



40 o STRAEON GOBAITH

40 STORIES OF HOPE

www.ctbi.org.uk/lent
www.prisonhope.org.uk



Wythnos 1 – Cychwyn Newydd

Nid oes ffordd well o ddechrau'r Grawys na thrwy ddod i adnabod Iesu yn well drwy ddarllen hanes ei fywyd. Byddwn hefyd yn darllen ynghylch sut mae bywydau pobl eraill yn cael eu newid wrth iddynt ddod i'w adnabod.

Rydym yn mynd ar daith gyda Iesu o lannau'r Iorddonen, lle cafodd ei fedyddio, i ddinas Jerwsalem, lle cafodd ei groeshoelio a'i gladdu, a lle y bu iddo atgyfodi. Digwyddodd y pethau hynny ddwy fil o flynyddoedd yn ôl, ond gallwch ymweld â'r lleoedd lle bu fyw Iesu heddiw.

Straeon diweddar yw'r straeon carchar yn y cwrs hwn a'r llyfr cysylltiedig. Fe'u hysgrifennwyd ynghylch y gobaith a ganfu pobl yn y degawdau diwethaf – mae ymron pawb o'r unigolion hynny'n fyw heddiw. Wrth i chi ddarllen yr hanesion a'r adnoddau, gofynnwch i Dduw siarad â chi ynghylch eich bywyd a byddwch yn barod i glywed gan Dduw drwy'r hyn y byddwch yn ei ddarllen. Pob wythnos ceir stori a ysgrifennwyd ynghylch carcharor neu gyn-garcharor, yn ogystal ag ychydig adnoddau o'r Beibl.

Bwriedir yr adnoddau i'w defnyddio'n wythnosol yn ystod y Grawys. Gellir defnyddio'r llyfr dewisol 40 Stories of Hope yn ddyddiol, gan gychwyn ar ddydd Mercher y Lludw. Mae'r adnoddau Grawys wythnosol yn seiliedig ar yr adrannau Looking back, looking forward yn y llyfr, gan gynnwys cwestiynau i grwpiau eu trafod.

Gallwch ddarllen y darnau byrion o'r Beibl neu, os yw'n well gennych, gallwch ddarllen y penodau llawn yn Efengyl Marc er mwyn gosod yr hanes yn ei gyd-destun.

LENT RESOURCES 2018

Week 1 – Fresh start

There is no better way to start Lent than by getting to know Jesus better by reading his life story. We will also read how other lives are changed when people get to know him.

We are taking a journey with Jesus from the River Jordan, where he was baptised, to the city of Jerusalem, where he was crucified and buried, and where he rose from the dead. The events happened 2,000 years ago, but you can still visit the places Jesus lived.

The prison stories in this course and associated book are up-to-date. They have been written about the hope found by people in the past few decades – almost all of them are still living today. As you read the stories and verses, ask God to speak to you about your life and expect to hear from God through what you read. Each week there's a story written about a prisoner or an ex-prisoner, as well as a few verses from the Bible.

The resources are designed to be used weekly during Lent. The optional *40 Stories of Hope* book can be used daily, starting on Ash Wednesday. The weekly Lent resources are taken from the 'Looking back, looking forward' sections in the book, including questions for groups to discuss.

You can read the short Bible sections or if you prefer, you can read the whole chapters in Mark's Gospel to put the story into context.

DARLLENWCH: MARC PENODAU 1-3

Adnodau allweddol

‘Yn y dyddiau hynny daeth Iesu o Nasareth Galilea, a bedyddiwyd ef yn afon Iorrdonen gan Ioan. Ac yna, wrth iddo godi allan o’r dŵr, gwelodd y nefoedd yn rhwygo’n agored a’r Ysbryd fel colomen yn disgyn arno. A daeth llais o’r nefoedd: “Ti yw fy Mab, yr Anwylyd; ynot ti yr wyf yn ymhyfrydu.”

Ac yna gyrrodd yr Ysbryd ef ymaith i’r anialwch, a bu yn yr anialwch am ddeugain diwrnod yn cael ei demtio gan Satan. Yr oedd yng nghanol yr anifeiliaid gwylltion, a’r angylion oedd yn gweini arno.’

Marc 1:9-13

MEDDYLIWCH

1. Mae ein perthynas â phobl eraill yn cynorthwyo i lywio’r ffordd y byddwn yn datblygu fel pobl. Pa berthnasoedd sydd wedi effeithio er gwell ar eich datblygiad chi?
2. Wrth edrych ar hanes bedyddio Iesu, sut fydddech chi’n disgrifio perthynas Iesu â’i Dad yn y nef?
3. Pan ddechreuodd Iesu bregethu, roedd Iesu’n sôn am ‘newyddion da Duw’. Sut mae newyddion da Duw yn edrych yn eich byd chi? Beth yw eich profiad chi o newyddion da Duw?

READ: MARK CHAPTERS 1-3

Key verses

'At that time Jesus came from Nazareth in Galilee. John baptized Jesus in the Jordan River. Jesus was coming up out of the water. Just then he saw heaven being torn open. Jesus saw the Holy Spirit coming down on him like a dove. A voice spoke to him from heaven. It said, "You are my Son, and I love you. I am very pleased with you."

At once the Holy Spirit sent Jesus out into the desert. He was in the desert 40 days. There Satan tempted him. The wild animals didn't harm Jesus. Angels took care of him.'

Mark 1:9-13

THINK

1. Our relationships help to shape the people we become. Which relationships have shaped you for the better?

2. Looking at the description of Jesus' baptism, how would you describe Jesus' relationship with his Father in heaven?

3. When Jesus began preaching, he talked about the 'good news of God'. What does God's good news look like in your world? What is your experience of God's good news?

4. Mae Iesu'n cynnig gobaith ac iachâd. Ble mae angen y gobaith a'r iachâd hwnnw yn eich bywyd chi neu fywydau'r bobl o'ch cwmpas?

GWERSI BYWYD

1. Pan ddeuwn yn Gristnogion, cawn ein mabwysiadu i deulu Duw. Pa wahaniaeth fyddai'n ei wneud i'ch bywyd chi petaech yn clywed Duw yn dweud: 'Ti yw fy mhlentyn ac rwy'n dy garu. Rwyf yn ymhyfrydu ynot ti'?

