

# Wythnos 5 – Gweithredoedd yn Ilefaru

Gwyddai Iesu'r hyn a fyddai yn ei ddisgwyl pan gyrhaeddai Jerwsalem. Gwyddai y byddai llawer o bobl grefyddol yn ei wrthod. Roedd rhai am ei waed. Roedd ganddo'r grym i'w rhwystro, ond dewisodd beidio. Ei gymhelliad oedd cariad tuag at bobl fel ni. Nid dim ond siarad am gariad a wnâi ond dangosodd ei gariad drwy ei weithredoedd.

## DARLLENWCH: MARC PENODAU 12:41-14:52

Adnodau allweddol

*'Ac wrth iddynt fwyta, cymerodd Iesu fara, ac wedi bendithio fe'i torrodd a'i roi iddynt, a dweud, "Cymerwch, hwn yw fy nghorff."*

*A chymerodd gwpan, ac wedi diolch fe'i rhoddodd iddynt, ac yfodd pawb ohono.*

*A dywedodd wrthynt, "Hwn yw fy ngwaed i, gwaed y cyfamod, sy'n cael ei dywallt er mwyn llawer. Yn wir, rwy'n dweud wrthyich nad yfaf byth mwy o ffrwyth y winwydden hyd y dydd hwnnw pan yfaf ef yn newydd yn nheyrnas Dduw."*

**Marc 14:22-25**

## MEDDYLIWCH

1. Gwelodd Iesu galon y wraig weddw a roes y cyfan a oedd ganddi (Marc 12:41-44). Gwyddai hefyd beth oedd cymhellion Jwdas pan gwynodd am wario arian ar jar o bersawr drud

## Week 5 – Actions speak

Jesus knew what he was letting himself in for when he went to Jerusalem. He knew that many religious people would reject him. Some wanted him dead. He had the power to stop them, but he chose not to. His motive was love for people like us. He didn't just talk about being loving, he showed his love through his actions.

### READ: MARK CHAPTERS 12:41-14:52

Key verses

*‘While they were eating, Jesus took bread. He gave thanks and broke it. He handed it to his disciples and said, “Take it. This is my body.”*

*Then he took a cup. He gave thanks and handed it to them. All of them drank from it.*

*“This is my blood of the covenant,” he said to them. “It is poured out for many. What I’m about to tell you is true. I won’t drink wine with you again until the day I drink it in God’s kingdom.”*

**Mark 14:22-25**

### THINK

1. Jesus saw the heart of the widow who gave everything she had (Mark 12:41-44). He also knew the motives of Judas when he complained about money being spent on an expensive jar

(Marc 14:3-8). Nid yw Duw yn edrych ar yr allanolion. Mae'n edrych yn hytrach ar agweddau ein calonnau. Sut mae pobl yn cael eu barnu yn y byd heddiw? Sut ddylai dilynwyr Iesu ymagweddu'n wahanol?

2. Yn ogystal ag edrych tuag at ei farwolaeth a'i atgyfodiad, edrychai Iesu tuag at ddiwedd amser (Marc 13). Mae Iesu wedi addo y bydd yn dychwelyd (Ioan 14:1-3). Sut allwn ni fyw yng ngoleuni'r addewid hwnnw?

3. Defnyddiodd Iesu bryd bwyd i esbonio sut y byddai farw. Byddai ei gorff yn cael ei ddryllio a'i waed yn cael ei dywallt. Gwyddai y byddai ei ddilynwyr yn parhau i dorri bara a thywallt gwin adeg prydau, felly byddent yn gallu cofio'r hyn a wnaeth. Ydych chi wedi bwyta o'r pryd arbennig hwn? Gellir ei alw'n Gymun, yr Offeren, yr Ewcharist neu Swper yr Arglwydd. Beth mae'r pryd hwn yn ei olygu i chi?

