

## Wythnos 3 – Datguddio'r gwir

Mae cariad wrth galon hanes Iesu. Yn Efengyl Marc 9:7, Clywir llais Duw o'r nefoedd yn dweud: 'Hwn yw fy Mab, yr Anwylyd; gwrandewch arno.' Mae'r geiriau hyn yn debyg i'r geiriau a glywyd adeg bedyddio Iesu (Marc 1:11).

Yn Ioan 3:16 fe ddarllenwn: 'Do, carodd Duw y byd gymaint nes iddo roi ei unig Fab, er mwyn i bob un sy'n credu ynddo ef beidio â mynd i ddistryw ond cael bywyd tragwyddol.' Anfonodd Duw Iesu i ddangos ei gariad ei gariad atom.

Mae Iesu hefyd yn addo ein caru. Dywedodd, 'Pwy bynnag y mae fy ngorchmynion i ganddo, ac sy'n eu cadw hwy, yw'r un sy'n fy ngharu i. A'r un sy'n fy ngharu i, fe'i cerir gan fy Nhad, a byddaf finnau yn ei garu, ac yn f'amlygu fy hun iddo' (Ioan 14:21). Rydym ninnau'n dangos ein cariad tuag at Dduw drwy ddilyn Iesu a byw yn ffordd Duw, yn lle byw er mwyn ein hunain.

Datguddir mai Iesu yw'r 'Meseia' – y Gwardwr roedd pobl wedi bod yn disgwyl amdano. Roeddent yn disgwyl brenin buddugoliaethus a fyddai'n eu hachub oddi wrth iau Rhufain, yn union fel y bu i Foses eu harwain o gaethiwed yn yr Aifft. Roedd Iesu'n syndod iddynt. Nid dyma roeddent wedi ei ddisgwyl.

Wrth i chi ddarllen y darnau o'r Beibl a'r stori garchar yr wythnos nesaf hon, meddyliwch sut y mae Duw yn dangos ei gariad at bobl. Sut mae Duw yn dangos ei gariad a'i ofal atoch chi, ac at eraill drwoch chi?

## Week 3 – Identity revealed

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Love is at the heart of the Jesus story. In Mark 9:7, God’s voice from heaven is heard saying: ‘This is my Son, and I love him. Listen to him!’ These words are similar to the words heard at Jesus’ baptism (Mark 1:11).

In John 3:16 we read: ‘God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.’ God sent Jesus to show us his love.

Jesus also promises to love us. He said, ‘Anyone who has my commands and obeys them loves me. My Father will love the one who loves me. I too will love them. And I will show myself to them’ (John 14:21). We show our love for God by following Jesus and living God’s way, instead of living to please ourselves.

Jesus is revealed as the ‘Messiah’ – the Saviour people had been expecting. They were expecting a conquering king who would save them from Roman rule, just like Moses had led them out of captivity in Egypt. Jesus surprised them. He wasn’t what they expected.

As you read the Bible passages and prison story this next week, think about how God shows his love to people. How does God show his love and care to you, and to others through you?

## DARLLENWCH: MARC PENODAU 7-9

Adnodau allweddol

*'Aeth Iesu a'i ddisgyblion allan i bentrefi Cesarea Philipi, ac ar y ffordd holodd ei ddisgyblion: "Pwy," meddai wrthynt, "y mae pobl yn dweud ydwyf fi?"*

*Dywedasant hwythau wrtho, "Mae rhai'n dweud Ioan Fedyddiwr, ac eraill Elias, ac eraill drachefn, un o'r proffwydi."*

*Gofynnodd ef iddynt, "A chwithau, pwy meddwch chwi ydwyf fi?"*

*Atebodd Pedr ef, "Ti yw'r Meseia."*

**Marc 8:27-29**

## MEDDYLIWCH

1. Gofynnodd Iesu i'w ddisgyblion, "Pwy meddwch chwi ydwyf fi?" Pan ofynnir hynny i rai pobl heddiw, byddant yn ateb mai ond dyn da, neu broffwyd, oedd Iesu. Beth fyddech chi'n ei ddweud pe byddai'n gofyn yr un cwestiwn i chi?