2. Cafodd Iesu ei brofi a'i demtio. Pan benderfynwn ddilyn Iesu cawn ninnau ein profi a'n tentio hefyd. Beth allech chi ei wneud i ganfod y cymorth rydych chi ei angen i barhau heb ddiffygio pan fydd bywyd yn anodd?

3. Yn Efengyl Marc, gwelwn fod Iesu'n ysgogi ymdeimlad o bwrpas newydd yn ei ddilynwyr. Pa ymdeimlad o bwrpas neu gyfeiriad mae Duw wedi'i ysgogi ynoch chi? A yw un o addewidion y Beibl yn arbennig o bwysig i chi?

4. Jesus offers hope and healing. Where is this hope and healing needed today in your life or the lives of those around you?

LIFE LESSONS

1. When we become Christians, we are adopted into God's family. What difference would it make to your life to hear God say: 'You are my child, and I love you. I am very pleased with you'?

2. Jesus was tested and tempted. When we decide to follow Jesus we are tested and tempted too. What could you do to find the support you need to stay on course when life gets difficult?

3. In Mark's Gospel we see that Jesus gives his followers a new sense of purpose. What sense of purpose or direction has God given you? Is there a promise in the Bible that stands out for you?

4. Mae maddeuant yn rhan bwysig o daith y Cristion. Rydym yn derbyn maddeuant Duw am yr holl bethau drwg a wnaethom ac yn profi rhyddid pan fyddwn yn maddau i eraill. Beth sy'n eich rhwystro rhag maddau i eraill a rhag derbyn maddeuant?

EDRYCHWCH TUA'R DYFODOL

Ym mhenodau cyntaf Efengyl Marc, fe welwn sefydlu pwy yw Iesu. Gwelwn ddatguddio Duw mewn dyn sy'n cael ei demtio, yn union fel y cawn ninnau ein temtio, ond nad yw'n pechu.

Mae'r straeon carchar yn dangos bod Iesu'n rhoi i bobl y nerth i newid. Pan fydd bywyd rhywun yn cael ei newid, maent am i bobl eraill ddarganfod cariad Duw hefyd.

A oes yna rywun sydd eich angen chithau i'w cyflwyno i Iesu?

4. Forgiveness is an important part of a Christian's journey. We accept God's forgiveness for all the wrong we have done, and we find freedom when we forgive others. What stops you forgiving others and receiving forgiveness?

LOOK AHEAD

In the first chapters of Mark's Gospel, Jesus' identity is being established. We see God fleshed out as a man who is tempted, just like we are tempted, but who doesn't sin.

The prison stories show that Jesus gives people the power to change. When someone's life is changed, they want others to discover God's love too.

Is there someone who needs you to introduce them to Jesus?

1

Ailadeiladu perthynas

Roeddwn yn y carchar yn 2014 pan welais daflen werdd ar hysbysfwrdd gyda'r teitl Caring for Ex-Offenders. Roedd y grŵp a luniodd y daflen yn dweud y gallent eich rhoi mewn cysylltiad ag eglwys leol mewn ardal a'ch cynorthwyo i ganfod gwaith a llety. Felly, mi wnes i ysgrifennu llythyr at y bobl hynny. Roeddem yn cyfnewid llythyrau ond roeddent angen gwybod ym mha ardal y byddwn yn byw cyn y gallent fy nghysylltu ag eglwys.

Roedd dyddiad fy rhyddhau yn dod yn agos ac roedd cymaint o ofn arnaf. Doeddwn i wir ddim am fynd yn ôl i Fryste lle cefais fy magu. Roedd pawb roeddwn yn eu hadnabod – aelodau fy nheulu, ffrindiau - yn gaeth i rywbeth. Fyddai gen i ddim byd i lenwi f'amser. Roedd fy merch yn byw yng Nghymru. Roedd llawer o amodau arnaf a oedd yn gosod cyfyngiadau ynghylch lle gallwn fynd ym Mryste. Y gwir onest oedd, cyn gynted ag y cefais fy rhyddhau fy mod ond am fynd yn ôl i'r carchar.

Canfod gobaith

Roeddwn wedi bod yn aros mewn hostel fechnïaeth dan y gwasanaeth prawf ym Mryste am ychydig fisoedd ac roeddwn wedi dechrau yfed eto, ond nid yn drwm. Doeddwn i ddim wedi fy ngwahardd rhag yfed ond nid oeddwn i fod i 'chwythu dros y 35' (y cyfyngiad alcohol anadlennydd ar gyfer gyrru). Cofiaf ddweud wrth fy ngweithiwr allweddol y byddai fy yfed yn mynd dros ben llestri. Rwy'n cofio eistedd ar y palmant

1

Rebuilding relationships

I was in prison in 2014 when I saw a green flyer on a noticeboard that said, 'Caring for Ex-Offenders'. They claimed that they could link you to a local church in an area, and help you with employment and housing. So I wrote these people a letter. We were writing back and forth, but they needed to know where I was going to be situated before they could link me with a church.

It was getting close to my release date and I was so scared. I really didn't want to go back to Bristol where I was brought up. Everyone I knew was in addiction – family members, friends – I had nothing to occupy my time. My daughter was living in Wales. I had loads of conditions that restricted where I could go in Bristol. In all honesty, once out I just wanted to go back to prison.

Finding hope

I had been in a Bristol probation bail hostel for a few months and had started drinking again, but not heavily. I was not banned from drinking, but I wasn't allowed to 'blow over 35' (the drink-driving breathalyser limit). I remember telling my key worker that my drinking was going to get out of hand. I recall sitting down on the pavement

un diwrnod gyda chan o gwrw a dechrau beichio crïo. Roeddwn yn gallu gweld bod fy mywyd am ddirywio eto oherwydd diod a chyffuriau.

Ychydig ddyddiau ar ôl hynny, fe ddywedodd yr hostel wrthyf fod rhywun wedi cysylltu â'r gwasanaeth prawf ac am gyfarfod â mi. Ei enw oedd Silas, ac roedd yn weinidog ar eglwys o'r enw Hope Chapel. Deallais gan Silas fod mudiad Caring for Ex-offenders wedi cysylltu i ofyn iddo a fyddai'n fodlon dod i 'nghyfarfod. Pan wnaethon ni gyfarfod, rhoddodd Silas gyfarwyddiadau teithio i mi i'w eglwys, a oedd hefyd â banc bwyd y diwrnod hwnnw. Roedd yr eglwys tua milltir a hanner i ffwrdd. Ar ôl i mi gyfarfod â Silas, fe ddes i ar draws tri o bobl a ofynnodd a allen nhw weddio dros of. Dwedais mod i ar dipyn o frys ond fe wnaethon nhw weddio dros of beth bynnag. Es yn ôl i'r hostel, nôl fy meic a reidio i Hope Chapel.

