

# Y Newyddion Da



*The Good News*



Yn y chweched mis anfonwyd yr angel Gabriel gan Dduw i dref yng Ngalilea o'r enw Nasareth, at wryf oedd wedi ei dyweddio i ŵr o'r enw Joseff, o dŷ Dafydd; Mair oedd enw'r wryf. Aeth yr angel ati a dweud, "Henffych well, tydi, yr un y rhoddodd Duw ei ffafr iddi! Y mae'r Arglwydd gyda thi." Ond cythryblwyd hi drwyddi gan ei eiriau, a cheisiodd ddirnad pa fath gyfarchiad a allai hwn fod. Meddai'r angel wrthi, "Paid ag ofni, Mair, oherwydd cefaiست ffafr gyda Duw; ac wele, byddi'n beichiogi yn dy groth ac yn esgor ar fab, a gelwi ef Iesu. Bydd hwn yn fawr, a Mab y Goruchaf y gelwir ef; rhydd yr Arglwydd Dduw iddo orsedd Dafydd ei dad, ac fe deyrnasa ar dŷ Jacob am byth, ac ar ei deyrnas ni bydd diwedd." Dywedodd Mair, "Dyma lawforwyn yr Arglwydd; bydded i mi yn ôl dy air di." Ac aeth yr angel i ffwrdd oddi wrthi. Luc 1:26-33 & 38

Now in the sixth month the angel Gabriel was sent by God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And having come in, the angel said to her, "Rejoice, highly favored one, the Lord is with you; blessed are you among women!" But when she saw him, she was troubled at his saying, and considered what manner of greeting this was. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bring forth a Son, and shall call His name Jesus. He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David. And He will reign over the house of Jacob forever, and of His kingdom there will be no end." Then Mary said, "Behold the maidservant of the Lord! Let it be to me according to your word." And the angel departed from her. Luke 1:26-33 & 38



Oherwydd ei fod yn perthyn i dŷ a theulu Dafydd, aeth Joseff i fyny o dref Nasareth yng Ngalilea i Jwdea, i dref Dafydd a elwir Bethlehem, i ymgofrestru ynghyd â Mair ei ddyweddi; ac yr oedd hi'n feichiog. Pan oeddent yno, cyflawnwyd yr amser iddi esgor, ac esgorodd ar ei mab cyntafanedig; a rhwymodd ef mewn dillad baban a'i osod mewn preseb, am nad oedd lle iddynt yn y gwesty.

Luc 2:4-7

Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed wife, who was with child. So it was, that while they were there, the days were completed for her to be delivered. And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn.

Luke 2:4-7



Yn yr un ardal yr oedd bugeiliaid allan yn y wlad yn gwarchod eu praidd liw nos. A safodd angel yr Arglwydd yn eu hymyl a disgleiriodd gogoniant yr Arglwydd o'u hamgylch; a daeth arswyd arnynt. Yna dywedodd yr angel wrthynt, "Peidiwch ag ofni, oherwydd wele, yr wyf yn cyhoeddi i chwi y newydd da am lawenydd mawr a ddaw i'r holl bobl: ganwyd i chwi heddiw yn nhref Dafydd, Waredwr, yr hwn yw'r Meseia, yr Arglwydd; a dyma'r arwydd i chwi: cewch hyd i'r un bach wedi ei rwymo mewn dillad baban ac yn gorwedd mewn preseb." Yn sydyn ymddangosodd gyda'r angel dyrfa o'r llu nefol, yn moli Duw gan ddweud:

"Gogoniant yn y goruchaf i Dduw,

ac ar y ddaear tangnefedd ymhlith y rhai sydd wrth ei fodd."

Luc 2:8-14

Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord. And this will be the sign to you: You will find a Babe wrapped in swaddling cloths, lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God and saying: "Glory to God in the highest, and on earth peace, goodwill toward men!"

Luke 2:8-14



Yr oedd y plentyn yn tyfu yn gryf ac yn llawn doethineb; ac  
yr oedd ffafr Duw arno. Luc 2:40

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And the Child grew and became strong in spirit, filled with  
wisdom; and the grace of God was upon Him. Luke 2:40



Ymddangosodd Ioan Fedyddiwr yn yr anialwch, yn cyhoeddi bedydd edifeirwch yn foddion maddeuant pechodau. Ac yr oedd holl wlad Jwdea, a holl drigolion Jerwsalem, yn mynd allan ato, ac yn cael eu bedyddio ganddo yn afon lорddonen, gan gyffesu eu pechodau. Yr oedd Ioan wedi ei wisgo mewn dillad o flew camel a gwregys o groen am ei ganol, a locustiaid a mêl gwyllt oedd ei fwyd. A dyma'i genadwri: "Y mae un cryfach na mi yn dod ar f'ôl i. Nid wyf fi'n deilwng i blygu a datod carrai ei sandalau ef. Â dŵr y bedyddiais i chwi, ond â'r Ysbryd Glân y bydd ef yn eich bedyddio." Yn y dyddiau hynny daeth Iesu o Nasareth Galilea, a bedyddiwyd ef yn afon lорddonen 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." Marc 1:4-11

John came baptizing in the wilderness and preaching a baptism of repentance for the remission of sins. Then all the land of Judea, and those from Jerusalem, went out to him and were all baptized by him in the Jordan River, confessing their sins. Now John was clothed with camel's hair and with a leather belt around his waist, and he ate locusts and wild honey. And he preached, saying, "There comes One after me who is mightier than I, whose sandal strap I am not worthy to stoop down and loose. I indeed baptized you with water, but He will baptize you with the Holy Spirit." It came to pass in those days that Jesus came from Nazareth of Galilee, and was baptized by John in the Jordan. And immediately, coming up from the water, He saw the heavens parting and the Spirit descending upon Him like a dove. Then a voice came from heaven, "You are my beloved Son, in whom I am well pleased." Mark 1:4-11



Aeth i fyny i'r mynydd a galwodd ato y rhai a fynnai ef, ac aethant ato. Penododd ddeuddeg er mwyn iddynt fod gydag ef, ac er mwyn eu hanfon hwy i bregethu ac i feddu awdurdod i fwrw allan gythreuliaid. Marc 3:13-15

And He went up on the mountain and called to Him those He Himself wanted. And they came to Him. Then He appointed twelve, that they might be with Him and that He might send them out to preach, and to have power to heal sicknesses and to cast out demons. Mark 3:13-15



