Wythnos 2 – Sefydlu awdurdod

Magwyd Iesu mewn tref yn y Dwyrain Canol o'r enw Nasareth. Gallwch ymweld â'r dref yn Israel heddiw. Adwaenid ef fel mab i saer. Ei fedydd oedd y trobwynt yn ei fywyd. Dyna pryd y datgelwyd mai Mab Duw ydoedd. O hynny ymlaen bu'n teithio ledled y wlad yn pregethu, yn addysgu ac yn iacháu pobl, gan ddangos i bobl sut un yw Duw.

Dewisodd grŵp o 12 o ddilynwyr (disgyblion) a dangos iddynt sut y gallent fyw yn ffordd Duw ac ymddiried ynddo am bopeth. Mae'n parhau i alw pobl i'w ddilyn heddiw ac mae'n addo bod gyda ni bob amser ac ym mhobman.

Rhoddodd Iesu i'w ddilynwyr ei awdurdod ei hun i wneud y pethau y bu yntau'n eu gwneud. Mae'n gwahodd ei ddilynwyr heddiw i gydweithio ag ef hefyd. Mae hyd yn oed yn dweud y byddwn ninnau'n gwneud y gwaith a wnaeth yntau (Ioan 14:12).

Ond nid pawb wnaeth dderbyn Iesu. Ni fedrent dderbyn bod Duw wedi'i anfon. Roeddent yn rhyfeddu at yr hyn a ddysgai, ond nid oeddent am roi eu ffydd ynddo. Roedd eu diffyg ffydd yn llesteirio'r hyn a allai Iesu ei wneud yn eu plith.

DARLLENWCH: MARC PENODAU 4–6

Adnodau allweddol

'Galwodd y Deuddeg ato a dechrau eu hanfon allan bob yn ddau.

Week 2 – Authority established

Jesus grew up in a Middle-Eastern town called Nazareth. You can still visit it in modern-day Israel. He was known as a carpenter's son. His baptism was the turning point in his life. That's when his identity as God's Son was revealed. From then on he travelled throughout the country preaching, teaching and healing people, showing people what God is like.

He chose a group of 12 followers (disciples) and showed them how they could live God's way and trust him for everything. He is still calling people to follow him today and he promises to be with us always and everywhere.

Jesus gave his followers his authority to do the things he had been doing. He invites his modern-day followers to co-operate with him too. He even says we will do the work he did (John 14:12).

But not everyone accepted Jesus. They couldn't accept that he was sent by God. They were amazed at his teaching, but they didn't put their faith in him. Their lack of faith limited what Jesus could do among them.

READ: MARK CHAPTERS 4–6

Key verses

'He called the 12 disciples to him. Then he began to send them out two by two.

Rhoddodd iddynt awdurdod dros ysbrydion aflan, a gorchmynnodd iddynt beidio â chymryd dim ar gyfer y daith ond ffon yn unig; dim bara, dim cod, dim pres yn eu gwregys; sandalau am eu traed, ond heb wisgo ail grys. Ac meddai wrthynt, "Lle bynnag yr ewch i mewn i dŷ, arhoswch yno nes y byddwch yn ymadael â'r ardal. Ac os bydd unrhyw le yn gwrthod eich derbyn, a phobl yn gwrthod gwrando arnoch, ewch allan oddi yno ac ysgydwch ymaith y llwch fydd dan eich traed, yn rhybudd iddynt."

Felly aethant allan a phregethu ar i bobl edifarhau, ac yr oeddent yn bwrw allan gythreuliaid lawer, ac yn eneinio llawer o gleifion ag olew ac yn eu hiacháu.'

Marc 6:7–13

MEDDYLIWCH

1. Yn gyntaf, trafodwch unrhyw gwestiynau sydd gennych am yr hyn rydych wedi ei ddarllen hyd yma.

2. Beth ydych chi wedi ei ddysgu am Iesu? Beth sy'n eich synnu amdano?

3. Byddai Iesu'n codi'n gynnar i weddïo, a dysgodd batrwm syml o weddi i'w ddilynwyr. Pryd a ble fyddwch chithau'n gweddïo?

He gave them authority to drive out evil spirits.