4. Gadawodd ei gyfeillion agosaf Iesu pan oedd eu hangen fwyaf. Mae'n gwybod sut mae'n teimlo i fod heb neb. Sut mae hynny'n gwneud i chi deimlo?

of perfume (Mark 14:3-8). God does not look at outward appearances. He looks at our heart attitudes. How are people judged in today's world? How should Jesus' followers act differently?

2. As well as looking forward to his own death and resurrection, Jesus looked forward to the end of time (Mark 13). Jesus has promised to return (John 14:1-3). How can we live in the light of that promise?

3. Jesus used a meal to explain how he would die. His body would be broken, and his blood spilt. He knew that his followers would go on breaking bread and pouring wine at meals, so they would be able to remember what he had done. Have you shared this special meal? It can be called Communion, Mass, the Eucharist or the Lord's Supper. What does this meal mean to you?

4. Jesus' closest friends deserted him when he needed them most. He knows what it is like to be abandoned. How does this make you feel?

## GWERSI BYWYD

1. 'Duw, os wyt ti yna... helpa fi.' Dyna oedd gweddi Ashley, un o'r carcharorion o'r llyfr. Mae Duw yn clywed ein gweddïau, hyd yn oed os nad ydym yn siŵr ar bwy rydym yn gweddïo. Atebodd Duw weddi Ashley ac mae wedi trawsnewid ei fywyd. Sut mae eich bywyd chithau wedi newid ers i chi ddod i wybod am Iesu?

2. Yn hanes Steve (hefyd o'r llyfr), roedd yn rhyfeddu at garedigrwydd dieithriaid, pobl o eglwys na fyddai efallai byth yn eu cyfarfod. Ni chafodd y bobl hynny unrhyw wobwr. Ond gwelodd Duw eu calonnau. Beth sy'n eich cymell chi? Ydych chi'n byw i blesio eich hunain ynteu i blesio Duw?

3. Roedd Brian (carcharor arall y sonnir amdano yn y llyfr) yng ngharchar Dartmoor pan ofynnodd i Dduw ei newid. Mae bellach yn gweithio gyda phobl sydd yng ngharchar, yn union fel y bu yntau. 'Mae llawer o 'ngwaith gyda phobl sydd wedi methu,' meddai. Dywedodd Iesu nad i geisio cael y rhai a oedd yn meddwl eu bod yn iawn gyda Duw i'w ddilyn y daeth, ond i gael pechaduriaid i'w ddilyn (Marc 2:17). Sut mae hynny'n gwneud i chi deimlo?

## LIFE LESSONS

1. 'God, if you're out there... help me.' That was one prisoner (from the book) Ashley's prayer. God hears our prayers, even when we aren't sure who we are praying to. God answered Ashley's prayer and has turned his life around. How has your life changed since you got to know about Jesus?

2. In Steve's story (also from the book), he was amazed by the kindness of strangers; people from a local church who he might never meet. Those people received no reward. But God saw their hearts. What motivates you? Do you live to please yourself or to please God?

3. Brian (another prisoner mentioned in the book) was in Dartmoor Prison when he asked God to change him. He now works with people who are in prison, just like he was. 'A lot of my work is with people who have failed,' he says. Jesus said, 'I have not come to get those who think they are right with God to follow me. I have come to get sinners to follow me' (Mark 2:17). How does that make you feel?

4. Mae Duw yn addo y byddwn yn ei gael os byddwn yn ei geisio (Mathew 7:7-8). Gall hynny ddigwydd mewn cell carchar neu mewn palas. Mae dod i adnabod Duw drwy ei fab Iesu yn daith sy'n parhau am oes. Ble ydych chi ar y daith honno?

