

Gweddi / Prayer:

Arglwydd ein Duw, 'rydym wedi dod ynghyd i'th addoli mewn modd gwahanol i'r arfer – trwy gyfrwng technoleg gyfoes. Serch hynny yr un yw'n dyhead, sef ein bod yn cyfarfod gyda Christ; nid am ein bod yn teimlo y dylem wneud, nac am ei fod yn ddisgwyliedig ohonom, ond oherwydd ein bod yn dymuno gwneud. Gweddiwn ar i Ti gyfarfod â ni hefyd, yn enw Crist ein hun. Amen.

Lord our God, we have come together to worship you in a different way – through the medium of modern technology. Yet our desire is the same, that we meet with Christ; not because we feel that we should, nor because it is expected of us, but because we want to. We pray that you will meet with us also, in Christ's name. Amen

Myfyrdod / Meditation:

Taswn i'n holi'r cwestiwn, "Beth yw'ch hoff adnod yn y Beibl?" Beth fyddai'r ateb tybed?

What's your favourite verse in the Bible? Perhaps you'd be like me when people ask what's my favourite hymn – it's impossible to say! I have so many of them. Hymns for different occasions and different emotional states; it's the same with Bible verses for different times and situations and feelings.

Yn sicr, "Yr Arglwydd yw fy mugail" yw ffefryn gan lawer; "na thralloder eich calon" /Let not your heart be troubled" is another; "Lo, I am with you always" – there are many, many verses which spring to mind, all for different reasons I'm sure.

Un o'r hyfrytaf, i mi beth bynnag, a rwy'n siŵr bod rhai ohonoch chi yn hoff ohono hefyd, yw un o'r adnoddau o'r unfed bennod ar ddeg o Efengyl Mathew - yr wythfed adnod ar ugain: "Deuwch ataf fi, bawb a'r y sy'n flinedig ac yn llwythog, a mi a esmwythaf arnoch"

"Come unto me all ye that labour and are heavy laden, and I will give you rest." Those are the familiar words from verse 28 of the 11th Chapter of Matthew's Gospel, the words I'd like to consider for a short while today.

Jesus looked at the multitude, and saw their lives filled with trouble, stress and strain, and offered them an escape – offered them rest from the things of this world. And he says the same thing to us today, "Come to me, and I will give you rest."

1. A'r peth cyntaf dwi am rannu gyda chi heddiw yw'r angen am orffwys / the need for rest – that's my first thought for you today.

Some would argue that we're living in one of the most restless ages the world has ever seen.

Mae'n rhwydd i ni deimlo fel hynny ar brydiau gyda'r cyfan sy'n digwydd ar hyn o bryd.

But even Covid 19 aside, the mere pace of life, before "lockdown" was so much quicker than in years gone by.

Roedd amser, a nid mor bell yn ôl a hynny 'chwaith, pan oedd pobl yn teithio'n hamddenol gyda cheffyl a trap, yna daeth y trê, a'r car, a'r awyren. Beth fydd y dyfodol ar ôl i Coronavirus pasio tybed?

We live in an age of the little “soundbites” and brief podcasts – quick fixes for our ever-busy lives.

Roedd amser pan oedd pobl yn mynd i ymweld â ffrindiau a theulu, ac aros am ddyddiau ac wythnosau weithiau – “popo mewn a mâs” ni’n dueddol o wneud y dyddiau ‘ma, ond te fe?

But to get back to this basic need for rest – we all need it, whether rich, poor, healthy, sick – and I’m not only talking about physical rest, but emotional and spiritual rest as well.

Mae lot o deuluoedd y dyddiau ‘ma lle mae’r ddau rhiant yn gweithio, gyda’r plant yn cael eu hanfon o le i le, o fam-gu a dad-cu, ac yna i ofalwyr pan nad oes neb arall mae’r holl deulu angen gorffwys!

Many people chase after different things in life, and try to fill an aching void within the seaming emptiness of their lives, when all they really need is “rest” - rest for their souls!

Byddai’n braf o beth tase mwy o bobl yn gwrando ar Iesu pan ddywedodd, “Deuwch ataf fi”, yn lle chwilio am eu digonedd yn “rhuthro” o gwmpas fel ffyliaid gwyllt!

But is there anything new under the sun? I mentioned earlier that we live in a restless age these days. Hasn’t it always been the same, one way or another?

Thousands of years ago the Psalmist longed for rest in his heart when he wrote:

“Oh that I had wings like a dove! For then would I fly away and be at rest.”