2. Wrth ddarllen yr hanesion am wyrthiau Iesu yn Efengyl Marc, pa stori sydd fwyaf trawiadol o'ch safbwynt chi a pham?

3. Yn Efengyl Marc penodau 7-9 darllenwn am Iesu'n iacháu pobl. Sylwch ar y ffordd mae pob iachâd yn wahanol. Nid yw Iesu'n defnyddio fformiwla - mae'n trin pob unigolyn yn wahanol. Beth yw'r gwahaniaethau rhwng yr hanesion iacháu?

## READ: MARK CHAPTERS 7-9

Key verses

*Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?"*

*They replied, "Some say John the Baptist. Others say Elijah. Still others say one of the prophets."*

*"But what about you?" he asked. "Who do you say I am?"*

*Peter answered, "You are the Messiah."*

**Mark 8:27-29**

## THINK

1. Jesus asked his disciples, "Who do you say I am?" When asked, some people today say Jesus was just a good man, or a prophet. What would you say if he asked you the same question?
2. Reading the stories about Jesus' miracles in Mark's Gospel, which story stands out most from your perspective and why?
3. In Mark chapters 7-9 we read about Jesus healing people. Notice how every healing is different. Jesus doesn't use a formula - he treats each person as an individual. What are the differences in the healing stories?

4. Beth ydych chi'n feddwl oedd Iesu yn ei olygu pan ddwedodd, 'Os myn neb ddod ar fy ôl i, rhaid iddo ymwadu ag ef ei hun a chodi ei groes a'm canlyn i' (Marc 8:34)? Mae adnod arall o'r Beibl (Rhufeiniaid 12:1) o gymorth i esbonio ei eiriau, gan ein hannog i gyflwyno'n bywyd beunyddiol yn aberth bywiol i Dduw.

5. Yn Efengyl Marc 9:24 darllenwn am dad a ddaeth at Iesu i ofyn iddo iacháu ei fab. Roedd eisiau credu y gallai Iesu ei gynorthwyo, a dwedodd, 'Yr wyf yn credu; helpa fi yn fy niffyg ffydd.' Ydych chi'n ei chael yn anodd credu mai Mab Duw yw Iesu? Pa dystiolaeth a phrofiad sydd gennych i'w rhannu ag eraill?

## **GWERSI BYWYD**

1. Mae Duw yn siarad â phawb ohonom mewn ffyrdd gwahanol. Sut mae Duw yn siarad â chi?

2. Pa un o'r straeon carchar rydych chi wedi'u darllen hyd yma sydd wedi cael yr argraff fwyaf arnoch a pham?

3. Sut mae Duw wedi ateb eich gweddïau'n chi'n ddiweddar?

4. What do you think Jesus meant when he said, 'Whoever wants to be my disciple must say no to themselves. They must pick up their cross and follow me' (Mark 8:34)? This Bible passage helps to explain: 'Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering' (Romans 12:1, *The Message*).

5. In Mark 9:24 we read about a father who came to ask Jesus to heal his son. He wanted to believe Jesus could help and said, 'I do believe! Help me overcome my unbelief!' Do you find it difficult to believe that Jesus is God's Son? What evidence and experience do you have to share with others?

### **LIFE LESSONS**

1. God speaks to each of us in different ways. How does God speak to you?

2. Which of the prison stories you have read so far stands out most for you and why?

3. How has God answered your prayers recently?

4. Yn llyfr Jeremeia yn yr Hen Destament, mae Duw yn rhoi addewid:

“Oherwydd myfi sy’n gwybod fy mwriadau a drefnaf ar eich cyfer,” medd yr Arglwydd, “bwriadau o heddwch, nid niwed, i roi ichwi ddyfodol gobeithiol. Yna galwch arnaf, a dewch i weddio arnaf, a gwrandawaf arnoch. Fe’m ceisiwch a’m cael; pan chwiliwch â’ch holl galon fe’m cewch,” medd yr Arglwydd.’ (Jeremeia 29:11-14).

Mae llawer o bobl sydd yng ngharchar a llawer nad ydynt yng ngharchar yn cael eu calonogi gan yr adnodau hynny. Mae hi fel petai Duw yn llefaru’r geiriau hyn heddiw wrth bob un ohonom yn bersonol. Sut ydych chi’n ymateb i’r addewid hwn?