Cysylltiadau newydd

Pan gyrhaeddais Hope Chapel cefais fwyd o'r banc bwyd, a bu sawl un yn sgwrsio â mi. Doedd sgwrsio ddim yn hawdd i mi, ond roedd cyfarfod y bobl newydd yma'n hollbwysig i 'nghadw rhag dychwelyd i'm hen ffordd o fyw. Dywedwyd wrtha i bod grŵp adfer yn cyfarfod yn yr eglwys bob nos Fercher, ac roeddwn yn awyddus i weld beth oedd yn digwydd yno, felly ymunais yn syth. Wedyn des i gysylltiad â MentorMe. Drwy ymwneud â phobl gadarnhaol, llwyddais i gadw i ffwrdd o'm hen gynefinoedd. Gyda chymorth MentorMe rwy'n gallu bellach bod yng nghwmni aelodau fy nheulu, hyd yn oed os ydynt yn dal yn gaeth, ond rwyf yn ddigon cryf i hynny beidio ag effeithio'n andwyl arnaf.

Rwyf bellach wedi ailsefydlu fy mherthynas â'm merch. Rwyf yn teithio i Gymru bod penwythnos i'w nôl ac mae hi'n dod i aros â mi, sy'n fy ngwneud i deimlo'n wych.

one day with a can of beer and I just broke down, sobbing. I could see that my life was going to deteriorate again through drink and drugs.

A few days later I was told by the hostel that someone had been in contact with probation and wanted to meet me. His name was Silas, and he was a pastor of a church called Hope Chapel. I discovered from Silas that Caring for Ex-offenders had contacted him and asked if he would meet up with me. When we met, Silas gave me directions to his church, which also ran a foodbank that day. The church was about a mile and a half away. After I had met Silas, I bumped into three people who asked if they could pray for me. I said I was in a bit of a rush, but they prayed for me anyway. I went back to the hostel, got my bike and cycled to Hope Chapel.

New connections

When I got to Hope Chapel I was given some food by the foodbank, and some people chatted to me. I didn't find it easy to chat, but meeting these new people was vital in keeping me away from my old life. I was told that there was a recovery group in the church every Wednesday, and I was eager to see what that was about, so I got involved straight away. Then I linked up with MentorMe. By engaging with positive people, I was able to keep away from my old haunts. With the help of MentorMe I can now be around family members, even if they are still in addiction, but I am strong enough for it not to adversely affect me.

I have now re-established my relationship with my daughter. I travel to Wales every weekend to pick her up and she comes to stay with me, which makes me feel brilliant.

Dwi'n gallu bod yn dad iddi hi orau a allaf. Dwi hefyd yn raddol ailadeiladu perthynas â 'nhad, rhywbeth na fu erioed yn hawdd i mi. Ond mae dilyn y cwrs Man Up, sy'n cael ei redeg gan un o'r eglwysi, o help mawr i mi gyda hynny.

Mae un o'r dynion yn Hope bellach yn mentora hen ffrind i mi o'm plentyndod sydd hefyd wedi bod yn y carchar ac wedi bod yn gaeth i sylweddau. Rydym yn gallu bod yn gefn i'n gilydd. Rwyf bellach wedi cwblhau'r cwrs hyfforddi gyda MentorMe er mwyn i mi allu mentora eraill. Mae gen i waith hefyd, yn gyrru gweithwyr gofal i gyfeiriadau lle maen nhw'n gallu cynnig gofal i bobl hen, anabl a bregus.

Cyfrannwyd gan gyn-droseddwr.

Prosiect yn ardal Bryste yw MentorMe sy'n cynnig gwasanaeth mentora ar gyfer dynion a merched sy'n gadael y carchar ac yn adleoli i ardal Bryste. Daw'r mentoriaid o eglwysi lleol ym Mryste.



MARC 3:31-35

'A daeth ei fam ef a'i frodyr, a chan sefyll y tu allan anfonasant ato i'w alw. Yr oedd tyrfa'n eistedd o'i amgylch, ac meddent wrtho, "Dacw dy fam a'th frodyr y tu allan yn dy geisio." Atebodd hwy, "Pwy yw fy mam i a'm brodyr?" A chan edrych ar y rhai oedd yn eistedd yn gylch o'i gwmpas, dywedodd, "Dyma fy mam a'm brodyr i. Pwy bynnag sy'n gwneud ewyllys Duw, y mae hwnnw'n frawd i mi, ac yn chwaer, ac yn fam.'"

I am able to be a daddy as much as I can. I am also slowly rebuilding a relationship with my dad, which I have never found easy. But the Man Up course that I am doing, which is run by one of the churches, is really helping me to do this.

One of the guys at Hope is now mentoring an old childhood friend of mine who has also been in prison and addiction. We are able to encourage one another. I have now done the training course with MentorMe so I can mentor others. I have some work as well, driving care worker staff to addresses where they are able to care for elderly, disabled, and vulnerable people.

Contributed by an ex-offender.

MentorMe is a Bristol-based project that mentors men and women coming out of prison and relocating in the Bristol area. The mentors come from local Bristol churches.



MARK 3:31-35

'Jesus' mother and brothers came and stood outside. They sent someone in to get him. A crowd was sitting around Jesus. They told him, "Your mother and your brothers are outside. They are looking for you."

"Who is my mother? Who are my brothers?" he asked.

Then Jesus looked at the people sitting in a circle around him. He said, "Here is my mother! Here are my brothers! Anyone who does what God wants is my brother or sister or mother."



RHYWBETH I FEDDWL AMDANO

Fel Cristnogion cawn ein mabwysiadu i deulu Duw. Mae'n deulu sy'n ein cysylltu â miliynau o ddilynwyr Iesu drwy hanes a ledled y byd. Mae Datguddiad Sant Ioan y Difinydd, y llyfr olaf yn y Beibl, yn ein sicrhau y bydd, ryw ddiwrnod, dorf ddirifedi o bobl o bob llwyth a chenedl yn sefyll gerbron Duw, yn ei foli (Datguddiad 7:9).



