

Bike Seat Computer System

The Principle to Learn	In God's Word
Our computing improves with appropriate furniture and lighting (Fitness for Use).	Synoptic Gospels

Preclass



- Review the goals of ComputiVerse
- Review the Class Tips
- Review the Gospel Message

Provisions

A large chair, a small chair, a sturdy cardboard box, bicycle seat and other ridiculous things to sit on while computing.

[Include throughout the lesson, the steps of the Gospel so while the students' attentions are fresh, the real lesson is being planted.]

Process

Pray

Our computing improves with appropriate furniture and environment. Proper lighting, a comfortable chair adjusted to the proper height, and room temperature not higher than 80° all contribute to more efficient use of the computer. Sometimes a person sits down in front of their computer and after awhile is amazed at how long they have been sitting there. Some programmers working to meet a deadline sit at their computer for 12 to 15 hours straight. Making sure that the furniture and environment are appropriate helps make these long work sessions bearable.

There are computers designed for use by the visually impaired, but most computers are visually oriented. Since eyesight is precious, the environmental conditions that affect our eyes should be one of our first considerations.



We know to protect our eyes by wearing safety glasses and sunglasses, but other hazards to our eyes could also destroy our vision. Or at least they could be causing a great deal of stress, which decreases our productivity. Computer monitors put more strain on our eyes than TV monitors. We have to read fine text on the computer but not on the TV. Another cause of stress to the eyes is backlighting. Whether working, studying, or whatever, we seem to be spending greater periods of time reading words that have a light on behind them. This

problem becomes even greater with a laptop computer screen. To help reduce eyestrain, maintain just less than an arm's length from the screen with eye level just above the top of the monitor.

Glare is a bigger vision problem. Is glare on the screen, or a bright window behind the screen? Bright windows allow too much light onto the screen making subtle but painful eyestrain could easily be prevented by identifying all the light sources of your work area.

[Print out favorite Bible verse in a few different fonts and font sizes and experiment with which is easiest to read.]



Another important factor of a good computing environment is proper seating. Adjustable secretarial chairs are engineered to provide support through the thighs and support for the lower back. Some even have higher back cushions to help provide some support for the upper back.

[Have a safety person next to the people trying the silly seating.]

Get the students to move around a bit by trying out several of the silly seating resources. Discuss the good points of each, but point out how they don't fit the need for a computing seat.

[Read The Sophie Chair]

Show how circulation demands feet on the floor and upper legs rest evenly on the chair. It's predictable to see small children start swinging their feet and not sitting still when they're required to sit on chairs that don't allow their feet to reach the floor. The same problem exists in reverse when a bigger person must sit on a child's chair.

Matthew, Mark, and Luke are called the Synoptic Gospels because they all tell the good news of salvation through Jesus Christ, but in unique ways. Different people adjust the environment around their computer to help maximize their computing efficiency. God uses different ways to teach us about Himself because we're all different.

The Gospel of Matthew was written in a style best understood by the Jews, God's chosen nation. They had historical roots a bit different than others. God chose the Jews to be the nation through which Jesus would be born. God also chose them to copy the scriptures and pass them down unchanged. Matthew applies to everyone, but it was designed for Jews to read and understand.

The Gospel of Mark also tells the wonderful news of salvation in Jesus Christ but in a different style than the other synoptic gospels. Mark was inspired to write to the Romans, like Julius Caesar and the rulers stationed in Jerusalem. They most often thought like soldiers, "just give me my marching orders and I'm gone." Mark wrote fewer words for people who lived militarily. Mark applies to everyone, but was designed for Romans to read and understand.

Luke was a medical doctor and showed us the one and only way of salvation in a perfect physical man, Jesus Christ. What kind of things do you think a doctor would say about Jesus Christ? We can thank Luke for being faithfully inspired to include a verse about Jesus as a teenager, Luke 2:52.



God reveals Himself to us in many ways so we don't have any excuse for saying, "I don't understand about God, Who He is, or what He wants."

Just as individualizing the environment helps our computing, so God's individualizing His presentation of the good news about Jesus helps us to understand God in the best way for us.

If time allows...

Have two teams see which can make the biggest list of different seats or chairs on someone's property. ☺

The Sophie Chair

[Theme: Appropriate computing furniture pays dividends]

Me not Her!

Pete complained to himself. The camp director had just asked Pete to set up a “Computer Office.” This was a last minute switch from the planned schedule for the next day. The director explained that Sophie would be demonstrating good computing practices and techniques at all four of the back-to-back presentations starting immediately after chapel the next morning.