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

Nid dim ond llefaru geiriau caredig neu siarad am garu pobl a wnaeth Iesu. Dangosodd ei gariad drwy farw ar groes i'w gwneud yn bosibl i ni brofi cariad Duw drosom ein hunain. Dyna'r dirgelwch sy'n ganolog i'n ffydd Gristnogol. Nid yw Duw yn mynnu ein bod yn ymestyn tuag ato ef. Nid yw'n disgwyl i ni dalu ein ffordd tuag ato. Yn hytrach daeth yn fod dynol a byw ymysg pobl gyffredin, pobl fel ni, a phobl na fu'n driw iddo. Os gofynnwn iddo, bydd yn maddau ein holl fethiannau ac yn rhoi i ni ei rym ei hun i ddechrau o'r newydd â llechen lân. Mae'n addo bod gyda ni bob amser, yn ein tywys ac yn ein cynnal drwy beth bynnag a ddaw i'n rhan ar daith bywyd.

Yr wythnos nesaf, byddwn yn cyrraedd pen draw rhan gyntaf hanes Iesu. Mae ail ran yr hanes yn parhau drwy'r bywydau a drawsnewidiwyd drwy gydol hanes a hyd heddiw. A yw eich stori chithau yn rhan o stori fyd-eang Iesu?

4. God promises that when we search for him we will find him (Matthew 7:7-8). That can happen in a prison cell or a palace. Getting to know God through his Son Jesus is the journey of a lifetime. Where are you on the journey?

## LOOK AHEAD

Jesus didn't just say kind words or talk about loving people. He showed his love by dying on a cross to make it possible for us to experience God's love for ourselves. This is the mystery at the heart of our Christian faith. God does not demand that we reach up to him. He doesn't expect us to pay our way into his presence. Instead, he became a human being and lived among ordinary people, people like us who let him down. If we ask him, he forgives all our shortcomings and gives us his power to make a fresh start in life. He promises to be with us always, guiding us and supporting us, whatever life throws at us.

Next week, we will reach the end of the first part of the Jesus story. The second part continues in lives changed through history and today. Is your story part of the worldwide Jesus story?

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# 5

## Rhoi popeth i Dduw

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Roeddwn i'n dal mewn rhyw fath o berlewyg pan gaeodd drws y gell â chlep y tu ôl i mi gan fy ysgwyd yn effro i'r ffaith bod fy mywyd fel y bu wedi newid am byth. Roedd parch fy nheulu a'm ffrindiau, fy ffordd o fyw dosbarth canol cyffyrddus ac, wrth gwrs, fy rhyddid - wedi mynd.

Wrth i mi edrych o gwmpas fy llety newydd, roedd pelydrau olaf haul y dydd yn sleifio i'r stafell fach gan amlygu'r cymylau mwg sigarêts oedd yn codi o'r bync isaf. Gan nad oeddwn yn smygu fy hun, roedd hynny'n annifyr iawn i mi, ond roeddwn yn sylweddoli nad cwyno fyddai'r ffordd orau i gyflwyno fy hun i'm cymydog. Felly wnaethon ni ond cyfnewid mân gyfarchion ac yna cyweiriais fy ngwely ar y bync cyn clwydo am y noson.

### *Digalondid a diflastod*

Roedd y diwrnodau cyntaf - y cyfnod ymsefydlu - yn wirioneddol ddiflas. Teimlwn anobaith ac iselder yn fy llethu. Cefais fy symud yn y pen draw i un o'r prif adrannau preswyl gan ddisgwyl, yn ddigon diniwed, y byddai'r llety o well safon - ond yr unig newid oedd mai oglau wrin oedd yno yn hytrach nag oglau sigarêts.

Am y tro cyntaf yn fy mywyd, roeddwn yn teimlo'n gwbl ddirym ac yn llwyr ar fy mhen fy hun . Ac roedd fy rhwystredigaethau'n dechrau troi'n deimladau dieithr iawn o ddieter y tu mewn mi - yn union fel bom yn tician. Roedd ofn arna i. Doeddwn i erioed wedi teimlo fel hyn a doedd gen i neb i droi atyn nhw. Er mod i'n ystyried fy hun yn anffyddiwr,

# 5

## Giving everything to God

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Still in a somewhat dazed state, the clunk of the cell door behind me brought me to my senses and I realised that life as I had known it had changed forever. Gone was the respect of my family and friends, my affluent middle-class lifestyle and, of course, my freedom.