Gweddi

Dduw annwyl, diolch i ti am ei gwneud yn bosibl i mi ddod i'th adnabod yn Dad i mi. Mae'n ddrwg gen i am dy anwybyddu weithiau. Cynorthwya fi i ddilyn dy Fab Iesu. Amen.



'Bendigedig yw'r Arglwydd,
sy'n ein cario ddydd ar ôl dydd;
Duw yw ein hiachawdwriaeth. Duw sy'n
gwaredu yw ein Duw ni;
gan yr Arglwydd Dduw
y mae dihangfa rhag marwolaeth.'

SALM 68:19-20



SOMETHING TO THINK ABOUT

As Christians we are adopted into God's family. It's a family that links us with millions of Jesus' followers throughout history and around the world. The Revelation of St John the Divine, the last book in the Bible, assures us that one day, countless numbers of people from every tribe and nation will stand before God, worshipping him (Revelation 7:9).



Prayer

Dear God, thank you for making it possible for me to know you as my Father. I am sorry for ignoring you sometimes. Please help me to follow your Son Jesus. Amen.



'Give praise to the Lord.
Give praise to God our Saviour.
He carries our heavy loads day after day.
Our God is a God who saves.
He is the King and the LORD.
He saves us from death.'

PSALM 68:19-20

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 you 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, gweddiwch dros y bobl rydych yn eu hadnabod nad yw eto'n ei ddilyn. Gofynnwch i Dduw siarad â hwy a dangos ei hun iddynt.
- Gweddiwch 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 boddî'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 weddio - 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, bwyteuoch 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 paratodau 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

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 Gwaredwr 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

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 fydddech 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 ddienyddiad. 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 gwyliadwriaeth 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 chwyrlïo 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 darlleniad 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.’

Story contributed by Alpha. Used with permission.



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

NODIADAU

NOTES

Wythnos 4 – Amser penderfynu

Ar y pwynt hwn yn ein taith gyda Iesu, datguddir ei diwedd. Gŵyr y deuddeg disgybl fod Jerwsalem yn lle peryglus i Iesu. Gwyddant ei fod wedi gwneud gelynion a bod rhai pobl yn cynllwynio i'w ladd. Mae arnynt ofn, ond mae Iesu'n benderfynol. Mae'n gwybod beth i'w ddisgwyl. Gan gyfeirio ato'i hun fel 'Mab y Dyn', mae'n dweud:

'Dyma ni'n mynd i fyny i Jerwsalem; fe gaiff Mab y Dyn ei draddodi i'r prif offeiriaid a'r ysgrifenyddion; condemniant ef i farwolaeth, a'i drosglwyddo i'r Cenhedloedd; a gwatwarant ef, a phoeri arno a'i fflangellu a'i ladd, ac wedi tridiau fe atgyfoda.' (Marc 10:33-35)

Roedd gan ddilynwyr Iesu lawer i'w ddysgu. Roeddent yn ei chael yn anodd credu'r geiriau hyn nes iddynt ddod wyneb yn wyneb â'r Iesu atgyfodedig, gyda'r clwyfau yn ei ddwylo a'i draed yn parhau yno ar ôl ei groeshoelio.

Roeddent yn parhau i ddisgwyl brenin a fyddai'n goresgyn y fyddin Rufeinig a oedd wedi meddiannu eu gwlad. Roeddent am weld enillion tymor byr. Ni fedrent ddeall bod Iesu'n sylfaenu teyrnas newydd a fyddai'n parhau am byth. Nid oeddent yn deall bod blaenoriaethau gwahanol iawn ar waith yn nheyrnas Iesu. Y bobl sy'n disgwyl bod yn olaf, megis plant a'r tlodion, sy'n dod gyntaf yn nheyrnas Dduw (Marc 10:44). Nid oes syndod i Iesu wneud gelynion o bobl gyfoethog a grymus!

Week 4 – Decision time

At this point in our journey with Jesus, the ending is revealed. The 12 disciples know that Jerusalem is a dangerous place for Jesus. They know that he has made enemies, and there are plots to kill him. They are afraid, but Jesus is determined. He knows what to expect. Talking about himself as the ‘Son of Man’, he says:

‘The Son of Man will be handed over to the chief priests and the teachers of the law. They will sentence him to death. Then they will hand him over to the Gentiles. They will make fun of him and spit on him. They will whip him and kill him. Three days later he will rise from the dead!’ (Mark 10:33–35)

Jesus’ followers had a lot to learn. They found these words difficult to believe until they found themselves face to face with the risen Jesus, with the wounds in his hands and feet still visible from the crucifixion.

They still expected a king to overthrow the occupying Roman army. They wanted short term benefits. They couldn’t grasp that Jesus was starting a new kingdom that would go on forever. They didn’t understand that in Jesus’ kingdom there are very different priorities. People who expect to be last, like children and poor people, are those who are first in God’s kingdom (Mark 10:44). No wonder Jesus made enemies of the rich and powerful people!

DARLLENWCH: MARC PENODAU 10-12:40

Adnodau allweddol

‘Galwodd Iesu hwy ato ac meddai wrthynt, “Gwyddoch fod y rhai a ystyrir yn llywodraethwyr ar y Cenhedloedd yn arglwyddiaethu arnynt, a’u gwŷr mawr hwy yn dangos eu hawdurdod drostynt. Ond nid felly y mae yn eich plith chwi; yn hytrach, pwy bynnag sydd am fod yn fawr yn eich plith, rhaid iddo fod yn was i chwi, a phwy bynnag sydd am fod yn flaenaf yn eich plith, rhaid iddo fod yn gaethwas i bawb. Oherwydd Mab y Dyn, yntau, ni ddaeth i gael ei wasanaethu ond i wasanaethu, ac i roi ei einioes yn bridwerth dros lawer.”’

Marc 10:42-45

MEDDYLIWCH

1. Wrth i chi edrych ar y darlleniadau o’r Beibl yn Efengyl Marc, beth sy’n eich synnu am y drefn statws yn nheyrnas Iesu? Pwy sydd gyntaf a phwy sydd olaf?