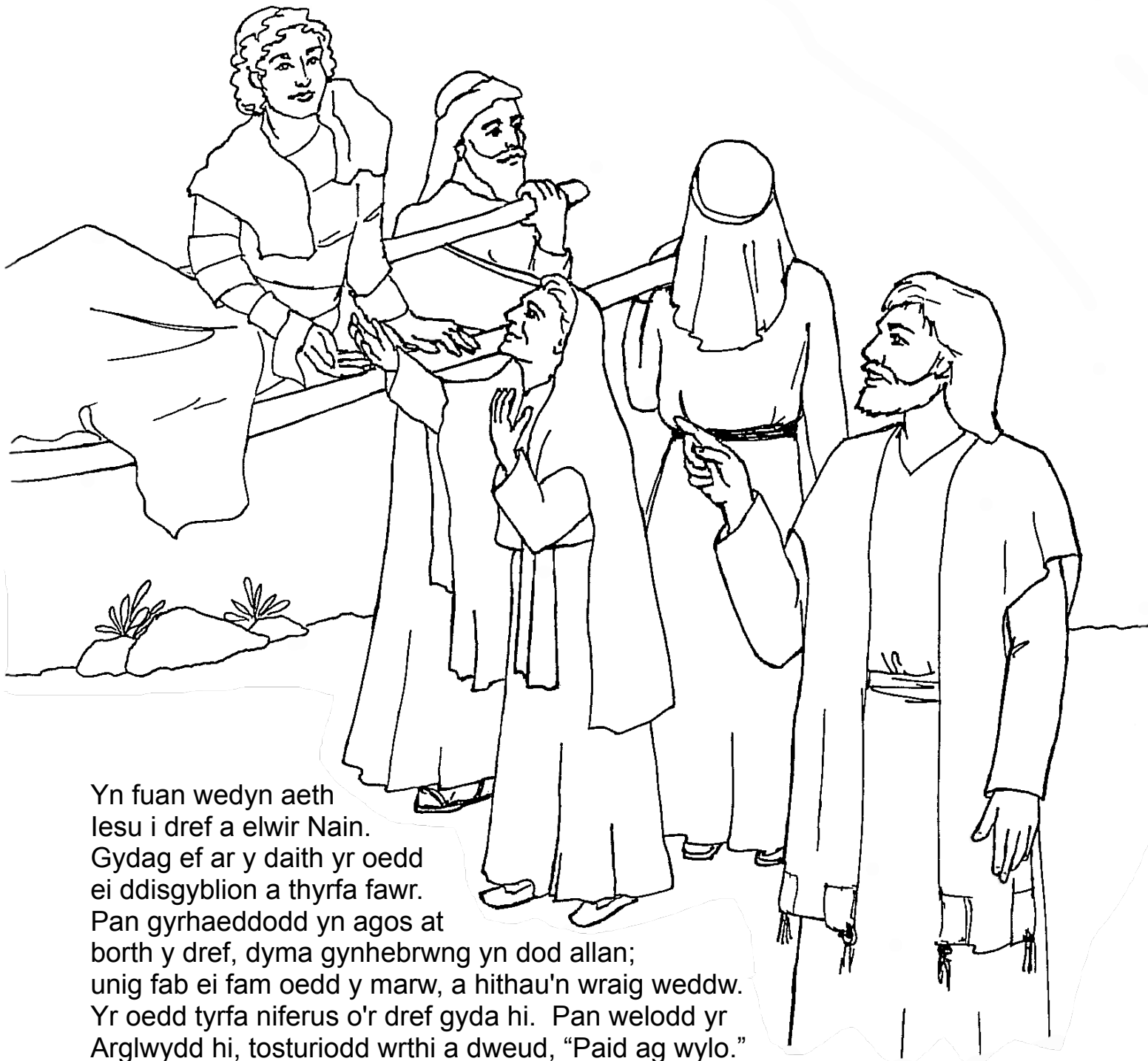
Yr oedd dyn o blith y Phariseaid, o'r enw Nicodemus, aelod o Gyngor yr Iddewon. Daeth hwn at Iesu liw nos a dweud wrtho, "Rabbi, fe wyddom iti ddod atom yn athro oddi wrth Dduw; ni allai neb wneud yr arwyddion hyn yr wyt ti'n eu gwneud oni bai fod Duw gydag ef." Atebodd Iesu ef: "Yn wir, yn wir, rwy'n dweud wrthyf, oni chaiff rhywun ei eni o'r newydd ni all weld teyrnas Dduw." Meddai Nicodemus wrtho, "Sut y gall neb gael ei eni ac yntau'n hen? A yw'n bosibl, tybed, i rywun fynd i mewn i groth ei fam eilwaith a chael ei eni?" Atebodd Iesu: "Yn wir, yn wir, rwy'n dweud wrthyf, oni chaiff rhywun ei eni o ddŵr a'r Ysbryd ni all fynd i mewn i deyrnas Dduw. Yr hyn sydd wedi ei eni o'r cnawd, cnawd yw, a'r hyn sydd wedi ei eni o'r Ysbryd, ysbryd yw.

Ioan 3:1-6

There was a man of the Pharisees named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to him, "Rabbi, we know that You are a teacher come from God; for no one can do these signs that You do unless God is with him." Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God." Nicodemus said to Him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit."

John 3:1-6





Yn fuan wedyn aeth  
lesu i dref a elwir Nain.  
Gydag ef ar y daith yr oedd  
ei ddisgyblion a thyrfa fawr.  
Pan gyrhaeddodd yn agos at  
borth y dref, dyma gynhebrwng yn dod allan;  
unig fab ei fam oedd y marw, a hithau'n wraig weddw.  
Yr oedd tyrfa niferus o'r dref gyda hi. Pan welodd yr  
Arglwydd hi, tosturiodd wrthi a dweud, "Paid ag wylo."  
Yna aeth ymlaen a chyffwrdd â'r elor. Safodd y cludwyr, ac meddai ef, "Fy  
machgen, rwy'n dweud wrthyf, cod." Cododd y marw ar ei eistedd a dechrau  
siarad, a rhoes lesu ef i'w fam. Cydiodd ofn ym mhawb a dechreusant  
ogoneddu Duw, gan ddweud, "Y mae proffwyd mawr wedi codi yn ein plith",  
ac, "Y mae Duw wedi ymweld â'i bobl."  
Luc 7:11-16

Now it happened, the day after, that He went into a city called Nain; and many of His disciples went with Him, and a large crowd. And when He came near the gate of the city, behold, a dead man was being carried out, the only son of his mother; and she was a widow. And a large crowd from the city was with her. When the Lord saw her, He had compassion on her and said to her, "Do not weep." Then he came and touched the open coffin, and those who carried him stood still. And He said, "Young man, I say to you, arise." So he who was dead sat up and began to speak. And He presented him to his mother. Then fear came upon all, and they glorified God, saying, "A great prophet has risen up among us" and "God has visited His people."  
Luke 7:11-16



Yna cododd Iesu ei lygaid a gwelodd fod tyrfa fawr yn dod tuag ato, ac meddai wrth Philip, "Ble y gallwn brynu bara i'r rhain gael bwyta?" Dweud hyn yr oedd i roi prawf arno, oherwydd gwyddai ef ei hun beth yr oedd yn mynd i'w wneud. Atebodd Philip ef, "Ni byddai bara gwerth dau gant o ddarnau arian yn ddigon i roi tamaid bach i bob un ohonynt." A dyma un o'i ddisgyblion, Andreas, brawd Simon Pedr, yn dweud wrtho, "Y mae bachgen yma a phum torth haidd a dau bysgodyn ganddo, ond beth yw hynny rhwng cynifer?" Dywedodd Iesu, "Gwnewch i'r bobl eistedd i lawr." Yr oedd llawer o laswellt yn y lle, ac eisteddodd y dynion i lawr, rhyw bum mil ohonynt. Yna cymerodd Iesu y torthau, ac wedi diolch fe'u rhannodd i'r rhai oedd yn eistedd. Gwnaeth yr un peth hefyd â'r pysgod, gan roi i bob un faint a fynnai. A phan oeddent wedi cael digon, meddai wrth ei ddisgyblion, "Casglwch y tameidiau sy'n weddill, rhag i ddim fynd yn wastraff." Fe'u casglasant, felly, a llenwi deuddeg basged â'r tameidiau yr oedd y bwytafwr \wedi eu gadael yn weddill o'r pum torth haidd. Pan welodd y bobl yr arwydd hwn yr oedd Iesu wedi ei wneud, dywedasant, "Hwn yn wir yw'r Proffwyd sy'n dod i'r byd." Ioan 6:5-14

Then Jesus lifted up His eyes, and seeing a great multitude coming toward Him, He said to Philip, "Where shall we buy bread, that these may eat?" But this He said to test him, for He himself knew what He would do. Philip answered Him, "Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little." One of His disciples, Andrew, Simon Peter's brother, said to Him, "There is a lad here who has five barley loaves and two small fish, but what are they among so many?" Then Jesus said, "Make the people sit down." Now there was much grass in the place. So the men sat down, in number about five thousand. And Jesus took the loaves, and when He had given thanks He distributed them to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted. So when they were filled, He said to His disciples, "Gather up the fragments that remain, so that nothing is lost." Therefore they gathered them up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten. Then those men, when they had seen the sign that Jesus did, said, "This is truly the Prophet who is come into the world." John 6:5-14