Here is what he told them to do. "Take only a walking stick for your trip. Do not take bread or a bag. Take no money in your belts. Wear sandals. But do not take extra clothes. When you are invited into a house, stay there until you leave town. Some places may not welcome you or listen to you. If they don't, leave that place and shake the dust off your feet. That will be a witness against the people living there."

They went out. And they preached that people should turn away from their sins. They drove out many demons. They poured olive oil on many sick people and healed them.'
Mark 6:7–13

THINK

1. First, discuss any questions you have about what you have read so far.

2. What have your learned about Jesus? What surprises you about him?

3. Jesus got up early to pray, and he taught his followers a simple pattern for prayer. When and where do you pray?

4. Wrth ddarllen drwy Efengyl Marc, gwelwn Iesu'n cyfarfod pob mathau o bobl: mam yng nghyfraith Simon, sy'n sâl; dyn ag afiechyd ar ei groen, ac a oedd mae'n debyg yn alltud oddi wrth gymdeithas oherwydd hynny; dyn a oedd wedi'i barlysu ac a gafodd ei ollwng drwy do ar fat i gyfarfod Iesu; casglwyr trethi, pechaduriaid a phobl grefyddol yn nhŷ Lefi. Pwy o'r bobl mae Iesu'n eu cyfarfod yr ydych chi'n uniaethu â hwy?

5. Ym mhenodau 4-6 yn Efengyl Marc, mae Iesu'n dangos ei awdurdod drwy ostegu storm, bwydo miloedd o bobl, a cherdded ar y dŵr. Rhoddodd awdurdod i'w ddisgyblion a'u hanfon allan i bregethu fel y bu yntau'n ei wneud. Ydych chi'n siarad â phobl eraill am Iesu a'r hyn mae'n ei olygu i'w ddilyn? Beth yw ymateb y bobl rydych chi'n siarad â hwy?

GWERSI BYWYD

1. Beth ydych chi wedi'i ddysgu o'r stori garchar ar gyfer yr wythnos a aeth heibio?

2. Gall pobl sy'n esiampl i ni ddylanwadu mewn ffyrdd pwysig ar ein bywydau. Pwy yw'r esiamplau da sydd wedi cynorthwyo i lywio eich bywyd chi?

3. Mae gweddi wedi gwneud gwahaniaeth i fywydau carcharorion a chyn-garcharorion. Beth yw eich profiad chithau o weddi?

4. Reading through Mark's Gospel, Jesus meets many different people: Simon's mother-in-law, who is sick; a man with a skin disease, who was probably an outcast from society as a result; a paralysed man lowered through a roof on a mat to meet him; tax collectors, sinners and religious people at Levi's house. Which of the people Jesus meets do you identify with?

5. In Mark chapters 4–6, Jesus shows his authority by stopping a storm, feeding thousands of people, and walking on water. He gave his disciples authority and sent them out to preach as he had been doing. Do you talk to other people about Jesus and what it means to follow him? What is the reaction of the people you talk to?

LIFE LESSONS

1. What have you learned from the prison story for the past week?

2. Role models can play an important part in shaping our lives. Who are the good role models who have helped to shape your life?

3. Prayer has made a difference to the lives of prisoners and ex-prisoners. What is your experience of prayer?

4. Cwrs Alffa, sioc derbyn dedfryd o garchar, priodi… buont oll yn drobwyntiau gwahanol i garcharorion. A fu trobwynt yn eich bywyd chithau, pan wnaethoch chi ganfod gobaith? Caniatewch amser ar gyfer rhannu'r straeon hyn yn y grŵp, os ydych yn dilyn y cwrs hwn gyda phobl eraill.

EDRYCHWCH TUA'R DYFODOL

- Yn ystod yr wythnos i ddod, defnyddiwch y weddi a ddysgodd Iesu i'w ddilynwyr (Luc 11:2–4) fel patrwm i ysgrifennu gweddi.
- Yn yr wythnos sydd i ddod, byddwn yn darllen sut y datgelwyd pwy oedd Iesu mewn difrif. Meddyliwch am y ffordd yr ymatebodd pobl yn Nasareth, cartref Iesu, iddo. Fyddwch chi'n debyg iddynt hwythau, ynteu a fyddwch yn ymddiried yn Iesu?
- Beth sy'n eich rhwystro rhag dilyn Iesu â'ch holl galon? A wnewch chi ymddiried ynddo i roi i chi bopeth sydd ei angen arnoch?
- Os ydych eisoes yn un o ddilynwyr Iesu, gweddïwch dros y bobl rydych yn eu hadnabod nad yw eto'n ei ddilyn. Gofynnwch i Dduw siarad â hwy a dangos ei hun iddynt.
- Gweddïwch drosoch chi ei hun hefyd. Gofynnwch i Dduw am ei gymorth a'i dangnefedd.

