

Wythnos 6 – Trechu angau

Er y Pasg Cristnogol cyntaf ddwy fil o flynyddoedd yn ôl, mae Cristnogion wedi galaru am farwolaeth Iesu a dathlu ei atgyfodiad yn y dyddiau a elwir yr Wythnos Fawr. Gwelsom sut y cafodd Iesu ei groesawu i Jerwsalem gan dyrfaoedd yn gwaeddi 'Hosanna'. Heb wybod pa mor bwysig oedd ei gweithred, tywalltodd dynes bersawr drud ar ei ben, gan baratoi yn symbolaidd ei gorff i'w gladdu.

Defnyddiodd Iesu fara a gwin i gynorthwyo ei holl ddilynwyr drwy gydol hanes i gofio am ei farwolaeth a'i atgyfodiad. Nid oedd wedi gwneud dim o'i le, ond cafodd ei arestio, ei roi ar brawf a'i ddedfrydu. Roedd y dyrfa'n gwaeddi am ei ddiennyddio.

Cafodd ei arteithio a'i hoelio drwy ei ddwylo a'i draed ar groes.

Pan fu farw, digwyddodd rhywbeth o bwys symbolaidd mawr. 'Rhwygwyd llen y deml yn ddwy o'r pen i'r gwaelod' (Marc 15:38). Llen enfawr oedd hon - yn rhy uchel i ddwylo dynol ei rhwygo. Crogai o flaen y Cysegr Sancteiddiolaf - yn rhannu'r bobl oddi wrth bresenoldeb Duw yn y Deml Iddewig. Pan gafodd ei rhwygo yn ei hanner, roedd yn agor y ffordd tuag at Dduw. Dyna a ddigwyddodd pan fu farw Iesu. Bellach, oherwydd Iesu, gallwn oll agosáu at Dduw.

Byddai'r swyddog Rhufeinig a welodd Iesu'n marw wedi gweld marwolaethau lawer. Gwyddai fod y farwolaeth hon yn wahanol a dywedodd, 'Yn wir, Mab Duw oedd y dyn hwn.' (Marc 15:39).

Week 6 – Death defeated

Since the first Easter 2,000 years ago, Christians have mourned Jesus' death and celebrated his resurrection in the days known as Holy Week. We have seen how Jesus was welcomed into Jerusalem to the shouts of 'Hosanna'. Without knowing the importance of her actions, a woman poured expensive perfume on his head, symbolically preparing his body for burial.

Jesus used bread and wine to help all his followers through history to remember his death and resurrection. He had done no wrong, but he was arrested, tried and sentenced. Crowds cried out for his execution.

He was tortured and crucified, nailed to a cross.

When he died, something deeply symbolic took place. 'The temple curtain was torn in two from top to bottom' (Mark 15:38). This was a huge curtain - too high for human hands to tear apart. It hung in front of the Holy of Holies - separating people from God's presence in the Jewish temple. When it was torn in two, it opened the way to God. That's what happened when Jesus died. Now, because of Jesus, we can all approach God.

The Roman commander who saw Jesus die would have seen many deaths. He knew that this death was different and said, 'This man was surely the Son of God!' (Mark 15:39).

Ond nid marwolaeth Iesu oedd diwedd y stori. Ar ddiwedd y daith chwe wythnos hon gyda Iesu, rydym yn dathlu ei atgyfodiad. Cyfododd o farw! Mae'n fyw!

DARLLENWCH: EFENGYL MARC, PENODAU 14:53-16:20

Adnodau allweddol

'Wedi i'r Saboth fynd heibio, prynodd Mair Magdalen, a Mair mam Iago, a Salome, beraroglau, er mwyn mynd i'w eneinio ef. Ac yn fore iawn ar y dydd cyntaf o'r wythnos, a'r haul newydd godi, dyma hwy'n dod at y bedd. Ac meddent wrth ei gilydd, "Pwy a dreigla'r maen i ffwrdd oddi wrth ddrws y bedd i ni?"