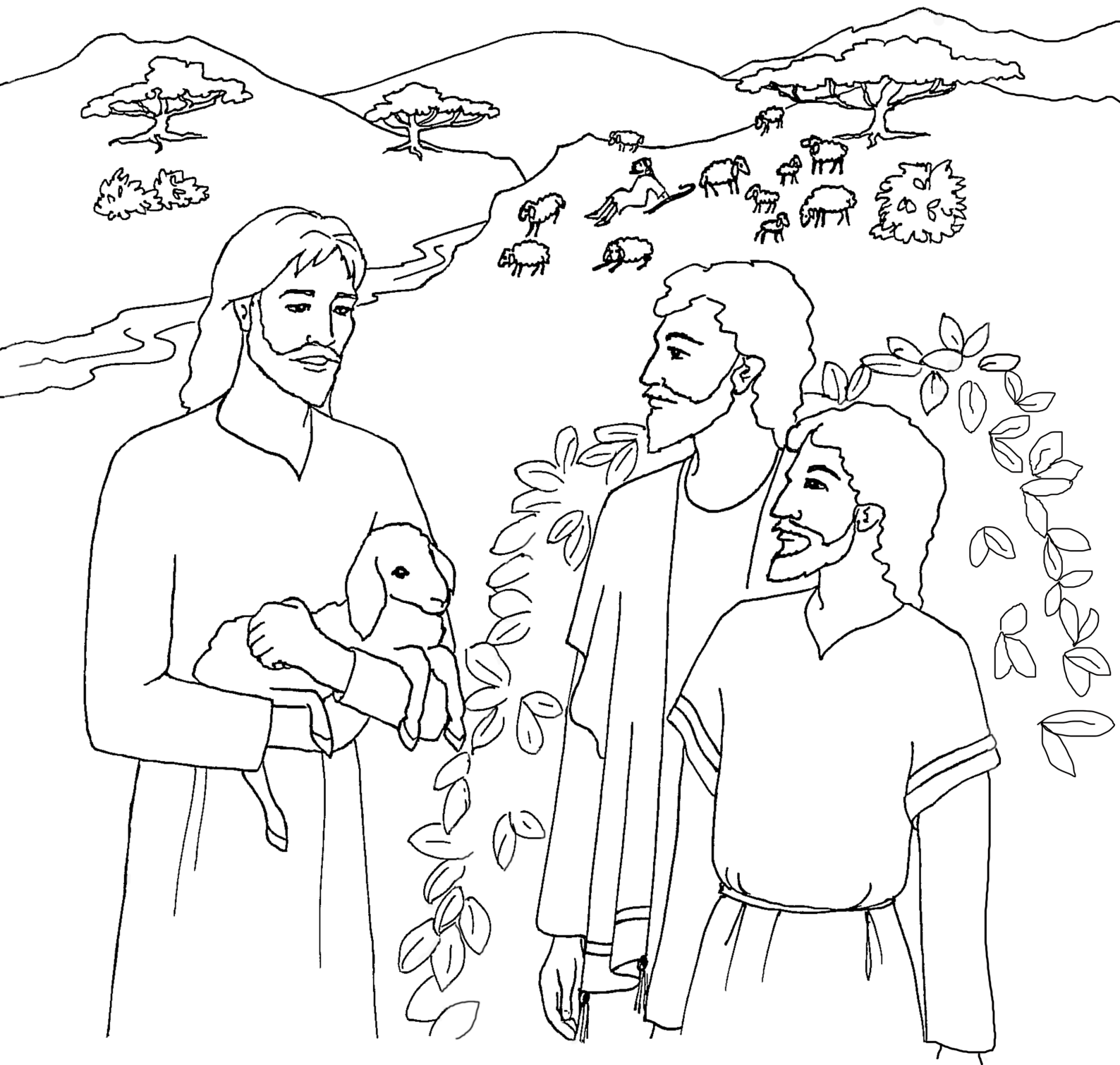
Pan aeth hi'n hwyr, aeth ei ddisgyblion i lawr at y môr ac i mewn i gwch, a dechrau croesi'r môr i Gapernaum. Yr oedd hi eisoes yn dywyll, ac nid oedd Iesu wedi dod atynt hyd yn hyn. Yr oedd gwynt cryf yn chwythu a'r môr yn arw. Yna, wedi iddynt rwyfo am ryw bum neu chwe chilomedr, dyma hwy'n gweld Iesu yn cerdded ar y môr ac yn nesu at y cwch, a daeth ofn arnynt. Ond meddai ef wrthynt, "Myfi yw; peidiwch ag ofni." Yr oeddent am ei gymryd ef i'r cwch, ond ar unwaith cyrhaeddodd y cwch i'r lan yr oeddent yn hwylio ati.      Iwan 6:16-21

Now when evening came, His disciples went down to the sea, got into the boat, and went over the sea toward Capernaum. And it was already dark, and Jesus had not come to them. Then the sea arose because a great wind was blowing. So when they had rowed about three or four miles, they saw Jesus walking on the sea and drawing near the boat; and they were afraid. But He said to them, "It is I; do not be afraid." Then they willingly received Him into the boat, and immediately the boat was at the land where they were going.      John 6:16-21



Yr oeddent yn dod â phlant ato, iddo gyffwrdd â hwy. Ceryddodd y disgyblion hwy, ond pan welodd Iesu hyn aeth yn ddig, a dywedodd wrthynt, "Gadewch i'r plant ddod ataf fi; peidiwch â'u rhwystro, oherwydd i rai fel hwy y mae teyrnas Dduw yn perthyn. Yn wir, rwy'n dweud wrthyich, pwy bynnag nad yw'n derbyn teyrnas Dduw yn null plentyn, nid â byth i mewn iddi." A chymerodd hwy yn ei freichiau a'u bendithio, gan roi ei ddwylo arnynt. Marc 10:13-16

Then they brought little children to Him, that He might touch them; but the disciples rebuked those who brought them. But when Jesus saw it, He was greatly displeased and said to them, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of God. Assuredly I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it." And He took them up in His arms, laid His hands on them, and blessed them. Mark 10:13-16