As I took in my new accommodation, the last moments of sunlight filtered into the small room, highlighting the plumes of cigarette smoke emanating from the lower bunk. As a non-smoker, I found this very unpleasant, but figured my objections would not be a good way to introduce myself to my cellmate. So we just exchanged the usual pleasantries and I made up my bunk before settling in for the night.

### *Doom and despair*

The first few days on induction were really tedious. I felt a growing sense of doom and despair welling up inside me. I was eventually moved to a main residential wing where, naively, I had expected better accommodation - but the only change was that the smell of cigarettes had been replaced by the smell of urine.

For the first time in my life I felt totally helpless and alone, and my frustrations were beginning to turn into unfamiliar feelings of anger within me; a literal ticking time bomb. I was scared. These feelings were alien to me and I had no one to turn to. Although I considered myself to be an atheist,

dechreuais weddio ar Dduw am ei help, ond wrth gwrs credwn mai diwerth oedd fy mwmian trist a welwn i ddim byd mwy yn y peth.

## Caplan clên

Gwpwl o ddyddiau'n ddiweddarach, roeddwn yn eistedd ar fy mhen fy hun yn fy nghell, ac yn ymwybodol bod rhyw bresenoldeb tywyll yng nghysgodion fy meddwl, pan agorodd drws y gell ac roedd rhywun yn gwenu arna i. Holodd am yr un oedd yn rhannu â mi. Rhaid bod fy llais wedi bradychu f'anobaith wrth iddo gyflwyno'i hun fel un o gaplaniaid y carchar a gofyn i mi a hoffwn gael sgwrs. Teimlwn, 'Pam lai?'

Eisteddodd a sgwrsio â mi am hanner awr, ac am y tro cyntaf ers dod i'r carchar, teimlwn yn dawel. Diolchais iddo am ei amser, a chyn iddo adael, rhoddodd lyfr i mi ei ddarllen. Roedd yn adrodd hanes dynes a oedd yn dioddef o salwch difrifol iawn, ond, fel Cristion argyhoeddedig, a oedd â ffydd ddi-sigl ym mharodrwydd Duw i'w chynorthwyo i ymdrin â'i phroblemau. Fedrwn i ddim credu sut y gallai rhywun fod â'r fath ffydd yn Nuw er yn dioddef y fath loes. Sylweddolais fod Duw gyda minnau hefyd. Mae'n gwranddo ar fy ngweddïau ac yn eu hateb. Ers hynny, mae wedi fy nhywys ar daith ysbrydol ryfeddol i sefyllfa o dangnefedd, llawenydd a bodlonrwydd, rhywbeth na allwn byth fod wedi'i ddychmygu. Mae wedi dangos i mi'r llwybr tuag at ymdeimlad newydd o obaith am ddyfodol disglair a ffyniannus.

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Cyfrannwyd gan garcharor.

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I found myself praying to God for help, but of course I figured my sorry mumblings were in vain and thought nothing more of it.

## *Chatty chaplain*

A couple of days later I was sitting alone in my cell, aware of a dark presence in the shadows of my mind, when the cell door opened and a smiling face looked in. He enquired after my cellmate. My tone must have conveyed a sense of despair as he introduced himself as a prison chaplain, and asked if I would like to have a chat. I figured, 'Why not?'

He sat and chatted with me for half an hour, and for the first time since coming into prison, I felt a sense of calm. I thanked him for his time and, before he left, he gave me a book to read. It was the story of a lady who had a very serious illness, but as a practising Christian had unwavering faith in God's willingness to help her deal with her troubles. I couldn't believe how someone could have such faith in God while suffering such adversity. I realised that God was with me too. He listens to and answers my prayers. Since then, he has taken me on an amazing spiritual journey to a place of peace, joy and contentment, which I could never have imagined. He has shown me the way to a new sense of hope for a bright and prosperous future.

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Contributed by a prisoner.