4. An Alpha course, the shock of a custodial sentence, getting married… have been several different turning points for prisoners. Has there been a turning point in your life, when you have found hope? Give time to sharing these stories in the group, if you are following this course with others.

LOOK AHEAD

- During the next week, use the prayer Jesus taught his followers (Luke 11:2–4) as a pattern to write a prayer.
- In the coming week we will read how Jesus' true identity is revealed. Think about the way people in Nazareth, Jesus' home town, reacted to him. Will you be like them, or will you put your faith in Jesus?
- What is stopping you being wholehearted as a follower of Jesus? Will you trust him to give you everything you need?
- If you are already a follower of Jesus, pray for the people you know who are not yet his followers. Ask God to speak to them and reveal himself to them.
- Pray too for yourself. Ask for God's help and his peace.

2 Yn ôl i'r sylfeini

Fe wnaeth anobaith fy llethu'r eiliad y cefais fy rhoi yn y carchar yn ddyn ifanc. Gwnes fy ngorau glas i guddio fy ofn a 'mhryder rhag pobl eraill, ond tu mewn roeddwn yn dadfeilio. Teimlwn yn ddiymadferth ac wedi ildio i 'ngharchariad a'i dderbyn, ond roedd fy ymddangosiad dewr yn cuddio'r dryswch llwyr a deimlwn o'm mewn.

Yn y nos y byddwn yn teimlo fwyaf unig. Byddwn yn ymgolli yn fy meddyliau fy hun ac yn gorwedd yn effro am oriau'n dychmygu bywyd y tu allan i furiau'r carchar – y prydau y byddwn yn eu bwyta, y troeon y gallwn eu mwynhau, y ffrindiau y gallwn siarad â nhw – ond cyn hir byddai sgrechiadau'r carcharorion eraill yn fy nghipio nôl i 'nghell. Dechreuais gysgu gyda 'mhen o dan glustog i foddi sŵn y carcharorion a oedd yn gaeth i heroin yn taflu popeth a allent at ddrysau eu celloedd, wrth sgrechian am ffics na fyddai byth yn dod.

Amau a dadlau

Roedd y glustog yn boddi'r sŵn allanol ond roedd hefyd yn fy ngyrru'n ddyfnach i'm hunan mewnol. Yno roeddwn yn pendilio rhwng breuddwydio am bethau prydferth a hunllef bod dan glo.

Wn i ddim sut ddigwyddodd hynny, ond 'mhen amser, fe ddechreuais weddïo – fel rhyw ddeialog feddyliol fewnol â chreawdwr roeddwn yn gobeithio y gallai fod yn gwrando. Byddwn yn gwneud cytundebau â'r creawdwr hwnnw; gwneud addewidion, gofyn am help – roeddwn yn canolbwyntio bron yn llwyr arnaf fi fy hun.

2 Back to basics

Hopelessness gripped me the moment I was put into prison as a young man. I tried hard to outwardly cover my fear and anxiety, but inside I was crumbling. I felt numb, resigned and accepting of my incarceration, but my outer bravado masked the inner turmoil I was feeling.

Nights were when I felt most alone. Lost in my own thoughts, I would lie awake for hours imagining life outside – meals I would eat, walks I could go on, friends I could talk to – but soon the cries of other prisoners would jolt me back to reality. I started to sleep with my head under a pillow to drown out the noise of the heroin addicts throwing all they could against their cell doors, while screaming for a fix that was never coming.

Doubt and deals

The pillow drowned out the exterior noise, but it also drove me deeper into my interior self; sending me back and forth between the dream of beautiful things and the nightmare of being locked up.

I don't know quite when it happened, but eventually I started to pray – like an inner mental dialogue with a creator I hoped might be listening. I would do deals with him; make promises; ask for help – I was focused almost entirely on myself.