Geiriau yn cael eu hadleisio yn emyn Thomas William, Bethesda’r Fro, “Adenydd colomen pe cawn, ehedwn a chrwydrwn ymhell.”

Yes, we need rest for our weary souls.

2. Ac yna’n ail, wedi ystyried yr angen am orffwys, beth am y rhai hynny sy’n cael gwahoddiad arbennig i orffwys? Who are the ones invited to find rest? That’s my second thought for you today.

Mae’r adnod yn dweud, “Deuwch ataf fi bawb a’r y sydd yn flinderog ac yn llwythog” / all those who labour and are heavy laden

Again, I don’t think we’re just talking about physical work and tiredness here.

Mae rhai yn flinedig ac yn llwythog yn eu pechodau, gydag euogrwydd yn pwysu’n drwm arnyh nhw. “Deuwch ataf fi” medde fe.

Some are burdened with sorrow. Everyone, no matter how up-beat and outwardly happy and confident they may appear, - everyone has some kind of sorrow, some heart-ache, some kind of “burden”, which presses on them from time to time – be it bereavement, illness, stress and strain within relationships, financial worries ...

Mae Iesu yn dweud wrthon nhw i ddod â phopeth ato fe.

There was an old grave stone in Parc Hendy cemetery in my home village of Penclawdd, and although the writing was in Welsh, there was an inscription in English at the foot of the grave, which read like this:

“Earth has no sorrow that heaven cannot heal.”

A dyna beth sy’n cael ei gynnig yma – yr “hedd na wŷr y byd amdano”, fel dywed Elfed yn ei emyn cyfarwydd.

He also invites those who are burdened with doubt and unbelief. Thomas was labelled a doubter – very unfairly in many people’s opinion.

Ond roedd e’n pallu deg â chredu pan oedd y disgyblion eraill yn dweud eu bod nhw wedi gweld yr Iesu byw, atgyfodedig yn sefyll yn eu plith. Ac eto ‘gyd, roedd yr un Tomos hwnnw, yn gallu datgan yn uchel, un o’r ymadroddion mwyaf gogoneddus y Beibl i gyd, “Fy Arglwydd a’m Duw!”.

Peter also doubted and denied Jesus, yet he realised, even unto martyrdom, that it pays to follow Jesus. Don’t ever doubt that fact!

We’re all tired and heavy-laden at times – Jesus says to us all, each and every one of us “Come unto me, and I will give you rest.”

3. Ac yna, wedi ystyried yr angen am orffwys, ac i bwy sy’n cael gwahoddiad; yn olaf, sut gallwn ni ddod o hyd i’r “gorffwys” yma? How may we find this rest? That’s my final thought for you today.

Mae Iesu’n dweud yn syml iawn, “Deuwch ataf i” – hynny yw, nid at eglwys neu gapel, (er bod hynny’n gallu bod o help yn aml), nid at weinidog neu offeiriad, (er eu bod nhw’n gallu bod yn gyfrwng effeithiol weithiau), nid at rhyw gyfundrefn arbennig o gredoau, ond ato FE!

Him – and he alone – none else.

I heard an illustrative story the other day, of a man who had a disabled daughter – lame from birth.

One day he came home with a parcel for his wife and he asked his little girl, “Where’s Mum?” “She’s upstairs” replied the little girl. He told his daughter that he had a parcel for her mother, and she said, “Let me carry it upstairs for mammy.”

The father, without wanting to upset his daughter said, “But darling, you’re not able to walk upstairs yourself.”

She answered, “I know that, but I can carry the parcel, and you can carry me!”

Ie, yn debyg iawn i’r stori yna am yr olion traed yn y tywod – footsteps in the sand

“O rho dy bwys ar freichiau Iesu, fe’th gynnal ymlaen, fe’th gynnal ymlaen.”

Dwy fil o flynyddoedd nôl roedd Iesu wedi sefyll o flaen y tyrfaeodd, y tyrfaeodd blinedig a llwythog, a ddywedodd, “Deuwch ataf i, ac fe rhoddaf fi orffwysra i chiw.”

Ac mae’n dal i ddweud yr un peth wrthoch chi a fi heddiw. Beth fydd eich ymateb?

Horatius Bonar certainly knew what his answer was:

“I came to Jesus as I was,
Weary, and worn, and sad;

I found in him a resting place,
And he has made me glad.”

Er gogoniant i’w Enw.

Amen