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### MARC 12:41-44

*'Eisteddodd i lawr gyferbyn â chist y drysorfa, ac yr oedd yn sylwi ar y modd yr oedd y dyrfa yn rhoi arian i mewn yn y gist. Yr oedd llawer o bobl gyfoethog yn rhoi yn helaeth. A daeth gweddw dlawd a rhoi dau ddarn bychan o bres, gwerth chwarter ceiniog.*

*Galwodd ei ddisgyblion ato a dywedodd wrthynt, "Yn wir, rwy'n dweud wrthyich fod y weddw dlawd hon wedi rhoi mwy na phawb arall sy'n rhoi i'r drysorfa. Oherwydd rhoi a wnaethant hwy i gyd o'r mwy na digon sydd ganddynt, ond rhoddodd hon o'i phrinder y cwbl oedd ganddi i fyw arno."*



### RHYWBETH I FEDDWL AMDANO

Byddai Iesu'n aml yn sôn am arian gyda'i ddilynwyr. Mae'r hanesyn hwn yn dangos ei fod yn sylwi ar y tlawd a'r gwan. Nid yw cyfoeth a statws o bwys iddo. Mae'n chwilio am ddilynwyr sy'n caru Duw â'u holl galon ac sy'n hael â'u heiddo. Mae Duw'n poeni mwy am agweddau ein calonnau nag am faint o arian sydd yn ein pocedi. Beth bynnag fo ein cefndir neu'n statws mewn bywyd, mae Iesu am ddangos i ni faint mae Duw yn ein caru.



### **MARK 12:41-44**

*‘Jesus sat down across from the place where people put their temple offerings. He watched the crowd putting their money into the offering boxes. Many rich people threw large amounts into them. But a poor widow came and put in two very small copper coins. They were worth only a few pennies.*

*Jesus asked his disciples to come to him. He said, “What I’m about to tell you is true. That poor widow has put more into the offering box than all the others. They all gave a lot because they are rich. But she gave even though she is poor. She put in everything she had. That was all she had to live on.”*



### **SOMETHING TO THINK ABOUT**

Jesus often talked to his followers about money. This story shows he notices the poor and the weak. He is not impressed by wealth and status. He looks for followers who are whole-hearted in loving God and generous-hearted with their possessions. God is more concerned about the attitude of our hearts than the amount of money in our pockets. Whatever our background or position in life, Jesus wants to show us how much God loves us.



## Gweddi

***Dad yn y nefoedd, rwyf yn gweld agwedd fy nghalon.  
Cynorthwya fi i'th osod di yn y lle blaenaf yn fy mywyd.  
Rwyf am ddilyn Iesu â'm holl galon. Amen.***



'Arglwydd, gwna fi'n offeryn dy dangnefedd:  
lle bo casineb, boed i mi hau cariad;  
lle bo anaf, maddeuant;  
lle bo amheuaeth, ffydd;  
lle bo iselder, gobaith;  
lle bo tywyllwch, goleuni;  
lle bo tristwch, llawenydd.'

**FFRANSIS O ASSISI (1181-1226)**



'Mae gwir Gristnogion yn ystyried nad ceisio  
bodloni rhyw greddydwyr llym y maent ond yn  
hytrach talu dyled o ddiolch.'

**WILLIAM WILBERFORCE (1759-1833)**



'O Arglwydd, trugarha wrthym,  
yr ydym yn disgwyl amdanat;  
bydd yn nerth i ni bob bore,  
ac yn iachawdwriaeth i ni ar awr gyfyng.'

**ESEIA 33:2**



## Prayer

***Father in heaven, you see my heart's attitude.  
Please help me to put you first in my life.  
I want to follow Jesus wholeheartedly. Amen.***



'Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.'

**FRANCIS OF ASSISI (1181-1226)**



'True Christians consider themselves  
not as satisfying some rigorous creditor,  
but as discharging a debt of gratitude.'

**WILLIAM WILBERFORCE (1759-1833)**



'LORD, have mercy on us.  
We long for you to help us.  
Make us strong every morning.  
Save us when we're in trouble.'

**ISAIAH 33:2**