

Sul Y Pasg Bach / Low Sunday

(A week after Easter Day, called "Saint Thomas Sunday" in the East, the Gospel reading is always John 20:19-29, relating the appearance of Christ to his disciples, with Thomas the Apostle present, on the Sunday following his resurrection. The traditional name in English is Low Sunday (Sul Y Pasg Bach yn y Gymraeg), perhaps given this name because of the contrast with the high festival of Easter on the preceding Sunday, or the word "Low" may be a corruption of Latin Laudes, the first word of a sequence in use in the Sarum Rite.)

Darlleniad/Reading: Ioan/John 20: 19-29

Gweddi/Prayer:

Arglwydd ein Duw, helpa ni i fyw bob dydd yn ngoleuni'r Pasg, gyda'i orfoledd yn llenwi ein calonau, a'i neges o obaith yn rhan o'n sgwrs yn wastadol. Bydded i eraill gweld y gwahaniaeth a wnaeth y Pasg i ni, a darganfod y gwahaniaeth y gall ei wneud yn eu bywydau nhw. Gofynnwn hyn yn enw y Crist byw, atgyfodedig. Amen

Lord our God, help us to live each day in the light of Easter, with its joy filling our hearts, and its message of hope always part of our conversation. May others see the difference that Easter has made to us, and discover the difference it can make in their lives. We ask this in the name of the living and risen Christ. Amen

Myfyrdod/Meditation:

Hebraid/Hebrews 6:9 "Pethau sy'n perthyn i iachawdwriaeth" / "Things that accompany Salvation".

Rather than turning to the traditional narrative of Thomas, I'd like to consider other words found in Paul's letter to the Hebrew's for our meditation on this Low Sunday.

Un o'r atgofion cynharaf sydd gen i o ddod i Eglwys Gymraeg Canol Llundain (neu Castle Street fel yr oedd pryd hynny), oedd cerdded i fyny Regent's Street rhyw fore Sul, troi mewn i Oxford Street, a chlywed band y Salvation Army, Byddin Yr Iachawdwriaeth, yn gorymdeithio o Bond Street tuag at y Citadel gyferbyn siop John Lewis, a chael fy swyno a'm cyfareddu gan sain a golygfa'r peth.

Unfortunately, there'll be no marching Salvation Army band down Oxford Street on this Low Sunday, but I'd like you to keep the image of a marching band in your minds as we consider for a short while, the words from the 9th verse of the 6th Chapter of Hebrews: "Things that accompany Salvation" / "pethau sy'n perthyn i iachawdwriaeth".

And on this Sunday following Easter, I want you to picture a great, triumphant marching band of Christians, with some marching before, others tailing behind, and the rest making up the "main band" as it were.

A dyna'r tri phen sydd gen i i rannu â chi y bore 'ma, sef: (i) Yn gyntaf, yr hyn sy'n gorymdeithio o flaen iachawdwriaeth, neu yr hyn sy'n paratoi a braenaru'r tir. (ii) Yn ail, yr hyn sy'n gorymdeithio gyda iachawdwriaeth, neu yr hyn sydd ynghlwm wrth ei ochor. (iii) Ac yn drydydd, yr hyn sy'n gorymdeithio tu ôl i iachawdwriaeth, neu yr hyn sy'n dod yn ei sgil.

1. Therefore, firstly, the things in the "march of salvation" which are far ahead of the others, and precede it in order to "clear the way", as it were.

Mae'r "advance party" yma, mor bell yn y blaen fel ei bod hi'n anodd iawn i'w gweld a'u dirnad gyda llygaid dynol. Maen nhw'n tu hwnt i'n golwg bydol, daearol ni. Dim ond llygaid ffydd sy'n gallu canfod

yr elfennau sy'n perthyn i'r pethau yma. Dyma waith yr Ysbryd Glân yn gweithio'n ddygn ac yn ddyfal yn y cefndir, yn hau hâd edifeirwch, ffydd a chred yn yr Arglwydd Iesu.

It's very important that we don't forget and disregard the "leader of the band", who precedes everyone and everything – the Holy Spirit.

Evan Roberts, the great Welsh revivalist prayed earnestly and diligently for many, many months before the outbreak of the revival for the Holy Spirit to descend and work in the hearts of the people of Wales.

"Plyg ni" oedd ei gri yn aml "Bend us", ac yn ddyfynnu'n gyson o emyn mawr John Hughes, Pont Robert: "O anfon Di yr Ysbryd Glân yn enw Iesu Mawr, a'i weithrediadau megis tân, o deued Ef i lawr".

It's the Holy Spirit that gives life to our soul, and makes us responsive to the word of God. Without the influence and power of the Holy Spirit, the preaching of the Word could never reach further than our ears! But it's the power and influence of the Holy Spirit which breaks through to the heart, and leads us on to faith and belief.

Mae'r ysgrythurau yn ddigon pendant yn eu dysgeidiaeth a'u cyfarwyddyd – oni bai bod person yn cael ei eni o'r Ysbryd, does dim modd i'r person yna i weld teyrnas Dduw. "Yr hyn sydd wedi ei eni o gnawd, cnawd y mae, ond yr hyn sydd wedi ei eni o'r Ysbryd, o'r Ysbryd y mae."