Then the doubt crept in that maybe I had just developed an imaginary friend. Was I going mad? Was I just talking to myself?

Ac yna dechreuais amau tybed mai ond wedi creu ffrind dychmygol oeddwn i. Oeddwn i'n mynd yn wallgo'? Oeddwn i jest yn siarad â fi fy hun? Sleifiodd amheuon, pryder ac ofn i'm mhen; âi'r nosweithiau hir heibio'n araf mewn dryswch meddyliol nes y byddwn, yn y diwedd, yn llithro i ryw ddüwch dwfn rywle o dan fy nghlustog. Bob bore, byddwn yn deffro'n teimlo'n llwm a lluddedig, ac yn ceisio cael gwared ag ofnau'r nos wrth ymroi i ddiflastod y dydd. Daeth yn gylch – bob nos dan fy nghlustog byddai'r ddeialog yn parhau. Ond doedd y 'duw' hwn roeddwn yn ôl pob golwg wedi'i ddychmygu byth yn ymddangos ei fod yn helpu.

Tangnefedd annisgwyl

Un noson, roeddwn ar fy mhen fy hun yn fy nghell ac roedd y diffyg cwsg a'r pryder yn llethol. Doedd dim heddwch, dim ond storm yn fy mhen. Ac yna fe ddigwyddodd. Y tro yma, fe ddwedais yn uchel: 'Duw, os wyt ti'n real, tyrd a rhoi tangnefedd i mi.'

Doeddwn i ddim yn disgwyl llawer, ond fe ddigwyddodd rhywbeth o ddifrif y noson honno. Daeth presenoldeb i 'nghell – cynhesrwydd wnaeth droi'n gyflym yn rhywbeth mwy. Dechreuodd tonnau f'anniddigrwydd ostegu, a dechreuodd yr ofnau ddiflannu, ac am eiliad, teimlwn fel petawn yn blentyn ym mreichiau rhiant. Daeth y tangnefedd yn gyflym ac mewn lle mor annhebygol. Gwyddwn nad dim ond rhywbeth yn fy mhen i oedd hwn. Duw'r nefoedd ei hun oedd yno, yn anfon ei Ysbryd i ddod â thawelwch, cysur a thangnefedd i mi.

Fe gysgais y noson honno – cysgu go iawn. A deffrais yn gwybod i mi ganfod tangnefedd Duw yn fy nghell yn y carchar. Heddiw, rwy'n ymweld â charchardai yn fy ngwaith fel Cyfarwyddwr Rhyngwladol 24-7 Prayer ym Mhrydain Fawr. Mae 24-7 Prayer yn helpu carcharorion

Questions, anxiety and fear slipped in; the long nights slowly passed in mental turmoil until, eventually, I would slip into a deep blackness somewhere under my pillow. Every morning I would wake up feeling exhausted and drained, trying to shake off the fears of the night by engaging in the monotony of the day. It became cyclical – every night under my pillow, the dialogue would continue. Yet this 'god' I had apparently made up never seemed to help.

Unlikely peace

One night, I was alone in my cell and the sleeplessness and anxiety were overwhelming. There was no peace, only a storm in my head. But then it happened. This time, I spoke out loud: 'God, if you are real, come and give me peace.'

I wasn't expecting much, but something really did happen that night. A presence entered my cell – a warmth that quickly turned into more. The waves of unrest started to settle, the fears began to disappear and for a moment, I felt like I was a child being held in the arms of a parent. The peace came quickly and in such an unlikely place. I knew that this wasn't just in my head. It was the God of heaven himself, sending his Spirit to bring me tranquillity, comfort and peace.

That night I slept – I really slept. And I woke up knowing that I had encountered the peace of God in my prison cell. Today, I visit prisons in my role as the international director of 24-7 Prayer in Great Britain. 24-7 Prayer helps prisoners

i ganfod Duw mewn gweddi – ac rydym yn credu y gall y cyfarfyddiadau hynny â Duw drawsnewid bywydau.

Brian Heasley yw Cyfarwyddwr Gweddi Rhyngwladol 24-7 Prayer ym Mhrydain Fawr. Gallwch ddarllen rhagor o stori Brian yn ei lyfr Gatecrashing (Caeredin: Muddy Pearl, 2014). Cyflenwyd y stori gan 24-7 Prayer a'i defnyddio gyda chaniatâd.