Ond wedi edrych i fyny, gwelsant fod y maen wedi ei dreiglo i ffwrdd; oherwydd yr oedd yn un mawr iawn. Aethant i mewn i'r bedd, a gwelsant ddyn ifanc yn eistedd ar yr ochr dde, a gwisg laes wen amdano, a daeth arswyd arnynt.

Meddai yntau wrthynt, "Peidiwch ag arswydo. Yr ydych yn ceisio Iesu, y gŵr o Nasareth a groeshoeliwyd. Y mae wedi ei gyfodi; nid yw yma; dyma'r man lle gosodasant ef. Ond ewch, dywedwch wrth ei ddisgyblion ac wrth Pedr. 'Y mae'n mynd o'ch blaen chwi i Galilea; yno y gwelwch ef, fel y dywedodd wrthyich.'"

Marc 16:1-7

MEDDYLIWCH

1. Gadawodd ei gyfeillion agosaf Iesu. Ar y groes, teimlai Iesu fod hyd yn oed ei Dad ei hun yn y nefoedd wedi ei adael hefyd. Aeth drwy hynny er ein mwyn ni, fel na fydd byth raid i ninnau fod ar ein pen ein hunain. A allwch chi ddisgrifio adegau pan fuoch ar eich pen eich hun ond pan oeddech yn teimlo presenoldeb Duw gyda chi?

But Jesus' death was not the end of the story. At the end of this six-week journey with Jesus, we celebrate his resurrection. He has risen from the dead! He lives!

READ: MARK CHAPTERS 14:53-16:20

Key verses

'The Sabbath day ended. Mary Magdalene, Mary the mother of James, and Salome bought spices. They were going to use them for Jesus' body. Very early on the first day of the week, they were on their way to the tomb. It was just after sunrise. They asked each other, "Who will roll the stone away from the entrance to the tomb?"

Then they looked up and saw that the stone had been rolled away. The stone was very large. They entered the tomb. As they did, they saw a young man dressed in a white robe. He was sitting on the right side. They were alarmed.

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. But he has risen! He is not here! See the place where they had put him. Go! Tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him. It will be just as he told you.'"

Mark 16:1-7

THINK

1. Jesus' closest friends deserted him. On the cross, Jesus felt that his own Father in heaven had deserted him too. He went through this for us, so that we never have to be alone. Can you describe times when you have been alone, but have experienced God's presence with you?

2. Dechreuodd ein taith chwe wythnos gyda bedyddio Iesu ac mae'n gorffen gyda Iesu'n siarad am bwysigrwydd bedydd. A ydych chithau wedi cymryd y cam hwnnw wrth ddilyn Iesu?

3. Mae Hebreaid 10 yn egluro beth ddigwyddodd yn y byd ysbrydol pan fu farw Iesu. Mae'n cymharu trefn aberthau'r Hen Destament â'r hyn a wnaeth Iesu ar y groes, gan nodi i Grist offrymu ei gorff 'un waith am byth' (Hebreaid 10:10). Sut mae hynny o gymorth i ni ddeall y gwahaniaeth mae marwolaeth ac atgyfodiad Iesu wedi ei wneud?

4. Darllenwch Hebreaid 10:22-25 a thrafodwch sut y gallwn gynorthwyo'n gilydd i ddilyn Iesu. Treuliwch ychydig amser yn calonogi eich gilydd.

GWERSI BYWYD

1. Ffordd yw bedydd o ddangos bod ein hen fywyd wedi marw a bod bywyd newydd wedi cychwyn. Nid oes a wnelo bedydd â lle arbennig na dŵr arbennig ond â'r hyn mae Duw'n ei wneud. Trafodwch beth mae'n ei olygu i gael eich bedyddio.