2. Gwelodd Iesu fod y dyn ifanc cyfoethog yn caru arian yn fwy nag yr oedd yn caru Duw. Beth mae pobl yn ei osod gyntaf yn eu bywydau? Beth amdanoch chi? Beth yw’r peth pwysicaf yn eich bywyd chi?

3. Wrth i Iesu fynd i mewn i Jerwsalem, roedd y tyrfaoedd yn ei groesawu fel arwr. Ddyddiau’n ddiweddarach, roedd torf arall yn galw am ei groeshoelio. Sut mae’r bobl rydych chi’n eu hadnabod yn ymateb i Iesu?

READ: MARK CHAPTERS 10-12:40

Key verses

‘Jesus called them together. He said, “You know about those who are rulers of the Gentiles. They hold power over their people. Their high officials order them around. Don’t be like that. Instead, anyone who wants to be important among you must be your servant. And anyone who wants to be first must be the slave of everyone. Even the Son of Man did not come to be served. Instead, he came to serve others. He came to give his life as the price for setting many people free.”’

Mark 10:42-45

THINK

1. Looking at the Bible readings in Mark’s Gospel, what surprises you about the pecking order in Jesus’ kingdom? Who is first and who is last?

2. Jesus saw that the rich young man loved money more than he loved God. What do people put first in their lives? What about you? What’s the most important thing in your life?

3. As Jesus entered Jerusalem, the crowds welcomed him as a hero. Days later, another crowd was calling for him to be crucified. How do the people you know respond to Jesus?

4. Roedd un o'r dynion a ddaeth at Iesu gyda chwestiwn yn sylweddoli bod 'caru Duw â'th holl galon, â'th holl enaid, â'th holl ddeall ac â'th holl nerth' a 'charu dy gymydog fel ti dy hun' yn hollbwysig (Marc 12:33). Pa enghreifftiau allwch chi eu rhoi o bobl yn byw yn y ffordd honno?

5. A ydych yn synnu bod Iesu wedi bwrw'r masnachwyr o gyntedd y deml? Pryd mae hi'n iawn i fod yn ddig? Sut ddylem ninnau weithredu pan ydym yn ddig?

GWERSI BYWYD

1. Mae straeon rhai o'r carcharorion yn dangos pa mor bwysig y gall hi fod i faddau ac i dderbyn maddeuant. A oes yna bobl y mae angen i chi faddau iddynt neu geisio eu maddeuant?

2. Mae Iesu'n rhoi ei olwg yn ôl i Bartimeus ddall (Marc 10:46-52). Dechreuodd un o'r carcharorion yn y llyfr 40 Days of Hope, Stephen, feddwl pwy oedd Iesu drwy ddarllen y Beibl. Newidiodd o fod yn ddyn a oedd yn ddall yn ysbrydol i fod yn ddyn a allai weld pwy yw Iesu. Ble ydych chi ar y daith o fod yn ysbrydol ddall i fod yn gweld?

4. One of the men who came to Jesus with a question realised that to ‘love God with all your heart and soul and mind and strength’ is very important. So is loving your neighbour as you love yourself’ (Mark 12:33). What examples can you give of people living this way?

5. Does it surprise you that Jesus drove the traders out of the temple courtyard? When is it right to be angry? How should we act when we are angry?

LIFE LESSONS

1. Some prisoners’ stories show how significant it can be to forgive and to be forgiven. Are there people you need to forgive or be forgiven by?

2. Jesus gives blind Bartimaeus his sight (Mark 10:46–52). One of the prisoners in the *40 Days of Hope* book, Stephen, began to explore who Jesus is by reading the Bible. He changed from being someone who was spiritually blind to a man who could see who Jesus is. Where are you on the journey from being spiritually blind to seeing?

3. Pan anfonwyd Daz, o'r stori carcharor ar gyfer yr wythnos hon, i'r carchar defnyddiodd ei amser i astudio'r Beibl. Cafodd gymorth gan y bobl yn eglwys ei ddyweddi. Sut mae eich cymuned chi'n cynorthwyo pobl sydd mewn angen, boed y rheini'n garcharorion neu'n bobl sydd mewn angen yn emosiynol neu'n gorfforol?

4. Mae carcharor arall, Jim, wedi canfod ei bod yn bosibl bod yn y carchar a theimlo'n rhydd ar y tu mewn. A ydych chi'hau wedi canfod y rhyddid mae Iesu'n ei roi? Pa wahaniaeth mae'n ei wneud i'ch bywyd chi?

EDRYCHWCH TUA'R DYFODOL

Yn ystod yr wythnos nesaf byddwn yn darganfod bod gweithredu'n gryfach na geiriau. Mae'r hyn a wnawn yn dangos yr hyn a gredwn. Gofynnwch i Dduw eich cynorthwyo i ddeall eich hun yn well wrth i chi dalu sylw arbennig i'r ffordd rydych yn ymddwyn tuag at Dduw a thuag at y bobl o'ch cwmpas.

3. When Daz, from this week's prisoner's story, was sent to prison he used his time to study the Bible. He found support from the people in his fiancée's church. How does your community support people in need, be they prisoners, or people in emotional or physical need?

4. Another prisoner, Jim, has found that it is possible to be in prison and to feel free inside. Have you found the freedom Jesus gives? What difference does it make to your life?

LOOK AHEAD

In the next week we will discover that actions speak louder than words. What we do shows what we believe. Ask God to help you understand yourself better as you take special notice of the way you act towards God and towards the people around you.

4

Anhygoel

Dechreuodd Daz gael ei hudo gan drais yn ifanc iawn. Pan aeth ei ewythr ag ef i weld gêm bêl-droed rhwng Millwall a Manchester City, cofia Daz weld cefnogwyr yn rhwygo seddau o'u lle ac yn eu taflu at gefnogwyr y tîm arall. Er mai ond plentyn oedd Daz, effeithiodd y delweddau hyn yn drwm arno a blynyddoedd yn ddiweddarach daeth yn llabwst pêl-droed treisgar ei hun. Credai pe byddai ar bobl ei ofn y byddai'n cael ei barchu – rhywbeth yr oedd yn crefu amdano.