It's quite simple in a manner of speaking, because the greatest efforts of the world can never reach any higher than the world – it's like water never running higher than its source.

Beth arall sy'n dod o flaen iachawdwriaeth? Rwy'n sôn yn aml pan yn pregethu am bwysigrwydd edifeirwch yn y broses o ddod i ffydd yn yr Arglwydd Iesu, ac yn sicr dyma elfen amlwg arall yn ein taith fawr wrth orymdeithio yng nghwmni gorymdaith iachawdwriaeth.

As well as repentance, - humility and prayerfulness are essential elements in this "advance party" in the march of Salvation. And although perhaps some find it hard to pray at times, and find it difficult to put words and sentiments to emotions and feelings, it's important not to become a prayerless soul.

"Ni fethodd gweddi daer erioed â chyrraedd hyd y nef, ac mewn cyfyngder, f'enaid, rhed yn union ato Ef."

Cofiwn ar Sul y Pasg Bach hwn, am bethau sy'n dod o flaen iachawdwriaeth.

2. Therefore, having considered the things which pre-empt, or come before salvation, let's look at the things which march with Salvation, and actually "accompany" it, as the verse in Hebrews reads.

Beth yw'r hyn sydd agosaf iddi, ac yn orymdeithio o'i chwmpas ac yn ei chanol? Yn ni 'gyd yn eu hadnabod nhw, ac yn gwybod eu henwau, maen nhw'n ddigon cyfarwydd yn y Testament Newydd – Ffydd, Gobaith a Chariad. Mae'r rhain yn cario iachawdwriaeth yn eu calonnau nhw.

Such a familiar a trio of Faith, Hope and Love, yet so essential to our Christian living.

Do we have Faith, Hope and Love in our lives at all times? Well, perhaps we're all found lacking now and again – our faith might be small, our hope might turn to despair at times, certainly our love can wane weak and wanting in many situations in life. But even if the bud or seed of these three spiritual graces and virtues are present, they're enough to put us on the right track.

Dyma'r pethau sy'n perthyn i iachawdwriaeth go iawn. Os yw'r rhain yn eiddo i ni, gwyn ein byd, oherwydd bydd ein bywydau yn y byd hwn yn ddedwyddach o lawer, heb sôn am ernes o'r hyn sy'n eiddo i ni yn y byd a ddaw.

"O what a foretaste of glory divine!" as Fanny Crosby says in her familiar hymn ... "Heir of salvation, purchase of God; born of his spirit, washed in his blood."

Let's all remember on this Low Sunday the things which "accompany salvation".

3. Which leads me to the third and final point I'd like to leave with you today, having looked at the things which come before Salvation, the things which march with salvation, let's look briefly at the things which follow on from behind – the "rear guard" if we continue with the analogy of marching band.

Un o'r pethau amlycaf sy'n dod yn sgil iachawdwriaeth yw yn syml, y weithred o "ddiolchgarwch" – "Fy enaid, bendithia yr Arglwydd, a chwbl sydd ynof ei enw sanctaidd Ef". Pa mor aml ydyn ni'n esgeulus wrth ddiolch yn gyffredinol mewn bywyd, heb sôn am fynegi ein diolchgarwch i Dduw am yr amlygiad mwyaf gogoneddus a wnaeth ohono'i Hun yn ei fab Iesu.

A direct consequence of this simple act of thankfulness is trust and obedience. Are you familiar with that old Sankey and Moody hymn "Trust and Obey, for there's no other way, to be happy in Jesus, but to trust and obey"? That seems to sum up everything in a very simplistic, yet effective way.

Following straight on from Trust and Obedience is another very important member of this "rear guard" in the march of salvation, and that is consecration – a consecrated life in God's work.

Dwy elfen arall yw'r elfennau hynny sydd yn cael eu hanghofio amdanyn nhw mor aml wrth sôn am fywyd y Cristion, a hynny yw "gwybodaeth" a "dyfalbarhad" – "Knowledge" and "Perseverance". Y weithred holl bwysig o dyfu ac aeddfedu yn y ffydd, sy'n rhoi'r gallu inni i barhau yn y gwaith.

Without deepening and nurturing our Knowledge of the scriptures, and of the person of Jesus himself, it's impossible to persevere through this life with all its trials and tribulations, and everything that the world has to throw at us.

Cyn i mi orffen, mae 'na ddwy elfen arall rwyf am adael gyda chi y bore 'ma, sef "hyder" / "Confidence" – nid rhyw hyder yn llawn o hunanbwysigrwydd, ond hyder gostyngedig sy'n gorymdeithio gyda chmau diogel yng nghwmni fintai yr orymdaith fawr hon. Hyder yn y sicrwydd tawel bod gennym drysorau "uwch gwybod y byd". Ac yn olaf, "buddugoliaeth" / "Victory"!

On this Low Sunday, we can all shout out victoriously, "O death, where is thy sting? O grave, where is thy victory?"

Oherwydd ein bod yn caru ac yn canmol Gwaredwr sydd wedi concro marwolaeth a'r bedd.

"Mae'n fyw, mae'n fyw, mae Crist yn fyw yn awr, os gofyn 'rwyf, "Sut gwyddost ti?" Mae'n fyw'n fy nghalon i!" Er gogoniant i'w Enw. Amen.