LUC 10: 1-6, 8-9

Wedi hynny penododd yr Arglwydd ddeuddeg a thrigain arall, a'u hanfon allan o'i flaen, bob yn ddau, i bob tref a man yr oedd ef ei hun am fynd iddynt. Dywedodd wrthynt, "Y mae'r cynhaeaf yn fawr ond y gweithwyr yn brin; deisyfwch felly ar arglwydd y cynhaeaf i anfon gweithwyr i'w gynhaeaf. Ewch; dyma fi'n eich anfon allan fel ŵyn i blith bleiddiaid. Peidiwch â chario na phwrs na chod na sandalau, a pheidiwch â chyfarch neb ar y ffordd. Pa dŷ bynnag yr ewch i mewn iddo, dywedwch yn gyntaf, 'Tangnefedd i'r teulu hwn.' Os bydd yno rywun tangnefeddus, bydd eich tangnefedd yn gorffwys arno ef; onid e, bydd yn dychwelyd atoch chwi.

Ac i ba dref bynnag yr ewch, a chael derbyniad, bwytewch yr hyn a osodir o'ch blaen. Iachewch y cleifion yno, a dywedwch wrthynt, 'Y mae teyrnas Dduw wedi dod yn agos atoch.'

RHYWBETH I FEDDWL AMDANO

Anfonodd Iesu ei ddisgyblion allan mewn parau. Felly, gallent fod yn gefn i'w gilydd. Ond nid oeddent i ddibynnu ar eu nerth na'u paratoadau eu hunain. Yn hytrach, aethant gyda neges syml, yn gwneud y pethau roeddent wedi gweld Iesu'n eu gwneud. Beth allwn ni ei ddysgu a'i roi ar waith yn ein bywydau ninnau heddiw?

to encounter God in prayer – and we believe that these God-encounters can bring life transformation.

Brian Heasley is the International Prayer Director for 24-7 Prayer in Great Britain. You can read more of Brian's story in his book *Gatecrashing* (Edinburgh: Muddy Pearl, 2014). Story supplied by 24-7 Prayer. Used with permission.

LUKE 10: 1-6, 8-9

After this the Lord appointed 72 others. He sent them out two by two ahead of him. They went to every town and place where he was about to go. He told them, "The harvest is huge, but the workers are few. So ask the Lord of the harvest to send out workers into his harvest field. Go! I am sending you out like lambs among wolves. Do not take a purse or bag or sandals. And don't greet anyone on the road.

"When you enter a house, first say, 'May this house be blessed with peace.' If someone there works to bring peace, your blessing of peace will rest on them. If not, it will return to you….

"When you enter a town and are welcomed, eat what is given to you. Heal the sick people who are there. Tell them, 'God's kingdom has come near to you.'

SOMETHING TO THINK ABOUT

Jesus sent his disciples out in pairs. That way they could encourage each other. But they were not to rely on their own strength or preparation. Instead, they went with a simple message, doing what they had seen Jesus do. What can we learn and put into practice in our lives today?

Gweddi

Dad Nefol, rwyf am fod yn rhywun sy'n helpu pobl eraill i ddod i adnabod Iesu. Dangos i mi sut. Amen.

'Pan elwi, bydd yr Arglwydd yn ateb,
a phan waeddi, fy ddywed "Dyma fi."'
ESEIA 58:9

'Os dywedaf, "Ni soniaf amdano,
ac ni lefaraf mwyach yn ei enw",
y mae yn fy nghalon yn llosgi fel tân
wedi ei gau o fewn fy esgyrn.
Blinaf yn ymatal; yn wir, ni allaf.''
JEREMEIA 20:9

Prayer

Heavenly Father, I want to be someone who helps other people to know Jesus. Show me how. Amen.

'You will call out to me for help.
And I will answer you.
You will cry out.
And I will say, "Here I am."'
ISAIAH 58:9

'Sometimes I think, "I won't talk about his message anymore.
I'll never speak in his name again."
But then your message burns in my heart.
It's like a fire deep inside my bones.
I'm tired of holding it in.
In fact, I can't.'
JEREMIAH 20:9

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