Pan benderfynodd bod arno angen cario cyllell, prynodd bum cyllell Stanley iddo yntau a'i ffrindiau i fynd gyda hwy i gêm Millwall. Yn ystod sgarmes rhwng cefnogwyr timau gwahanol, defnyddiodd ei gyllell i rwygo wyneb rhywun. Ar yr trêrn yn ôl i Lundain, roedd Daz a'i ffrindiau'n llawn cyffro wrth siarad am y trais roeddent wedi'i gyflawni. Ond ar ôl ychydig, newidiodd yr awyrgylch ac aeth popeth yn dawel. Yn sydyn, teimlodd Daz rhyw wacter o'i fewn.

Cadw oed â Duw

Pan ddechreuodd ganlyn y ferch sydd bellach yn wraig iddo, dechreuodd hithau ofyn iddo fynd i'r eglwys. Roedd hynny'n ddryswch go iawn iddo. Nid oedd yn credu yn Nuw, a meddyliai, os oedd Duw'n bodoli, 'Pam fyddai am gael unrhyw beth i'w wneud â sinach fel fi?' Yr unig gyswllt roedd Daz wedi'i gael ag eglwys o'r blaen oedd pan oedd wedi dwyn yr offer disgo roeddent yn ei ddefnyddio ar gyfer y clwb ieuenctid.

Ond parhau wnaeth ei gariad i ofyn iddo ddod i'r eglwys,

4

Incredible!

Daz became fascinated with violence from a young age. When his uncle took him to see a Millwall versus Manchester City football match, Daz remembers seeing fans ripping up seats and throwing them into the stands of rival supporters. Even though Daz was just a kid, he was gripped by these images, and years later he became a violent football thug himself. He thought that if people feared him he would have respect – something he craved.

When he decided that he needed to start carrying a knife, he bought five Stanley knives for him and his friends to take to a Millwall match. During a fight between rival fans, he used his knife to slash someone's face. On the train back to London, Daz and his friends were hyped up and buzzing as they talked about the violence they'd committed. But after a while the mood changed and it went quiet. Daz suddenly felt a sense of emptiness.

A date with God

When he began dating the girl who is now his wife, she started asking him to go to church. That really baffled him. He didn't believe in God, and thought that if God did exist, 'Why would he want to know a scumbag like me?' The only dealings Daz had had with a church before was when he stole the DJ equipment that they used for the youth club.

But his girlfriend kept asking him to come to church, and

a llwyddodd i'w berswadio i fynychu cwrs Alffa lle gallai ddysgu'r pethau sylfaenol am Gristnogaeth a holi cwestiynau. Meddai Daz wrthi, 'Os gwna i'r cwrs Alffa a ffeindio nad oes 'na Dduw, dwi byth am dy glywed yn sôn am Dduw wrtha i eto, a fydda i byth byth yn dod i'r eglwys gyda thi eto.'

Yn ystod cyfnod y cwrs Alffa, roedd Daz yn parhau i fod mewn trwbwl. Un noson, trywanodd rhywun a chafodd ei gyhuddo o gyflawni niwed corfforol difrifol. Roedd i fod i ymddangos yn Llys y Goron Woolwich yn ddiweddarach.

Grym anhygoel

Erbyn diwedd y cwrs Alffa, nid oedd Daz eto'n credu yn Nuw ond gofynnwyd iddo a hoffai weddi i dderbyn yr Ysbryd Glân. Yn amharod iawn, aeth i'r blaen ar gyfer gweddi, ac nid oedd yn gwrando o ddifrif ar y weddi drosto. Roedd ar fin agor ei lygaid a throi o gwmpas at ei gariad i ddweud, 'Dyna ni. Ddwedes i wrthyt ti mai lol oedd y cyfan. Does dim Duw...' pan, yn sydyn, teimlodd y grym anhygoel yma'n llyso drwy'i gorff. Roedd yn llethol. Dyna'n union beth oedd ei angen arno. Roedd wedi teimlo presenoldeb Duw mewn ffordd ddigamsyniol a grymus.

Am y bythefnos nesaf, teimlai Daz fel pe bod ei fywyd wedi'i drawsnewid. Rhoddodd y gorau i gario cyllell a theimlai ei fod yn gorlifo o gariad. Ni theimlai bellach fod rhywbeth ar goll yn ei fywyd, a theimlai fod Duw wedi llenwi'r gwacter yn ei galon.

persuaded him to attend an Alpha course where he could learn the basics about Christianity and ask questions. Daz had told her, 'If I do the Alpha course, and I find out that there's no God, I don't ever want you to mention God to me again, and I will never ever come to church with you again.'

While the Alpha course was running, Daz continued to get into trouble. One night he stabbed someone and was charged with GBH. He was due to appear at Woolwich Crown Court at a later date.

Incredible force

By the end of the Alpha course, he still didn't believe in God but was asked if he wanted prayer to receive the Holy Spirit. Very reluctantly he went forward for prayer, and wasn't really listening to what was prayed for him. He was just about to open his eyes and turn around to his girlfriend to say, 'That's it. I told you it was a load of rubbish. God is not real...' when, all of a sudden, he felt this incredible force surging through his body. It was overpowering. It was exactly what he had needed. He had felt the presence of God in an unmistakable and powerful way.

For the next two weeks Daz felt like his life was transformed. He stopped carrying a knife and he felt an overwhelming sense of love. He no longer felt that something was missing in his life, and he felt like God had filled the emptiness in his heart.

Ei gael yn euog

Ond daeth ei orffennol ar ei warthau. Yn 2007, ymddangosodd Daz yn llys yr Old Bailey ac fe'i cafwyd yn euog o ddynladdiad ar sail cyfrifoldeb lleihauedig. Cafodd ei garcharu am bedair blynedd. Roedd yn 19 oed.

Yn y carchar, roedd yn rhyfeddu at y gefnogaeth a gafodd gan bobl yn eglwys ei gariad - oedd bellach yn ddyweddi iddo. Roedd ganddo lawer o amser i astudio'r Beibl ac i feddwl am Dduw.

Cafodd ei ryddhau yn 2011, ac yn ystod haf 2012 fe briododd ei ddyweddi. Ganwyd eu mab ym mis Ionawr 2014.

Petaech yn cyfarfod Daz heddiw, byddech yn ei chael yn anodd credu iddo fod unwaith yn lladdwr treisgar. Mae'n dal a lluniaidd gyda gwallt tywyll byr. Mae'n siarad yn raenus gydag agen Cocni gref. Ac un o'r pethau cyntaf y byddwch yn sylwi amdano yw bod iddo ysbryd tawel a thyner. Ys dywed Daz, 'Os gall Duw fy newid i gall newid unrhyw un. Mae wedi fy helpu i ailadeiladu fy mywyd ac mae gen i gariad yn fy nghalon sydd y tu hwnt i eiriau.'