### **EDRYCHWCH TUA'R DYFODOL**

Fe welwn sut y bydd Iesu’n ennyn gelyniaeth llawer o’r bobl gyfoethog a phwerus yn Jerwsalem. Ar gyfer llawer o’r bobl y byddai’n eu cyfarfod wyneb yn wyneb byddai’n amser penderfynu: a fyddent yn ei ddilyn ai peidio?

Wrth i ni ddilyn yr hanes yn Efengyl Marc, mae Iesu ar ei ffordd tuag at Jerwsalem a’i ddiennyddiad. Mae pethau annisgwyl yn digwydd ar y ffordd o safbwynt y ffordd mae’n ymateb. Sylwch pwy yw’r bobl bwysig ym marn Iesu. Canfyddwch beth yw prif flaenoriaeth Iesu wrth fyw yn ffordd Duw.

4. In the Old Testament book of Jeremiah, God makes a promise:

“I know the plans I have for you,” announces the LORD.

“I want you to enjoy success. I do not plan to harm you.

I will give you hope for the years to come. Then you will

call out to me. You will come and pray to me. And I will

listen to you. When you look for me with all your heart,

you will find me. I will be found by you,” announces the

LORD.’ (Jeremiah 29:11-14).

Many people in prison and out of prison find encouragement from these verses. It is as if God is speaking these words today to each of us personally. How do you respond to this promise?

### **LOOK AHEAD**

We will see that Jesus makes enemies of many of the rich and powerful people in Jerusalem. For many of the people he met face to face, it was decision time: would they follow him or not?

As we follow the story of Mark’s Gospel, Jesus is heading to Jerusalem and his execution. There are surprises along the way in how he reacts. See who the important people are in Jesus’ opinion. Find out what Jesus’ top priority is in living God’s way.



# 3

## Wedi ei newid ar y tu mewn

Pan oedd yn ifanc iawn fe ddechreuodd Shane dorri mewn i dai a dwyn ceir. Roedd yn trywanu pobl ac yn gwerthu cyffuriau. Cyn hir roedd ar ffo am herwgipio a cheisio llofruddio.

Yn y diwedd, dalwyd Shane a'i garcharu, ond ni wnaeth bod yn y carchar fawr i leddfu ei ymddygiad gwrthryfelgar. Roedd yn casáu pawb mewn awdurdod a thrywanodd ddau swyddog carchar pan na chaniatawyd iddo ddefnyddio campfa'r carchar. Ysgogodd hynny reiat.

Oherwydd ei ymddygiad afreolus cafodd ei drosglwyddo'n fuan i garchar tra diogel. Hyd yn oed yno, bu raid ei roi dan glo pellach o fewn cyfundrefn gwylriadwriaeth fanwl.

'Roedden nhw'n teimlo mod i'n berygl i bawb,' meddai Shane. 'Roedd raid iddyn nhw fy mwydo drwy dwll yn y drws oherwydd fedren nhw ddim dod i gysylltiad corfforol â fi.'

### *Maen fyw!*

Yna cyfarfu Shane â Robert, a oedd wedi ei garcharu am lofruddio ond a oedd bellach wedi dod yn Gristion. 'Roedd yn dweud llawer o bethau a oedd yn swnio'n wallgo' i mi,' meddai Shane, 'ond yr un peth a arhosodd yn fy meddwl oedd pan ddwedodd, "Dwi wedi bod yn y carchar am bymtheng mlynedd ac mae'n debyg na fydda i byth yn dod allan - ond dwi'n rhydd." Dwi'n cofio meddwl, "Am be' mae hwn yn sôn?"'

Teimlodd Shane ysfa i ddechrau ysgrifennu at Robert, a dechreuodd ddarllen y Beibl a oedd yn ei gell.

# 3 Changed on the inside

From a young age, Shane started to burgle houses and steal cars. He stabbed people and sold drugs. Soon he was on the run for kidnapping and attempted murder.

Shane eventually got caught and was put in prison, but his incarceration did little to stem his rebellion. His hatred of authority saw him stab two prison officers after he wasn't allowed to use the prison gym. It sparked a riot.

His out-of-control behaviour quickly saw him transferred to a high security prison. Even then he needed further locking up, and was placed within a close supervision system.

'They felt I was a danger to everybody,' Shane says. 'They had to feed me through a hatch in the door because they couldn't have physical contact with me.'