2. Our six-week journey began with Jesus' baptism and ends with Jesus talking about the importance of baptism. Have you taken this step in following Jesus?

3. Hebrews 10 explains what happened in the spiritual realm when Jesus died. It compares the Old Testament system of sacrifices with what Jesus did on the cross: 'Christ offered his body once and for all time' (Hebrews 10:10). How does this help us to understand the difference Jesus' death and resurrection has made?

4. Read Hebrews 10:22-25 and talk about how we can help each other to follow Jesus. Spend some time encouraging each other.

LIFE LESSONS

1. Baptism is a way of showing that our old life has died and a new life has begun. Baptism isn't about a special place or special water, but about what God does. Talk about what it means to be baptised.

2. Mae Ani (un o'r carcharorion yn y llyfr) wedi sylweddoli y gall ddod yn gyfaill i Iesu wrth ddarllen y Beibl. Achubodd darllen y Beibl fywyd y carcharor yn y stori carcharor ar gyfer yr wythnos hon. Beth yw eich profiad chi o ddarllen y Beibl?

3. Mae bod yn rhan o eglwys neu gymuned Gristnogol yn rhan bwysig o ddilyn Iesu. Gallwn gynorthwyo ein gilydd i ddod yn debycach i Iesu. Sut ydych chi'n canfod y cymorth sydd ei angen arnoch i dyfu fel Cristion?

EDRYCHWCH TUA'R DYFODOL

Mae ein taith chwe wythnos gyda Iesu o Afon Iorrdonen i Jerwsalem wedi dod i ben. Ond nid dyma ddiwedd y stori. Mae Iesu'n dymuno cerdded gyda ni drwy ein holl fywyd ac mae wedi addo ei fod yn paratoi lle i ni fel y cawn fod gydag ef am byth. Nid angau yw'r diwedd. Mae'r gorau eto i ddod!

2. Ani (one of the prisoners in the book) has found that by reading the Bible he can become friends with Jesus. Reading the Bible saved the life of the prisoner in this week's prisoner's story. What is your experience of reading the Bible?

3. Being part of a Christian church or community is an important part of following Jesus. We can help one another to become more like Jesus. How do you find the help you need to grow as a Christian?

LOOK AHEAD

Our six-week journey with Jesus from the River Jordan to Jerusalem is complete. But it is not the end of the story. Jesus wants to walk with us through the whole of our lives and he has promised he is preparing a place for us to be with him forever. Death is not the end. The best is yet to come!

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Bu farw drosoch chi

Ym mis Awst 2006, roeddwn wedi gwneud y penderfyniad roeddwn wedi bod eisiau ei wneud ers dros dair blynedd. Roeddwn am roi diwedd ar fy hun. Roeddwn wedi colli'r ewylllys i fyw.

Roeddwn wedi fy nedfrydu i garchar am oes am lofruddio - canlyniad colli arnaf fy hun yn ystod ffrae feddw. Fedrwn i ddim cofio beth ddigwyddodd, a doedd hynny ond yn ychwanegu at y pangfeydd cydwybod ofnadwy a deimlwn bob dydd trwy'r dydd.

Roedd hi'n 8.45pm, ac roeddwn mewn cell yn yr uned arbennig ar wahân a elwid 'The Chokey' gan y carcharorion. Tua 9pm, byddai swyddogion y sifft dydd yn trosglwyddo'r awenau i'w cydweithwyr ar y sifft nos. Dyna pryd y byddwn yn crogi fy hun. Dim ond 15 munud arall ac ni fyddai mwy o boen na mwy o gywilydd. Byddwn yn rhydd o'r sefyllfa echrydus roeddwn ynddi.