Cyfrannwyd stori Daz gan Paul Warwick. Defnyddir gyda chaniatâd.

Gweler www.paul-warwick.co.uk



MARC 11:1-2,7-10

'Anfonodd Iesu ddau o'i ddisgyblion, ac meddai wrthynt, "Ewch i'r pentref sydd gyferbyn â chwi, ac yn syth wrth ichwi fynd i mewn iddo, cewch ebol wedi ei rwymo, un nad oes neb wedi bod ar ei gefn erioed. Gollyngwch ef a dewch ag ef yma."

Daethant â'r ebol at Iesu a bwrw eu mentyll arno, ac eisteddodd yntau ar ei gefn. Taenodd llawer eu mentyll ar y ffordd, ac eraill ganghennau deiliog yr oeddent wedi eu torri o'r meysydd.

Found guilty

But his past caught up with him. In 2007, Daz appeared at the Old Bailey and was found guilty of manslaughter on the grounds of diminished responsibility. He was subsequently locked up for four years. He was 19 years old.

In prison, he was blown away by the amount of support he received from people at his now-fiancée's church. He had a lot of time to study the Bible and think about God.

He was released in 2011, and in the summer of 2012 he married his fiancée. Their son was born in January 2014.

If you met Daz today, you would find it hard to believe that he was once a violent killer. He is tall and slim with cropped dark hair. He speaks articulately with a strong Cockney accent. And one of the first things you notice about him is that he has a calm and gentle spirit. Daz says, 'If God can change me he can change anyone. He has helped me rebuild my life, and I have a love in my heart that is indescribable.'

Daz's story is contributed by Paul Warwick. Used with permission.

See www.paul-warwick.co.uk



MARK 11:1-2,7-10

'Jesus sent out two of his disciples. He said to them, "Go to the village ahead of you. Just as you enter it, you will find a donkey's colt tied there. No one has ever ridden it. Untie it and bring it here..."'

They brought the colt to Jesus. They threw their coats over it. Then he sat on it. Many people spread their coats on the road. Others spread branches they had cut in the fields.

*Ac yr oedd y rhai ar y blaen a'r rhai o'r tu ôl yn gwaeddi:
"Hosanna!"*

Bendigedig yw'r un sy'n dod yn enw'r Arglwydd.

Bendigedig yw'r deyrnas sy'n dod, teyrnas ein tad Dafydd.

Hosanna yn y goruchaf!"



RHYWBETH I FEDDWL AMDANO

Cyrhaeddodd Iesu Jerwsalem wrth i bobl gyrraedd yno o bobman yn y byd Rhufeinig ar gyfer dathliadau'r Pasg. Roedd y Pasg yn ei hatgoffa o'r modd y cawsant eu rhyddhau o gaethiwed yn yr Aifft. Bellach roeddent yn byw o dan iau Rhufain ac yn disgwyl am frenin i'w rhyddhau. Nid Iesu, yn marchogaeth ar ebol asyn, oeddent yn ei ddisgwyl ond croesawsant ef fel brenin buddugoliaethus. Yn hanes Daz, ni ddaeth Duw ato yntau yn y ffordd a ddisgwyliai ychwaith. Beth sy'n eich synnu am Iesu pan rydych yn darllen amdano?



Gweddi

Dduw'r annisgwyl, rwyf am ddod i'th adnabod. Amen.



'Digon i ti fy ngras i; mewn gwendid y daw fy nerth i'w anterth.'

2 CORINTHIAID 12:9

Those in front and those in back shouted,

"Hosanna!"

"Blessed is the one who comes in the name of the Lord!"

"Blessed is the coming kingdom of our father David!"

"Hosanna in the highest heaven!"



SOMETHING TO THINK ABOUT

Jesus arrived in Jerusalem as people were arriving from all over the known world for the Passover celebrations. Passover reminded them how they had been set free from slavery in Egypt. Now they were living under Roman occupation and wanted a king to set them free. Jesus, riding on a donkey's colt, wasn't what they were expecting, but they welcomed him like a conquering king. In Daz's story, God wasn't what he expected either. What surprises you about Jesus when you read about him?



Prayer

God of surprises, I want to know you. Amen.



'My grace is all you need. My power is strongest when you are weak.'

2 CORINTHIANS 12:9

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 calonau. 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?

5

Rhoi popeth i Dduw

Roeddwn i'n dal mewn rhyw fath o berlewyl pan gaeodd drws y gell â chleyp 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

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 gwrandao 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.

Cyfrannwyd gan garcharor.

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.

Contributed by a prisoner.



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 gredydwr 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

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 dyrfaodd 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 bawf 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. 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 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! Ond y Sul hwn, mae'r Eglwys yn cofio Iesu'n dod i mewn i Jerwsalem ar gefn asyn ac yn cydwyllo ag ef wrth i'w awr dywyllaf agosáu.

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

Adnodau allweddol

'Aethant â Iesu ymaith at yr archoffeiriad, a daeth y prif offeiriaid oll a'r henuriaid a'r ysgrifenyddion ynghyd. Canlynodd Pedr ef o hirbell, bob cam i mewn i gyntedd yr archoffeiriad, ac yr oedd yn eistedd gyda'r gwasanaethwyr, yn ymdwymo wrth y tân. Yr oedd y prif offeiriaid a'r holl Sanhedrin yn ceisio tystiolaeth yn erbyn Iesu, i'w roi i farwolaeth, ond yn methu cael dim. Oherwydd yr oedd llawer yn rhoi camdystiolaeth yn ei erbyn, ond nid oedd eu tystiolaeth yn gyson. Cododd rhai a chamdystio yn ei erbyn, "Clywsom ef yn dweud, 'Mi fwriaf i lawr y deml hon o waith llaw, ac o fewn tridiau mi adeiladaf un arall heb fod o waith llaw.'" Ond hyd yn oed felly nid oedd eu tystiolaeth yn gyson. Yna cododd yr archoffeiriad ar ei draed yn y canol, a holodd Iesu: "Onid atebi ddim? Beth am dystiolaeth y rhain yn dy erbyn?" Parhaodd yntau'n fud, heb ateb dim. Holodd yr archoffeiriad ef drachefn, ac meddai wrtho, "Ai ti yw'r Meseia, Mab y Bendigedig?" Dywedodd Iesu, "Myfi yw, 'ac fe welwch Fab y Dyn yn eistedd ar ddeheulaw'r Gallu ac yn dyfod gyda chymylau'r nef.'" Yna rhwygodd yr archoffeiriad ei ddillad a dweud, "Pa raid i ni wrth dystion bellach? Clywsoch ei gabledd, sut y barnwch chwi?" A'u dedfryd gytûn arno oedd ei fod yn haeddu marwolaeth. A dechreuodd rhai boeri arno a rhoi gorchudd ar ei wyneb, a'i gernodio a dweud wrtho, "Proffwyda." Ac ymosododd y gwasanaethwyr arno â dyrnodiau.'