## *He's real!*

Then Shane met Robert, who had been imprisoned for murder, but had since become a Christian. 'He was saying a load of things that sounded mad to me,' says Shane, 'but the one thing that stuck in my mind was when he said, "I've been in prison for 15 years and am probably never getting out - but I'm free." I used to think, "What's he on about?"'

Shane felt an urge to start writing to Robert, and began reading the Bible that was in his cell.

Yna cafodd ei symud i garchar arall ac fe wnaeth gweinidog yno ei wahodd i gwrs Alffa.

‘Dweddes, “Iawn, rhowch fy enw i lawr.” Fy mhrif ddiddordeb oedd mynd am y bisgedi siocled a chael cymryd rhan mewn dadleuon.’

Tua hanner ffordd drwy’r cwrs Alffa y profodd Shane bresenoldeb Duw am y tro cyntaf. ‘Dywedais, “Iesu, rwy’n gwybod dy fod wedi marw ar groes drosod fi. Dwi ddim yn hoffi’r hyn ydw i ... maddau i mi.” Dechreuais deimlo dagrau’n dod i’m llygaid. Ceisiais eu hatal. Ond methu wnes, ac yn sydyn dyma fi’n beichio wylo. Doeddwn i ddim wedi crïo ers blynyddoedd. Roeddwn i’n crïo am tua phum munud, a gallwn deimlo pwysau mawr yn cael ei godi oddi arna i. Y foment honno, rôn i’n gwybod ei fod yn wir. Rôn i’n gwybod bod Duw yn bod. Rôn i’n gwybod bod Iesu wedi fy nghyffwrdd ac y byddwn yn byw gyda Iesu am byth.’

## *Cariad rhyfeddol*

Newidiodd ymddygiad Shane gymaint fel o fewn wythnosau roedd wedi symud o gael ei gadw ar wahân i garcharorion eraill yn barhaol i fod â swydd gyfrifol gyda chaplaniaid y carchar. Nid oedd bellach yn ystyried swyddogion y carchar yn elynion iddo .

‘Heb fod yn hir ar ôl hynny, roeddwn yn gorwedd ar fy ngwely yn fy nghell. Roedd yr holl bethau drwg roeddwn wedi’u gwneud i bobl, a’r holl adegau roeddwn i wedi peri loes i bobl, yn chwyrliö yn fy mhen - a dechreuais wylo. Roeddwn yn gweld sut oeddwn i wedi bod yn ymddwyn yn ymosodol tuag at bobl am flynyddoedd lawer heb hyd yn oed sylweddoli hynny.’

Bron union flwyddyn ar ôl y diwrnod Alffa, cafodd Shane ei rhyddhau o’r carchar. Dechreuodd fynd i eglwys lle, saith mis

He was then moved to another prison, where a minister invited him to an Alpha course.

‘I said, “Yeah, put my name down.” I was mostly interested in getting the chocolate biscuits and having debates.’

It was about halfway through doing Alpha that Shane experienced the presence of God for the first time. ‘I said, “Jesus, I know you died on a cross for me. I don’t like who I am... please forgive me.” I started to feel tears coming into my eyes. I tried to hold it back. But it rose up, until suddenly I began crying my eyes out. I hadn’t cried in years. I cried for about five minutes, and I could feel a weight being lifted off me,’ Shane remembers. ‘In that split second I knew it was real. I knew God existed, I knew Jesus had touched me and that I was going to live for him forever.’

## *Amazing love*

Shane’s behaviour changed so much that within weeks he went from being in permanent segregation to getting a trusted job in the prison chaplaincy. He no longer saw the prison officers as the enemy.

‘Not long after all this, I was lying on my bed in my cell. All the bad things I’d done to people flicked through my head and all the times I’d upset people - and I started crying. It occurred to me that for many years I’d been aggressive towards people without even realising it.’

Almost exactly a year after the Alpha day, Shane was freed from prison. He started going to church where, seven months

yn ddiweddarach, y cyfarfu â Sam, a fyddai'n dod yn wraig iddo. Priodwyd y ddau yn yr eglwys ym mis Hydref 2008, gyda chant o westeion o blith eu teuluoedd a'u ffrindiau yn cyddathlu â hwy.

'Mae Iesu wedi newid fy mywyd,' meddai Shane. 'Mae Iesu wedi dangos i mi sut i garu a sut i faddau.'

Cyfrannwyd y stori gan Alpha. Defnyddiwyd gyda chaniatâd.