Llais mewnol

Ond fe dorrwyd ar fy nhraws. Roedd fel petai llais tawel yn dweud wrtha i: 'Jest darllena'r Beibl 'na'. Ar y silff roedd copi'r Gideonaid o'r Testament Newydd a'r Salmau. Hyd hynny, dim ond peth glas yn fy nghell fu hwynnw. Atebodd fy meddwl yn syth, 'I beth fydd hynny'n dda i mi?' Eto, dyma'r llais yn ateb, 'Jest darllena'r Beibl 'na.' Eto, roedd fy meddwl yn gwrthryfela:, 'Beth yw'r pwynt?'

Ond parhau wnaeth y llais mewnol i ddweud: 'Jest darllena'r Beibl 'na.' Cofiaf feddwl y byddai'n lladd amser hyd y byddai'r sifft nos yn dechrau.

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He died for you

In August 2006, I'd made the decision I had wanted to make for over three years. I was going to take my own life. I'd lost the will to live.

I was serving a life sentence for murder, the result of me 'losing it' during a drunken argument. I couldn't remember what had happened, which only compounded the dreadful remorse I felt on a daily basis.

It was 8.45pm, and I was in a cell in the segregation unit known to inmates as 'The Chokey'. At around 9pm, the day shift would hand over to their night time colleagues. It would be then that I would hang myself. Just 15 minutes to wait - no more pain, no more shame. Relief from the awful situation I was in.

Inner voice

But I was interrupted. It was as if a quiet voice spoke to me: 'Just read that Bible'. On the shelf was a Gideon New Testament and Psalms. Until then, it had been just a blue object in my cell. My mind answered immediately, 'What good is that going to do me?' Again the voice replied, 'Just read that Bible.' Again, my mind retaliated with, 'What's the point?'

But the inner quiet voice persisted: 'Just read that Bible.' I remember thinking that it would pass the time until the night shift took over.

Agorais y llyfr yn y dechrau. Dim ond rhestr o enwau - dim byd i ysbrydoli neb yno. Darllenais ymlaen: 'Hwn a hwn, mab hwn a hwn' ac ati. Un ar ôl y llall! Ond roedd rhywbeth yn digwydd o'm mewn. Des ar draws un adnod arbennig ar y dudalen: 'Yr oedd Jacob yn dad i Joseff, gŵr Mair, a hi a roddodd enedigaeth i Iesu, a elwid y Meseia'.

Dagrau

Daeth ton o ddealltwriaeth dros of. Cofiaf ebychu, 'Wow, mae'n bod go iawn!' O hynny ymlaen fedrwn i ddim rhoi'r gorau i ddarllen drwy'r Efengyl. Roeddwn yn crïo wrth ddarllen y Gwynfydau, ond doedd dal dim gobaith gen i. Allai Duw byth fy nerbyn i. Roeddwn y tu hwnt i faddeuant.

Ceisiais roi'r llyfr i lawr, ond fedrwn i ddim. Roedd rhywbeth yn fy ngwthio i barhau i ddarllen. Yna, yn Luc 15:11-32, darllenais ddameg y mab colledig (gweler tudalen 116). Wrth i mi ddarllen, daeth y dagrau eto - ond roedd hyn yn wahanol. Roedd yr anobaith a oedd wedi bod yno'n barhaus wedi diflannu. Roedd y teimlad fy mod yn ddiwerth hefyd wedi mynd. Yn bennaf oll, roedd y syniad a gredwn mor bendant nad oeddwn yn haeddu maddeuant wedi ei gymryd oddi wrthyf.

Roeddwn wedi datblygu'n ddyn dig, ofnus ac anobeithiol - ond peidiodd y dyn hwnnw â bod yn y fan a'r lle. Yn adnod 32, pan gyfeiriodd Iesu at y brawd a fu farw ond a ddaeth yn fyw, a gollwyd ond y cafwyd hyd iddo, daethpwyd o hyd i minnau yn wir. Wylais yn agored mewn llawenydd. Yn sydyn, roedd gen i obaith. Fyddwn i ddim wedi gallu dweud wrthyfych am beth oedd fy ngobaith, doeddwn i ond yn gwybod bod gen i obaith. Roeddwn i eisiau byw; doedd yna'r un anhawster nad oeddwn yn barod i'w wynebu. All fy ngeiriau ddim cyfleu beth oedd yn digwydd o'm mewn ac o'm cwmpas.