Pete remembered Mr. Mason’s specific words, “...and get her something to sit on.” Pete followed his instructions, but partly as a joke, Pete took two cement blocks and wedged an old bike seat between them as the “chair” to do Sophie’s presentations on. All the while, Pete was more than irritated that she had been chosen for the presentations. After all, he’d been a Sparkling Creek Camp counselor longer than Sophie. And if that wasn’t enough, Pete had a computer at home and she didn’t.

The next day as chapel as let out, Pete got a message on his pager to come to the camp director’s office “on the double”.

What happened in the next few minutes and subsequently the rest of the day would make a lasting impression on Pete for the rest of his life.

With quick directives, Mr. Mason told Pete that Sophie had been taken home in a rush the night before for some dire family need. The director quickly handed the rough script Sophie was going to use in her presentations to Pete and told him the camp was depending on him to step in, use the computer experience he had and do the presentations. The “go-get-em” gesture from Mr. Mason gave Pete no chance to decline or voice his opinion.

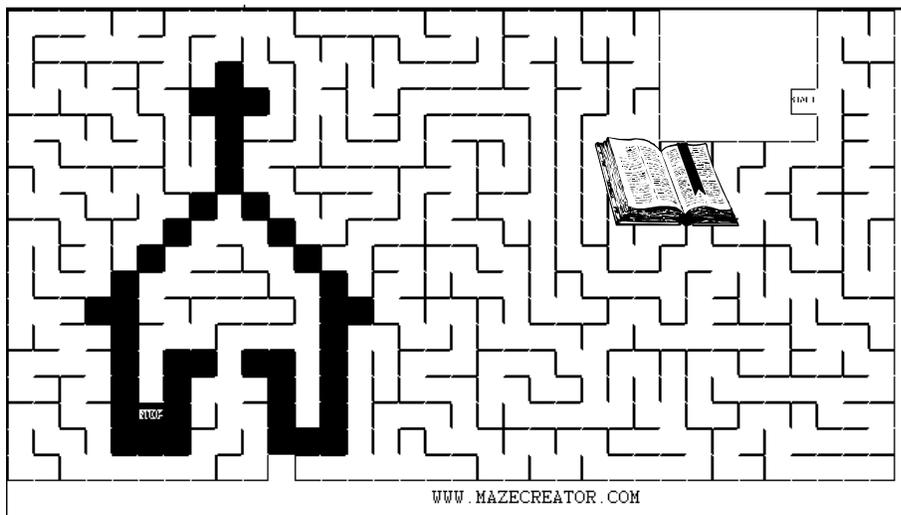
Pete was just jogging over the hill toward the computer office put together in one corner of the activity hall when he looked at the script and saw the title for the presentations he was going to be giving for the next four hours -- “Computer Ergonomics – Posture and Furniture.”

Then he remembered it; the Sophie chair. The bike seat he’d created as a somewhat cruel joke for Sophie now was being played on him.

It wasn’t long at all before Pete realized how awful the bike seat really was, and also how important good seating and posture is when computing.

“Pete, this was sure a great lesson for me to take back home and share with my friends, but doesn’t that bicycle seat hurt?” This question surfaced at every presentation. Working hard at holding back his true feelings about the cruel thing he’d planned, Pete would respond with, “Yes, It sure does; more than I can tell.” ☹

Path Puzzle Friends Fun



**The Bible
needs to be
taken to
church.**

Can you find
the path to get
it there?



What items above, does God want us to use to keep our bodies a clean vessel for His service?

What different items can you find that go together?.. like the toothbrush and toothpaste.

More Goodies:

Website: www.wsprog.com

Wavy Word Friends Fun

Create **your own** games from a computer printout, most any picture or even a copy of a page in the Bible, to share with a friend. A good picture to use is on page 32. The wavy words below were done with a word processor in a couple minutes with a feature called WordArt. Make a puzzle out of it too.

1. Cut the image into four pieces in any size or direction.
2. See how easy it is to put back together?
3. Cut each of the four pieces into two pieces so you now have 8.
4. It's a little bit harder to get back together, right?
5. Think you're good? Cut it into smaller pieces.

The REAL game is to learn to use your computer in God's service.

For God so loved the world that
He gave His only begotten Son,
that whosoever believeth in Him
should not perish, but have
everlasting life.
John 3:16