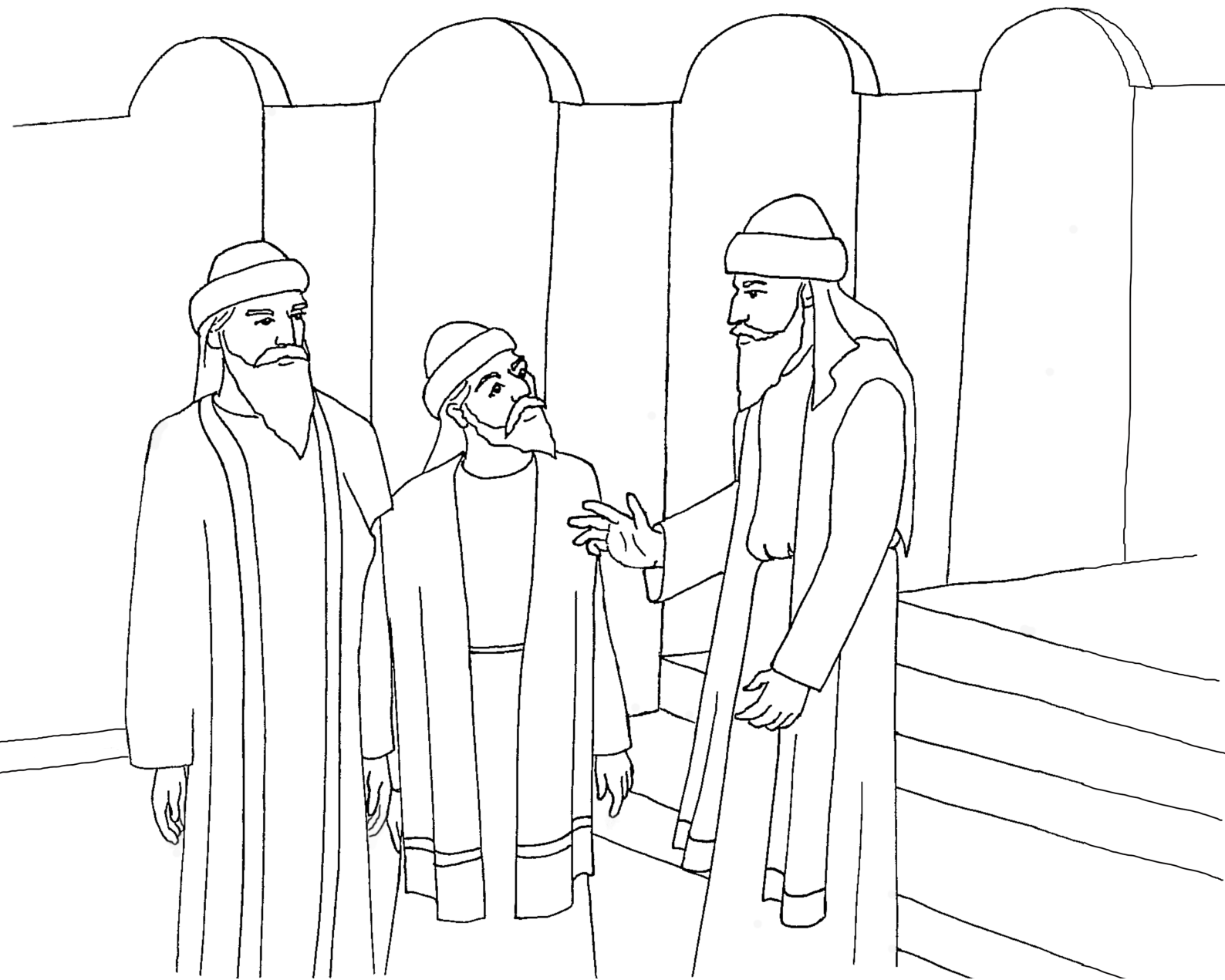


"Myfi yw'r bugail da. Y mae'r bugail da yn rhoi ei einioes dros y defaid. Y mae fy nefaid i yn gwranddo ar fy llais i, ac yr wyf fi'n eu hadnabod, a hwythau'n fy nghanlyn i. Yr wyf fi'n rhoi bywyd tragwyddol iddynt; nid ânt byth i ddistryw, ac ni chaiff neb eu cipio hwy allan o'm llaw i."

Ioan 10:11 & 28-28

"I am the good shepherd. The good shepherd gives His life for the sheep. My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand."

John 10:11 & 27-28



Am hynny galwodd y prif offeiriaid a'r Phariseaid gyfarfod o'r Sanhedrin, a dywedasant: "Beth yr ydym am ei wneud? Y mae'r dyn yma'n gwneud llawer o arwyddion. Os gadawn iddo barhau fel hyn, bydd pawb yn credu ynddo, ac fe ddaw'r Rhufeiniaid a chymryd oddi wrthym ein teml a'n cenedl hefyd." Ond dyma un ohonynt, Caiaffas, a oedd yn archoffeiriad y flwyddyn honno, yn dweud wrthynt: "Nid ydych chi'n deall dim. Nid ydych yn sylweddoli mai mantais i chwi fydd i un dyn farw dros y bobl, yn hytrach na bod y genedl gyfan yn cael ei difodi." Nid ohono'i hun y dywedodd hyn, ond proffwydo yr oedd, ac yntau'n archoffeiriad y flwyddyn honno, fod Iesu'n mynd i farw dros y genedl, ac nid dros y genedl yn unig ond hefyd er mwyn casglu plant Duw oedd ar wasgar, a'u gwneud yn un. O'r diwrnod hwnnw, felly, gwnaethant gynllwyn i'w ladd ef. Ioan 11:47-53

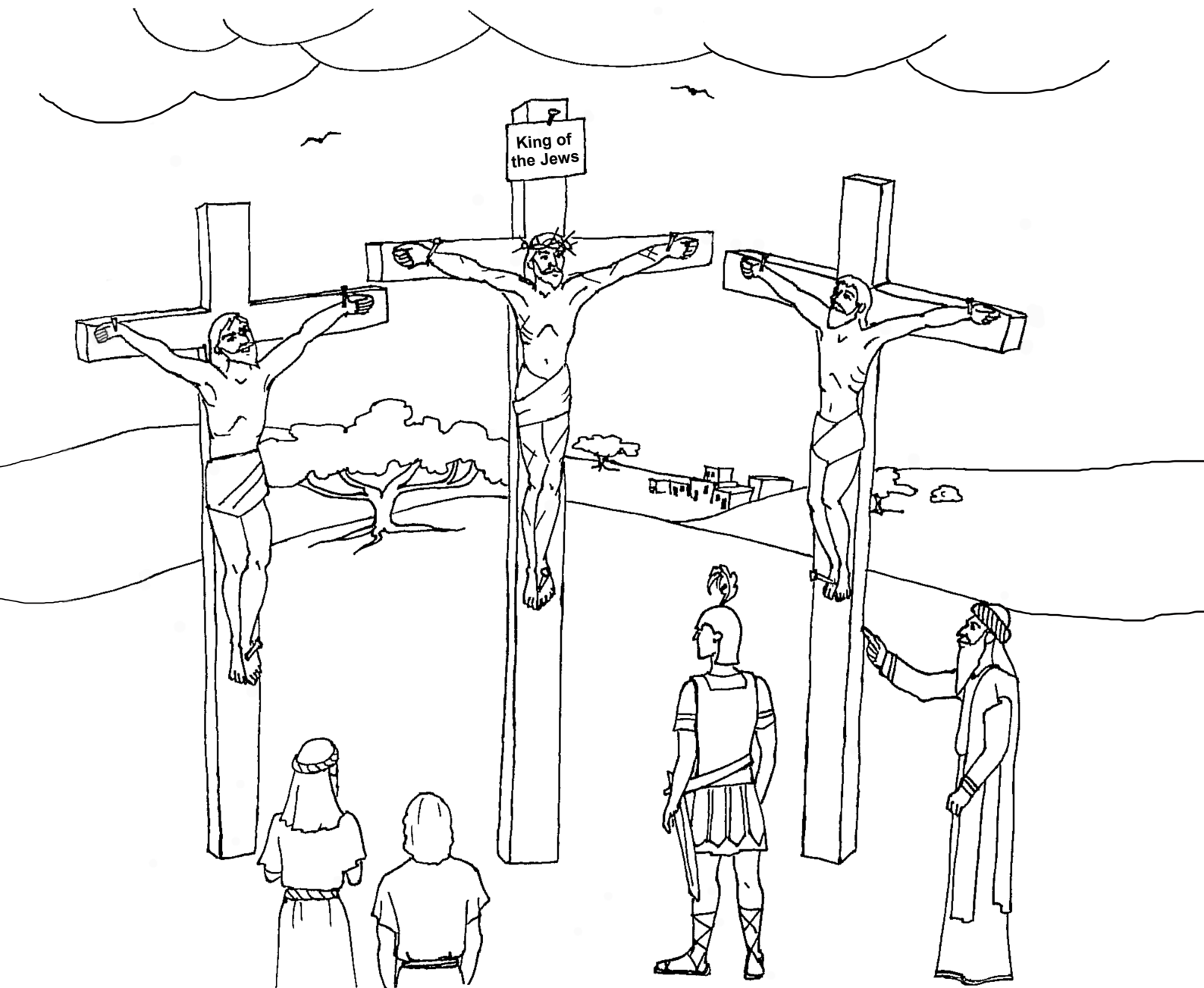
Then the chief priests and the Pharisees gathered a council and said, "What shall we do? For this Man works many signs. If we let Him alone like this, everyone will believe in Him, and the Romans will come and take away both our place and nation." And one of them, Caiaphas, being high priest that year, said to them, "You know nothing at all, nor do you consider that it is expedient for us that one man should die for the people, and not that the whole nation should perish." Now this he did not say on his own authority; but being high priest that year he prophesied that Jesus would die for the nation, and not for that nation only, but also that He would gather together in one the children of God who were scattered abroad. Then, from that day on, they plotted to put Him to death. John 11:47-53