I opened the book at the beginning. It was a list of names - nothing inspirational there. I read on: 'So and so, the son of so and so' and so forth. Blah, blah, blah! But something was stirring inside me. I stumbled across a particular verse on the page: 'and Jacob the father of Joseph, the husband of Mary, of whom was born Jesus, who is called Christ'.

Tears

A massive realisation came over me. I remember exclaiming, 'Wow, he is real!' From then on I could not stop reading through the Gospel. I shed tears as I read the Beatitudes, but I still had no hope. Surely God couldn't accept me. I was past being forgiven.

I tried to put the book down, but could not. Something was urging me on. Then, at Luke 15:11-32, I found the parable of the lost son (see page 116). As I read, the tears started again - but with a difference. The hopelessness that had been always constant, disappeared. The wretchedness I suffered also went. Most of all, the idea I firmly believed that I was unworthy of forgiveness was taken from me.

The angry, frightened, desperate person I had become ceased to exist there and then. At verse 32, when Jesus' words spoke of the brother who was 'dead and is alive again; he was lost and is found', I was found indeed. I wept openly with joy. Suddenly, I had hope. I couldn't have told you what for, I just knew I had hope. I wanted to live; there wasn't any difficulty I wasn't ready to face. My words can't do justice to what was happening in and around me.

Yn fyw!

Treuliais weddill y noson yn darllen yr Ysgrythurau. Roeddwn yn fyw! Gallwn weddio! Doeddwn i ddim bellach ar fy mhen fy hun. Roeddwn yn siarad â Iesu. Allwn i ddim ei weld, ond roedd yno.

Ychydig ddyddiau'n ddiweddarach, cefais fy symud o'r uned ar wahân a'm rhoi yn ôl yn un o'r adrannau eraill. Gofynnais am gael gweld y caplan. Roedd tipyn yn amheus ohonof, gan i mi fod braidd yn annymunol ychydig wythnosau ynghynt. Dywedais wrtho beth oedd wedi digwydd. Gofynnodd a fyddwn yn mynd i'r capel ar y dydd Sul a dywedais y byddwn. Y Sul hwnnw, cerddais i'r blaen a rhoi fy mywyd i Iesu wrth yr allor.

Ymron i dair blynedd yn ddiweddarach, mae fy mywyd fel Cristion yn anhraethol wahanol i fywyd yr enaid colledig hwnnw yn y gell unigol. Nid yn unig mae Duw wedi fy nhrawsnewid, ond mae wedi rhoi doniau i mi, bendithion a fyddai'n llenwi llyfr. Mae gennyf fywyd sy'n llawn gobaith, cariad a thangnefedd. Dwi ddim yn ddiwerth bellach ond o werth i Dduw. Heddiw rwy'n ddyledus am fy mywyd i Iesu - gwn iddo siarad â mi'n dyner y noson honno. Hebdo does gennyf ddim byd; hebdo rwyf innau'n ddim byd.

Yn hyn oll, y Gideoniaid osododd y Beibl yno. Diolch i chi, Gideoniaid - mae eich gwaith mewn carchardai'n gwneud y fath wahaniaeth. Rwyf innau'n brawf o hynny.

Cyfrannwyd gan Gideons International. Defnyddwyd gyda chaniatâd.



MARC 15:25-32

'Naw o'r gloch y bore oedd hi pan groeshoeliasant ef. Ac yr oedd arysgrif y cyhuddiad yn ei erbyn yn dweud "Brenin yr Iddewon."

Alive!

I spent the rest of the evening reading Scripture. I was alive! I could pray! I was no longer alone. I was talking with Jesus. I couldn't see him, but he was there.

