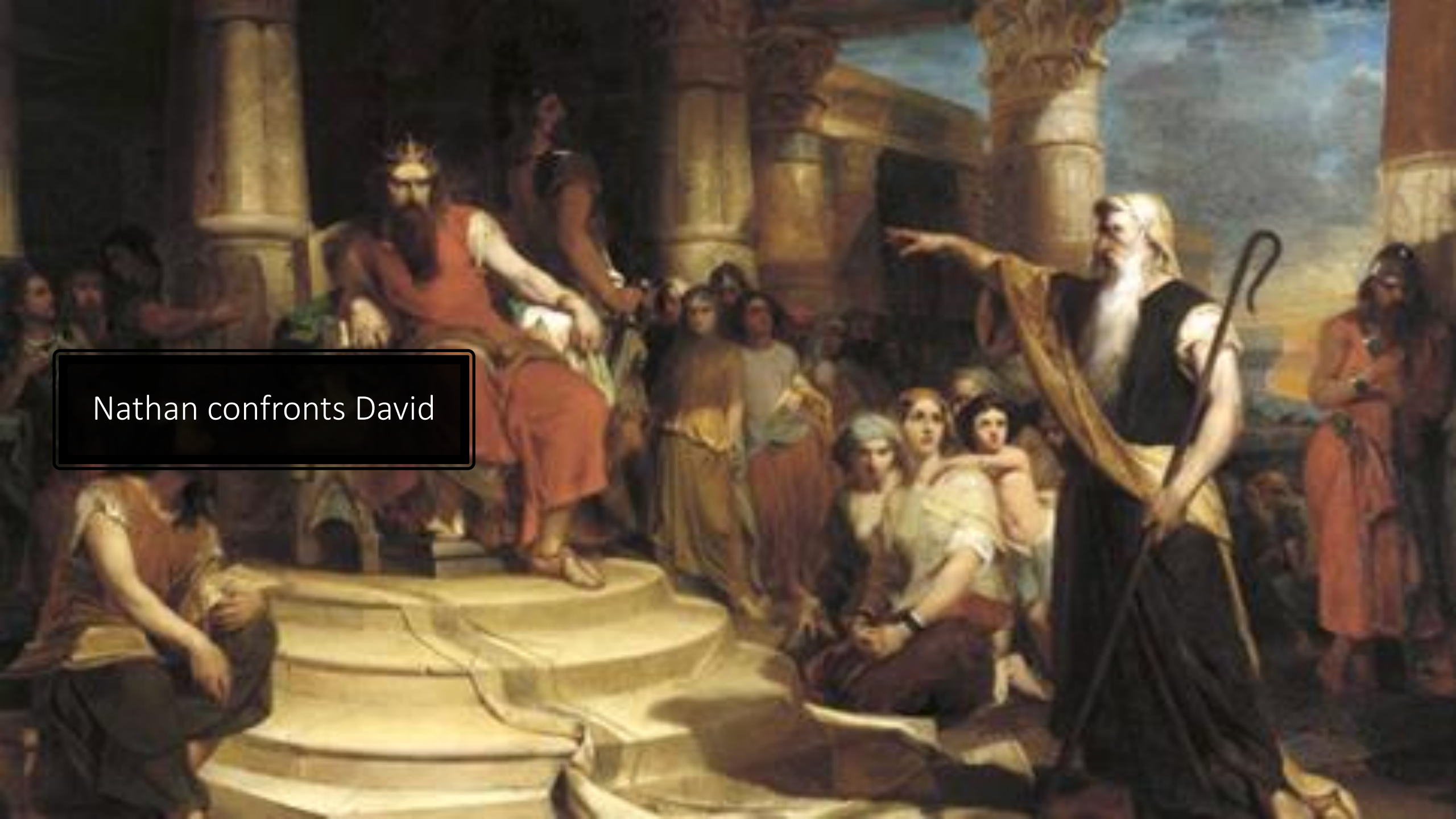
O Lord, open my lips, and my mouth will declare your praise.

For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased.

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure; rebuild the walls of Jerusalem, then you will delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.





Nathan confronts David



Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst.

1 Timothy 1:15

But God proves his love for us in that while we still were sinners Christ died for us.

Romans 5:8



The celebrated *MISERERE* composed by *Gregorio Allegri*

This Piece is performed in the *Pope's Chapel at Rome* and is in the highest Estimation

*Primo Coro*

Mi. se. re. re me. i De. us se. cun. dum ma. gnam  
 Mi. se. re. re me. i De. us se. cun. dum ma. gnam  
 Mi. se. re. re me. i De. us se. cun. dum ma. gnam mi.  
 Mi. se. re. re me. i De. us se. cun. dum ma. gnam  
 Mi. se. re. re me. i De. us se. cun. dum ma. gnam

mi. fe. ri. cor. di. am tu. am  
 mi. fe. ri. cor. di. am tu. am  
 fe. ri. cor. di. am mi. fe. ri. cor. di. am tu. am  
 mi. fe. ri. cor. di. am mi. fe. ri. cor. di. am tu. am  
 mi. fe. ri. cor. di. am tu. am



AV. AMADEO WOLFGANGO MOZART ACCAD. FILARMON. DI BOLOGNA  
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