Gyda'r nos yr oedd wrth y bwrdd gyda'r Deuddeg. Ac fel yr oeddent yn bwyta, dywedodd Iesu, "Yn wir, rwy'n dweud wrthyich y bydd i un ohonoch fy mradychu i." A chan dristáu yn fawr dechreusant ddweud wrtho, bob un ohonynt, "Nid myfi yw, Arglwydd?" Atebodd yntau, "Un a wlychodd ei law gyda mi yn y ddysgl, hwnnw a'm bradycha i. Mathew 26:20-23

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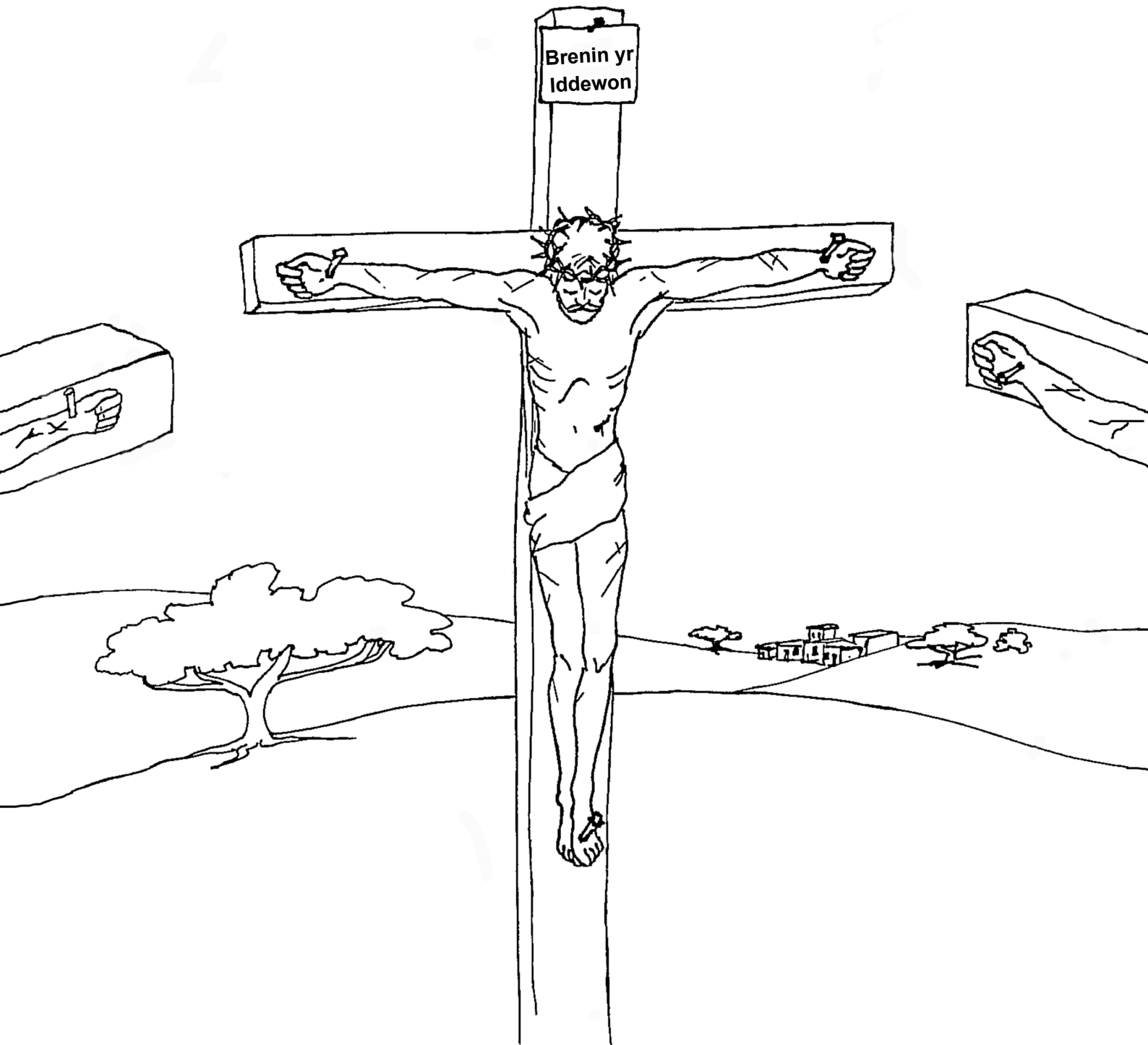
When evening had come, He sat down with the twelve. Now as they were eating, He said, "Assuredly, I say to you, one of you will betray Me." And they were exceedingly sorrowful, and each of them began to say to Him, "Lord, is it I?" He answered and said, "He who dipped his hand with Me in the dish will betray Me." Matthew 26:20-23



Daethpwyd ag eraill hefyd, dau droseddwr, i'w dienyddio gydag ef. Pan ddaethant i'r lle a elwir Y Benglog, yno croeshoeliwyd ef a'r troseddwyr, y naill ar y dde a'r llall ar y chwith iddo. Yr oedd un o'r troseddwyr ar ei groes yn ei gablu gan ddweud, "Onid ti yw'r Meseia? Achub dy hun a ninnau." Ond atebodd y llall, a'i geryddu: "Onid oes arnat ofn Duw, a thithau dan yr un ddedfryd? I ni, y mae hynny'n gyfiawn, oherwydd haeddiant ein gweithredoedd sy'n dod inni. Ond ni wnaeth hwn ddim o'i le." Yna dywedodd, "Iesu, cofia fi pan ddoi i'th deyrnas." Atebodd yntau, "Yn wir, rwy'n dweud wrthyf, heddiw byddi gyda mi ym Mharadwys." Luc 23:32-33 & 39-43

There were also two others, criminals, led with Him to be put to death. And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left. Then one of the criminals who were hanged blasphemed Him, saying, "If You are the Christ, save Yourself and us." But the other, answering, rebuked him, saying, "Do you not even fear God, seeing you are under the same condemnation? And we indeed justly, for we receive the due reward of our deeds; but this Man has done nothing wrong." Then he said to Jesus, "Lord, remember me when You come into Your kingdom." And Jesus said to him, "Assuredly, I say to you, today you will be with Me in Paradise." Luke 23:32-33 & 39-43