A few days later I was taken from the segregation unit and returned to one of the wings. I asked to see the chaplain. He was a bit wary of me, as some weeks previously I'd been a bit unpleasant. I told him what had happened. He asked if I would be going to chapel on Sunday, and I said yes. That Sunday, I went to the front and gave my life to Jesus at the altar.

Almost three years later, my life as a Christian is unrecognisable from the lost soul I was in that segregation cell. Not only has God transformed me, he has given me gifts; blessings that would fill a book. A life full of hope, love and peace. I am no longer useless but useful. Today I owe my life to Jesus - I know he gently spoke to me that night. Without him I have nothing; I am nothing.

In all of this, the Gideons supplied the Bible. Thank you, Gideons - your work in prisons makes such a difference. I'm proof.

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MARK 15:25-32

'It was nine o'clock in the morning when they crucified him. They wrote out the charge against him. It read,

THE KING OF THE JEWS.

A chydag ef croeshoeliasant ddau leidr, un ar y dde ac un ar y chwith iddo. Yr oedd y ddau oedd yn mynd heibio yn ei gablu ef, gan ysgwyd eu pennau a dweud, "Oho, ti sydd am fwrw'r deml i lawr a'i hadeiladu mewn tridiau, disgyn oddi ar y groes ac achub dy hun." A'r un modd yr oedd y prif offeiriaid hefyd, ynghyd â'r ysgrifenyddion, yn ei watwar wrth ei gilydd, ac yn dweud, "Fe achubodd eraill; ni all ei achub ei hun. Disgynned y Meseia, Brenin Israel, yn awr oddi ar y groes, er mwyn inni weld a chredu." Yr oedd hyd yn oed y rhai a groeshoeliwyd gydag ef yn ei wawdio.'

RHYWBETH I FEDDWL AMDANO

Nid oedd Iesu wedi cyflawni unrhyw drosedd. Ni chafwyd ef yn euog. Roedd y dynion a groeshoeliwyd gydag ef yn cael eu cosbi am y troseddau roeddent wedi'u cyflawni. Disgrifiodd Luc, un o awduron eraill yr Efengylau, y ffordd y bu i un o'r dynion newid ei agwedd. Dywedodd yntau, "Haeddiant ein gweithredoedd sy'n dod i ni. Ond ni wnaeth hwn ddim o'i le." Yna dywedodd, 'Iesu, cofia fi pan ddoi i'th deyrnas'" (Luc 23:41-42).

Gweddi

Diolch, Iesu, am farw fel y gallaf innau dderbyn maddeuant a byw gyda thi am byth. Amen.

'Nid ffŵl mo'r dyn sy'n rhoi'r hyn na all gadw er mwyn ennill yr hyn na all golli.'

JIM ELLIOT (1927-1957)

They crucified with him two rebels against Rome. One was on his right and one was on his left. Those who passed by shouted at Jesus and made fun of him. They shook their heads and said, “So you are going to destroy the temple and build it again in three days? Then come down from the cross! Save yourself!” In the same way the chief priests and the teachers of the law made fun of him among themselves. “He saved others,” they said. “But he can’t save himself! Let this Messiah, this king of Israel, come down now from the cross! When we see that, we will believe.” Those who were being crucified with Jesus also made fun of him.’

SOMETHING TO THINK ABOUT

Jesus hadn’t committed any crime. He was not found guilty. The men crucified with him were being punished for the crimes they had committed. Luke, another of the Gospel writers, described how one of the men had a change of heart. He said, ‘We are getting just what our actions call for. But this man hasn’t done anything wrong.’ Then he said, ‘Jesus, remember me when you come into your kingdom’ (Luke 23:41-42).

Prayer

Thank you, Jesus, for dying so I can be forgiven and live with you forever. Amen.

‘He is no fool who gives what he cannot keep to gain what he cannot lose.’

JIM ELLIOT (1927-1957)