Marc 14:53-65

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! But this Sunday the church marks Jesus' entry into Jerusalem on a donkey and watches with him in anticipation of his darkest hour;

READ: MARK CHAPTERS 14:53-16:20

Key verses

The crowd took Jesus to the high priest. All the chief priests, the elders, and the teachers of the law came together. Not too far away, Peter followed Jesus. He went right into the courtyard of the high priest. There he sat with the guards. He warmed himself at the fire.

The chief priests and the whole Sanhedrin were looking for something to use against Jesus. They wanted to put him to death. But they did not find any proof. Many witnesses lied about him. But their stories did not agree.

Then some of them stood up. Here is what those false witnesses said about him. "We heard him say, 'I will destroy this temple made by human hands. In three days I will build another temple, not made by human hands.'" But what they said did not agree.

Then the high priest stood up in front of them. He asked Jesus, "Aren't you going to answer? What are these charges these men are bringing against you?" 61 But Jesus remained silent. He gave no answer.

Again the high priest asked him, "Are you the Messiah? Are you the Son of the Blessed One?"

"I am," said Jesus. "And you will see the Son of Man sitting at the right hand of the Mighty One. You will see the Son of Man coming on the clouds of heaven."

The high priest tore his clothes. "Why do we need any more

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?

2. Dechreuodd ein taith chwe wythnos gyda bedyddio Iesu ac mae'n gorffen gyda Iesu'n cael ei arestio, ei roi ar brawf a'i groeshoelio. Sut mae'r stori hon wedi eich ysgogi i ddilyn Iesu'n fwy ffyddlon?

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 ac ystyriwch sut y gallwn gynorthwyo'n gilydd i ddilyn Iesu. Treuliwch ychydig amser yn calonogi crediniwr arall.

witnesses?" he asked. "You have heard him say a very evil thing against God. What do you think?"

They all found him guilty and said he must die. Then some began to spit at him. They blindfolded him. They hit him with their fists. They said, "Prophecy!" And the guards took him and beat him.

Mark 14:53-65

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. Our six-week journey began with Jesus' baptism and ends with Jesus I can't see where he is doing this.... "being arrested, tried and crucified. How has this story stirred you to follow him more faithfully?

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 consider how we can help each other to follow Jesus. Spend some time encouraging another believer.

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. 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!

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. 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!

6

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 ewyllys 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. Chwarter awr 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 Gideoniaid o'r Testament Newydd a'r Salmau. Hyd hynny, dim ond peth glas yn fy nghell fu hwnnw. 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.

6

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. 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.

I opened the book at the beginning. It was a list of names -

Agorais y llyfr yn y dechrau. Dim ond rhestr o enwau – dim byd i ysbrydoli neb yno. Darllenaais 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, darllenaais 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 cwrpas.

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).



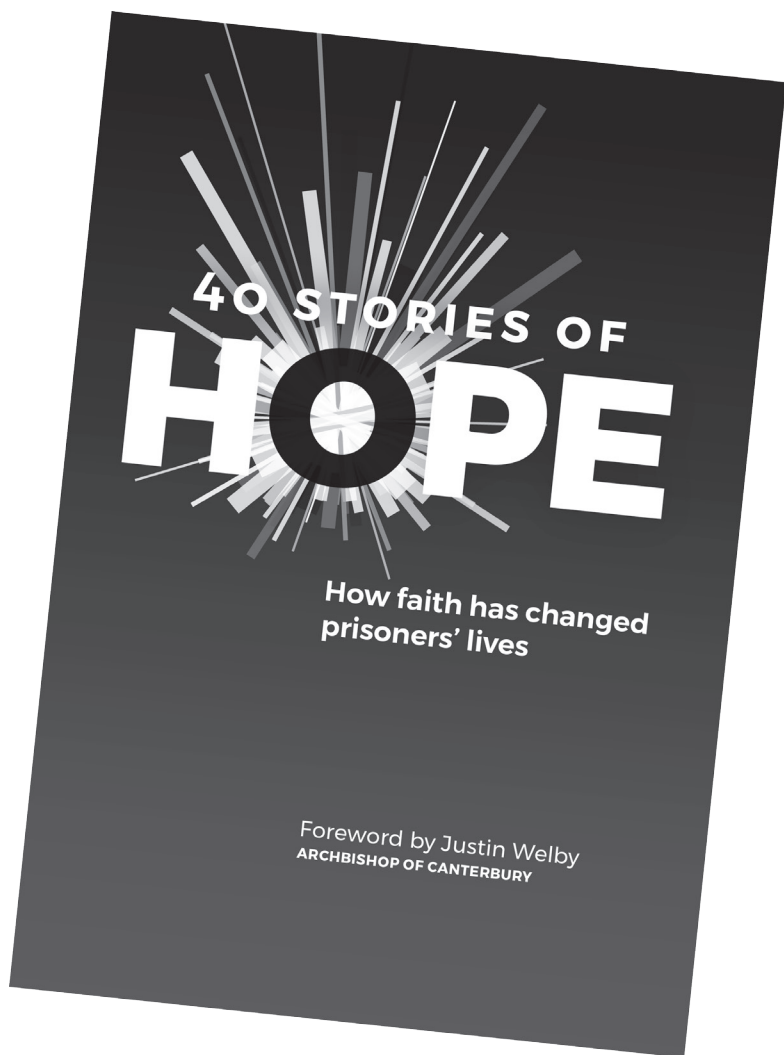
Prayer

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)



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