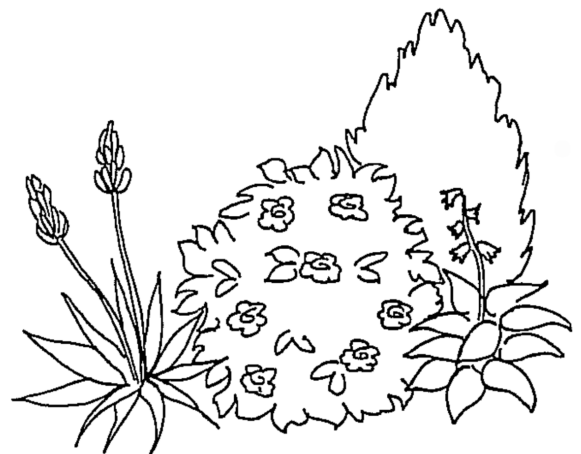
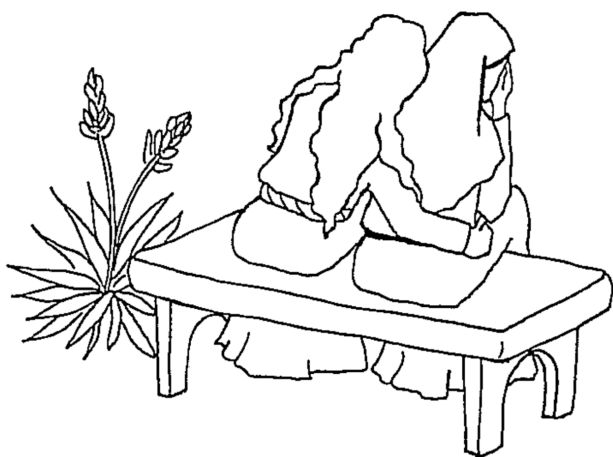
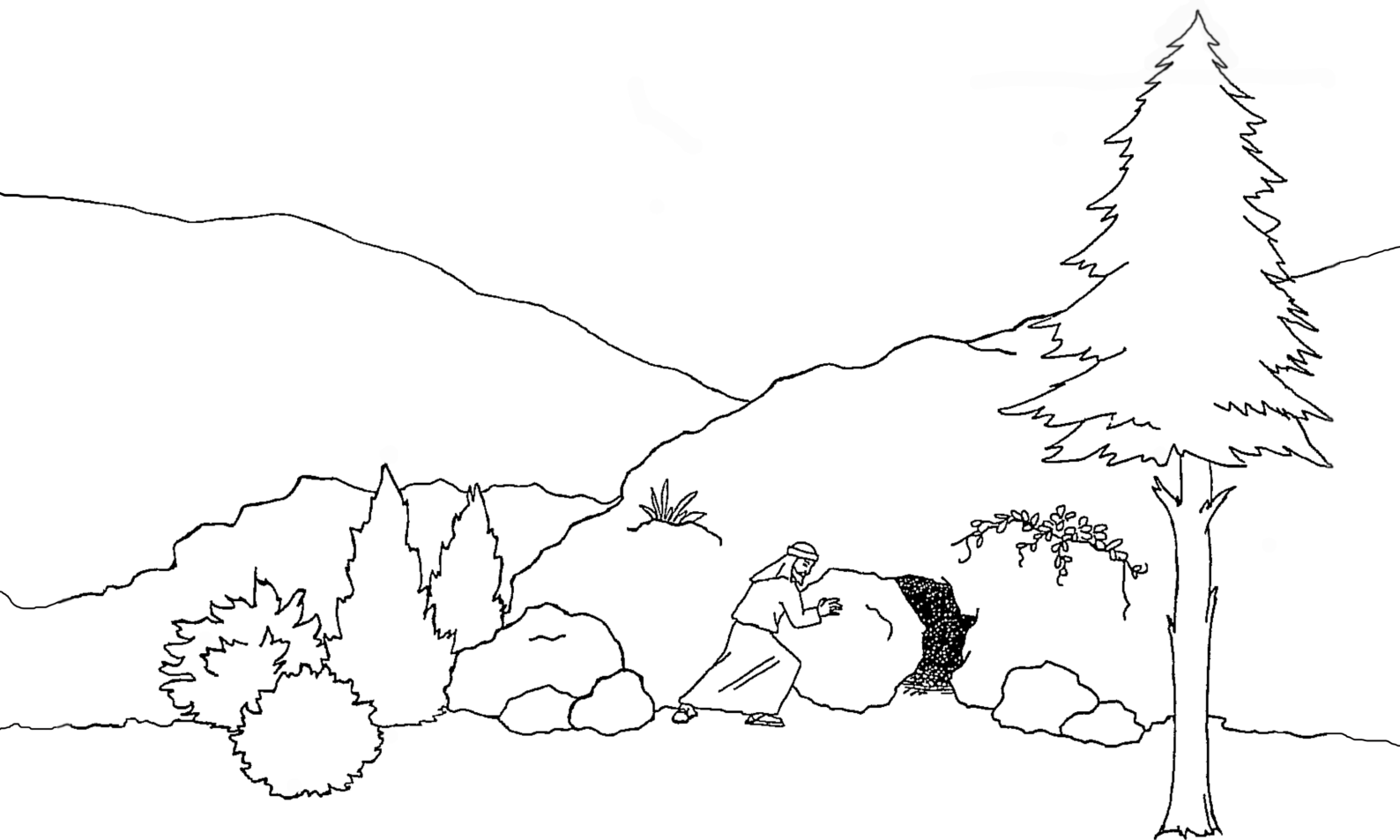


Erbyn hyn yr oedd hi tua hanner dydd. Daeth tywyllwch dros yr holl wlad hyd dri o'r gloch y prynhawn, a'r haul wedi diffodd. Rhwygwyd llen y deml yn ei chanol. Llefodd Iesu â llef uchel, "O Dad, i'th ddwylo di yr wyf yn cyflwyno fy ysbyrd." A chan ddweud hyn bu farw. Pan welodd y canwriad yr hyn oedd wedi digwydd, dechreuodd ogoneddu Duw gan ddweud, "Yn wir, dyn cyfiawn oedd hwn."

Luc 23:44-47

Now it was about the sixth hour, and there was darkness over all the earth until the ninth hour. Then the sun was darkened, and the veil of the temple was torn in two. And when Jesus had cried out with a loud voice, He said, "Father, into your hands I commit My spirit." Having said this, He breathed His last. So when the centurion saw what had happened, he glorified God, saying, "Certainly this was a righteous Man!"

Luke 23:44-47



Pan aeth yn hwyr, daeth dyn cyfoethog o Arimathea o'r enw Joseff, a oedd yntau wedi dod yn ddisgybl i Iesu. Aeth hwn at Pilat a gofyn am gorff Iesu; yna gorchynnodd Pilat ei roi iddo. Cymerodd Joseff y corff a'i amdóí mewn lliain glân, a'i osod yn ei fedd newydd ef ei hun, yr oedd wedi ei naddu yn y graig. Yna treiglodd faen mawr wrth ddrws y bedd ac aeth ymaith. Ac yr oedd Mair Magdalen a'r Fair arall yno yn eistedd gyferbyn â'r bedd.