### MARC 7:14-16,21-23

*'Galwodd y dyrfa ato drachefn ac meddai wrthynt, "Gwrandewch arnaf bawb, a deallwch. Nid oes dim sy'n mynd i mewn i rywun o'r tu allan iddo yn gallu ei halogi; ond y pethau sy'n dod allan o rywun, dyna sy'n ei halogi.'*

*Oherwydd o'r tu mewn, o galon dynion, y daw allan feddyliau drwg, puteinio, lladrata, llofruddio, godinebu, trachwantu, anfadwaith, twyll, anlladrwydd, cenfigen, cabledd, balchder, ynfydrwydd; o'r tu mewn y mae'r holl ddrygau hyn yn dod ac yn halogi rhywun.'"*



### RHYWBETH I FEDDWL AMDANO

Ysgrifennodd rhywun unwaith at yr Asiantaeth Ymholiadau Cristnogol yn gofyn pa fathau o gig y gallai Cristnogion eu bwyta. Mae geiriau Iesu yn y darlenniad heddiw'n newyddion da i bobl sy'n hoffi cig! Y pethau rydym yn eu gwneud sy'n creu rhwystr rhyngom â Duw, nid y pethau rydym yn eu bwyta. Y newyddion da yw bod marwolaeth Iesu ar y groes wedi dileu'r rhwystr. Os gofynnwn iddo, gall Iesu fathau'r holl ddrygioni rydym wedi'i wneud erioed a'n gwneud yn lân.

later, he met his future wife, Sam. The couple got married in church in October 2008, with 100 family and friends celebrating with them.

‘Jesus has changed my life,’ Shane says. ‘Jesus has shown me how to love and how to forgive.’

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Story contributed by Alpha. Used with permission.

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### **MARK 7:14-16,21-23**

*‘Again Jesus called the crowd to him. He said, “Listen to me, everyone. Understand this. Nothing outside of a person can make them ‘unclean’ by going into them. It is what comes out of them that makes them ‘unclean’.*

*Evil thoughts come from the inside, from a person’s heart. So do sexual sins, stealing and murder. Adultery, greed, hate and cheating come from a person’s heart too. So do desires that are not pure, and wanting what belongs to others. And so do telling lies about others and being proud and being foolish. All these evil things come from inside a person and make them ‘unclean.’”*



### **SOMETHING TO THINK ABOUT**

Someone once wrote to the Christian Enquiry Agency asking what meat Christians can eat. Jesus’ words in today’s reading are good news for meat-eaters! It’s what we *do* that puts a barrier between us and God, not what we eat. The good news is, Jesus’ death on the cross destroyed the barrier. If we ask, Jesus can forgive all the wrong we’ve ever done and make us clean.



## Gweddi

**Cyfansoddwyd y weddi hon gan y Brenin Dafydd ar ôl iddo gyflawni godineb gyda Bathseba ac yna threfnu i ŵr Bathseba gael ei ladd:**

***'Pura fi ag isop fel y byddaf lân;  
golch fi fel y byddaf wynnach nag eira.  
Pâr imi glywed gorfoledd a llawenydd,  
fel y bo i'r esgyrn a ddrylliaist lawenhau.  
Cuddia dy wyneb oddi wrth fy mhechodau,  
a dilea fy holl euogrwydd.'* (Salm 51:7-9)**  
**Amen.**



“Yn awr, ynteu, ymresymwn a'n gilydd,”  
medd yr Arglwydd.

“Pe bai eich pechodau fel ysgarlad,  
fe fyddant cyn wynnied a'r eira;  
fe baent cyn goched â phorffor,  
fe ânt fel gwlân.”

**ESEIA 1:18**



## Prayer

***This prayer was written by King David after he had committed adultery with Bathsheba, then arranged for Bathsheba's husband to be killed:***

***'Wash me, then I will be whiter than snow.***

***Let me hear you say, "Your sins are forgiven."***

***That will bring me joy and gladness.***

***Let the body you have broken be glad.***

***Take away all my sins.***

***Wipe away all the evil things I've done.' (Psalm 51:7-9)***

***Amen.***



“Come. Let us settle this matter,”  
says the LORD.

“Even though your sins are bright red,  
they will be as white as snow.

Even though they are deep red,  
they will be white like wool.’

**ISAIAH 1:18**

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CWR