Mathew 27:57-61

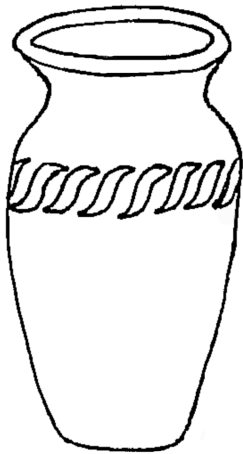
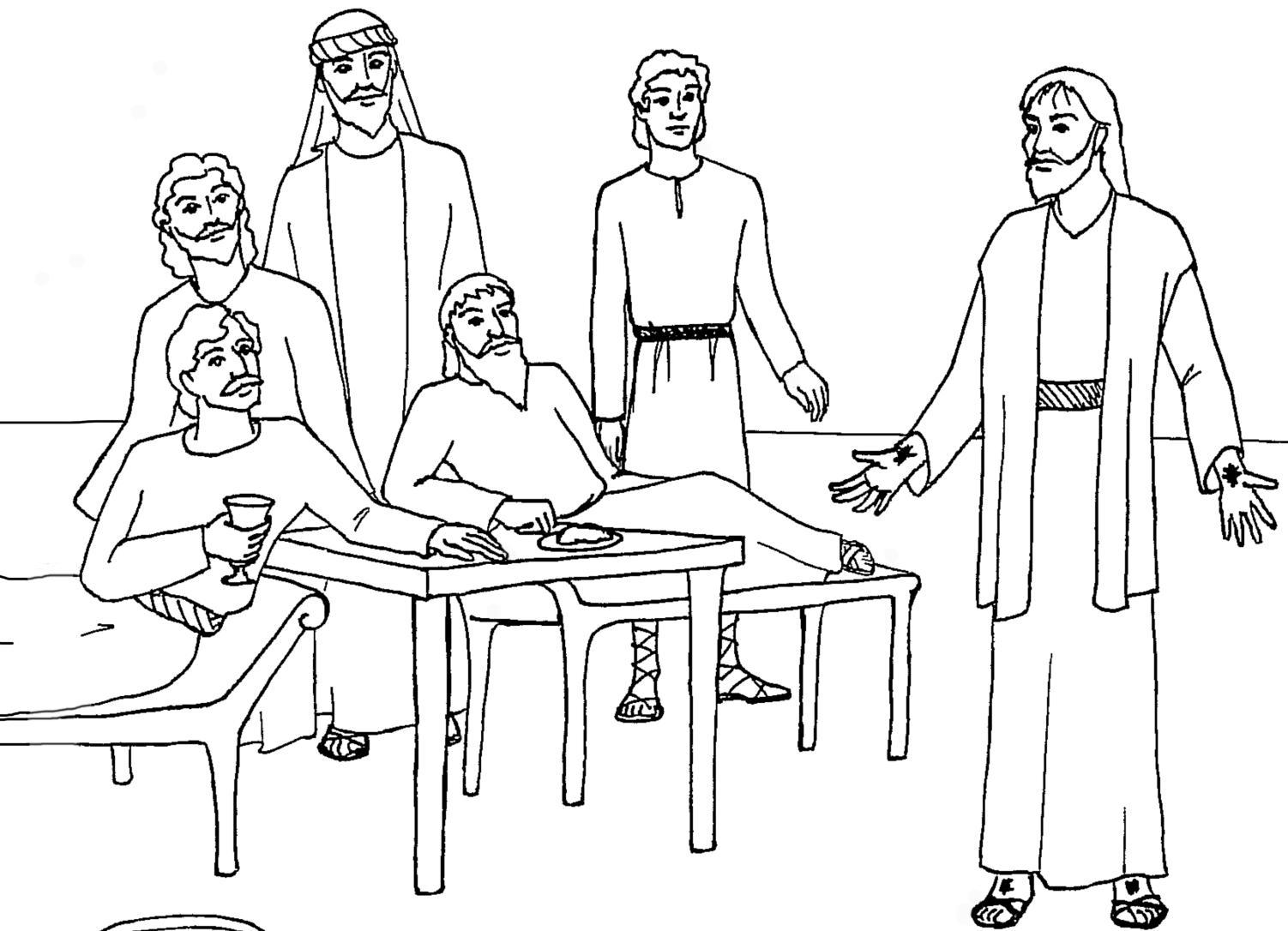
Now when evening had come, there came a rich man from Arimathea, named Joseph, who himself had also become a disciple of Jesus. This man went to Pilate and asked for the body of Jesus. Then Pilate commanded the body to be given to him. When Joseph had taken the body, he wrapped it in a clean linen cloth, and laid it in his new tomb which he had hewn out of the rock; and he rolled a large stone against the door of the tomb, and departed. And Mary Magdalene was there, and the other Mary, sitting opposite the tomb.

Matthew 27:57-61



Ar y dydd cyntaf o'r wythnos, ar doriad gwawr, daethant at y bedd gan ddwyn y peraroglau yr oeddent wedi eu paratoi. Cawsant y maen wedi ei dreiglo i ffwrdd oddi wrth y bedd, ond pan aethant i mewn ni chawsant gorff yr Arglwydd Iesu. Yna, a hwythau mewn penbleth ynglŷn â hyn, dyma ddau ddyn yn ymddangos iddynt mewn gwisgoedd llachar. Daeth ofn arnynt, a phlygasant eu hwynebau tua'r ddaear. Meddai'r dynion wrthynt, "Pam yr ydych yn ceisio ymhlith y meirw yr hwn sy'n fyw? Nid yw ef yma; y mae wedi ei gyfodi. Cofiwch fel y llifarodd wrthy'ch tra oedd eto yng Ngalilea, gan ddweud ei bod yn rhaid i Fab y Dyn gael ei draddodi i ddwylo pechaduriaid, a'i groeshoelio, a'r trydydd dydd atgyfodi." A daeth ei eiriau ef i'w cof. Luc 24:1-8

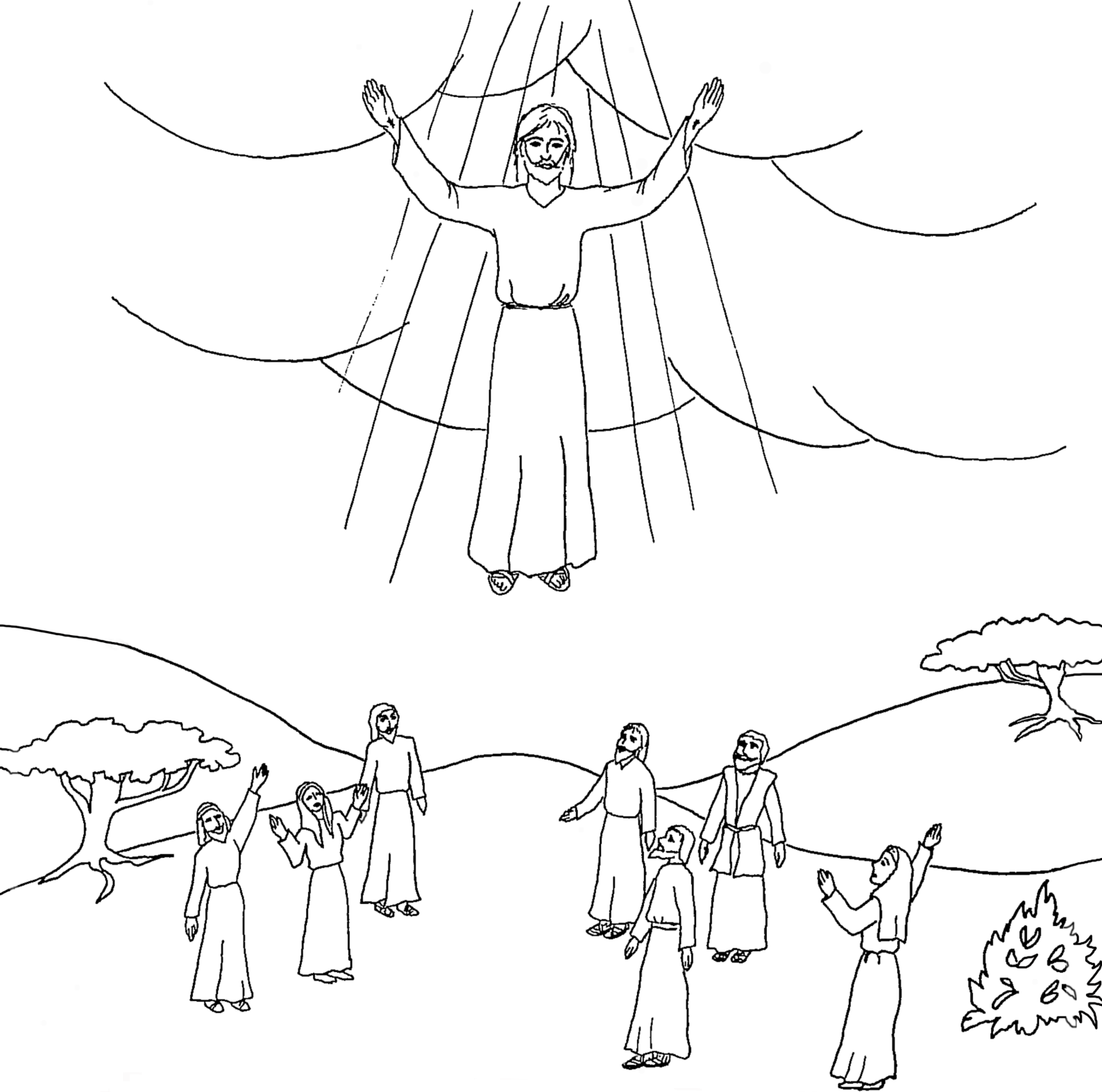
Now on the first day of the week, very early in the morning, they, and certain other women with them, came to the tomb bringing the spices which they had prepared. But they found the stone rolled away from the tomb. Then they went in and did not find the body of the Lord Jesus. And it happened, as they were greatly perplexed about this, that behold, two men stood by them in shining garments. Then, as they were afraid and bowed their faces to the earth, they said to them, "Why do you seek the living among the dead? He is not here, but is *risen!* Remember how He spoke to you when He was still in Galilee, saying, 'The Son of Man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.'" And they remembered His words. Luke 24:1-8



Codasant ar unwaith a dychwelyd i Jerwsalem. Cawsant yr un ar ddeg a'u dilynwyr wedi ymgynnull ynghyd ac yn dweud fod yr Arglwydd yn wir wedi ei gyfodi, ac wedi ymddangos i Simon. Adroddasant hwythau yr hanes am eu taith, ac fel yr oeddent wedi ei adnabod ef ar doriad y bara. Wrth iddynt ddweud hyn, ymddangosodd ef yn eu plith, ac meddai wrthynt, "Tangnefedd i chwi." Yn eu dychryn a'u hofn, yr oeddent yn tybied eu bod yn gweld ysbryd. Gofynnodd iddynt, "Pam yr ydych wedi cynhyrfu? Pam y mae amheuon yn codi yn eich meddyliau? Gwelwch fy nwylo a'm traed; myfi yw, myfi fy hun. Cyffyrddwch â mi a gwelwch, oherwydd nid oes gan ysbryd gnawd ac esgyrn fel y canfyddwch fod gennyf fi." Wrth ddweud hyn dangosodd iddynt ei ddwylo a'i draed.

Luc 24:33-40

So they rose up that very hour and returned to Jerusalem, and found the eleven and those who were with them gathered together, saying, "The Lord is risen indeed, and has appeared to Simon!" And they told about the things that had happened on the road, and how He was known to them in the breaking of bread. Now as they said these things, Jesus Himself stood in the midst of them, and said to them, "Peace to you." But they were terrified and frightened, and supposed they had seen a spirit. And he said to them, "Why are you troubled? And why do doubts arise in your hearts? Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have." When He had said this, He showed them His hands and His feet. Luke 24:33-40



Meddai wrthynt, “Fel hyn y mae'n ysgrifenedig: fod y Meseia i ddioddef, ac i atgyfodi oddi wrth y meirw ar y trydydd dydd, a bod edifeirwch, yn foddion maddeuant pechodau, i'w gyhoeddi yn ei enw ef i'r holl genhedloedd, gan ddechrau yn Jerwsalem. Chwi yw'r tystion i'r pethau hyn. Aeth â hwy allan i gyffiniau Bethania. Yna cododd ei ddwylo a'u bendithio. Wrth iddo'u bendithio, fe ymadawodd â hwy ac fe'i dygwyd i fyny i'r nef. Luc 24:46-48 & 50-51

And He said to them, “Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem. And you are witnesses of these things.” And he led them out as far as Bethany, and He lifted up His hands and blessed them. Now it came to pass while He blessed them, that He was parted from them and carried up into heaven. Luke 24:46-48 & 50-51

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. Oherwydd nid i gondemnio'r byd yr anfonodd Duw ei Fab i'r byd, ond er mwyn i'r byd gael ei achub trwyddo ef. Nid yw neb sy'n credu ynddo ef yn cael ei gondemnio, ond y mae'r sawl nad yw'n credu wedi ei gondemnio eisoes, oherwydd ei fod heb gredu yn enw unig Fab Duw.      Iolan 3:16-18

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.      John 3:16-18

Os dywedwn ein bod yn ddibechod, yr ydym yn ein twyllo ein hunain, ac nid yw'r gwirionedd ynom. Os cyffeswn ein pechodau, y mae ef yn ffyddlon ac yn gyfiawn, ac felly fe faddeua inni ein pechodau, a'n glanhau o bob anghyfiawnder.      1 Iolan 1:8-9

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.      I John 1:8-9

Dywedodd Iesu wrtho, "Myfi yw'r ffordd a'r gwirionedd a'r bywyd. Nid yw neb yn dod at y Tad ond trwof fi."      Iolan 14:6

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me."      John 14:6

Dewch ataf fi, bawb sy'n flinedig ac yn llwythog, ac fe roddaf fi orffwystera i chwi. Cymerwch fy iau arnoch a dysgwch gennyf, oherwydd addfwyn ydwyf a gostyngedig o galon, ac fe gewch orffwystera i'ch eneidiau. Y mae fy iau i yn hawdd ei dwyn, a'm baich i yn ysgafn."      Mathew 11:28-30

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."      Matthew 11:28-30

Yr oedd llawer o arwyddion eraill, yn wir, a wnaeth Iesu yng ngŵydd ei ddisgyblion, nad ydynt wedi eu cofnodi yn y llyfr hwn. Ond y mae'r rhain wedi eu cofnodi er mwyn i chwi gredu mai Iesu yw'r Meseia, Mab Duw, ac er mwyn i chwi trwy gredu gael bywyd yn ei enw ef.      Iolan 20:30-31

And truly Jesus did many other signs in the presence of His disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.      John 20:30-31

"Myfi yw Alfa ac Omega, y cyntaf a'r olaf, y dechrau a'r diwedd."      Datguddiad 22:13

"I am the Alpha and the Omega, the Beginning and the End, the First and the Last."      Revelation 22:13

**AΩ**



Ydy'r weddi hon yn cyfleu gwir dymuniad eich calon? Os yw, gweddiwch y weddi yma ac fe fydd Crist yn dod i'ch bywyd fel addawodd.

*"Arglwydd Iesu, rwyf yn sylweddoli mai pechadur ydwyf a bod dy angen yn fy mywyd. Diolch am farw ar y groes dros fy mhechodau. Diolch am faddau fy mhechodau a rhoi bywyd tragwyddol i mi. Rwyf yn dy wahodd i'm mywyd fel gwardwr ac arglwydd. Cymer rheolaeth of fy mywyd."*

Enw \_\_\_\_\_ Dyddiad \_\_\_\_\_

Does this prayer express the desire of your heart? If it does, pray this prayer and Christ will come into your life as He promised:

*"Lord Jesus, I realize that I am a sinner and need you in my life. I thank you for dying on the cross to take away my sins. Thank you for forgiving my sins and giving me eternal life. I invite you into my life as Savior and Lord. Please take control of my life."*

Name \_\_\_\_\_ Date \_\_\_\_\_

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