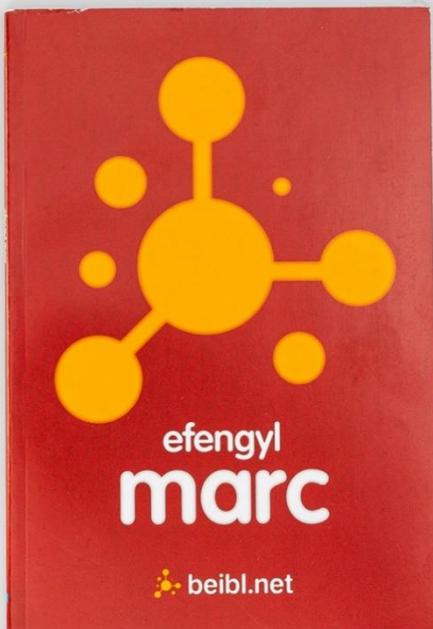


Marc | Mark



**Taith Trwy Advent | A Journey Through
Advent**

Bwriad y llyfrynn hwn yw ein helpu i ddarllen trwy ran o Efengyl Marc yn ystod yr Adfent. Ni wnawn y cwbl, gan ei fod yn ddarlleniad byr o wynt, gyda chymaint yn digwydd. Rydym yn dechrau ar Ragfyr 1af ac yn gorffen ar Ragfyr 21ain. Bydd ail ran yn dod ar ôl y Nadolig.

Yn y rhan gyntaf a'r ail ran ni fyddaf yn cynnwys Sul y Blodau i Ddydd y Pasg, byddwn yn gwneud hynny ar wahân yn ystod yr Wythnos Fawr.

Bob dydd ceisiwch ddod o hyd i amser cyfforddus i ddarllen pennod, ac yna defnyddiwch y tri chwestiwn bob dydd i feddwl neu fyfyrion arnynt. Gallwch wneud hyn yn gyfan gwbl ar eich pen eich hun neu siarad ag eraill.

Marc oedd y gyntaf o'n pedair efengyl am Iesu. 'Doedd Marc ddim yn un o ddilwynwyr cynnar Iesu. Mae llawer o honom yn credu ei fod yn Ioan Marc, a deithiodd gyda Paul, ac yna daeth yn gysylltiedig â Pedr. Weithiau credir mai stori Pedr yw'r Efengyl.'

This booklet is meant to help us read through part of the Gospel of Mark during Advent. We will not do all of it, as it is a breathless read, with so much going on. We are beginning on December 1st and will finish on December 21st. There will be a second part coming after Christmas.

In neither the first or second part will I include Palm Sunday to Easter Day, we will do that separately during Holy Week.

Each day try to find a comfortable time to read a chapter, and then use the three questions for each day to think about or reflect upon. You can do this entirely on your own or talk with others.

Mark was the first of our four gospels about Jesus. Mark was not the early followers of Jesus. Many of us believe him to be John Mark, who travelled with Paul, and then became associated with Peter. Sometimes the Gospel is thought to be Peter's story.

Pe bai gennym efengyl Marc yn unig, ni fyddai gennym unrhyw stori am eni lesu, na phregeth ar y mynydd, a dim gwybodaeth am ddamhegion fel y meibion colledig neu'r Samariad trugarog. Pa ddelw o lesu fyddai gennym ni wedyn? Wrth i chi ddarllen, gofynnwch i chi'ch hun beth rydych chi'n feddwl mae Marc yn ei ddweud am lesu.

If we only had Mark's gospel, we would have no story of the birth of Jesus, no sermon on the mount, and no knowledge of parables like the lost sons or the good Samaritan. What image of Jesus would we have then? As you read, ask yourself what you think Mark is saying about Jesus.

Defnyddiwch gyfieithiad modern o'r Beibl os gallwch chi. Neu yn syml un rydych chi'n gyfforddus yn ei ddarllen. Mwynhewch y stori anhygoel hon wedi ysgrifennu rhan o'r Testament Newydd.

Use a modern translation of the Bible if you can. Or simply one you are comfortable reading. Enjoy this incredible story.

Rhagfyr 1 December
Marc | Mark 1: 1-8

1. Beth yw'r newyddion da?
 2. Beth wyt ti'n ei ddysgu oddi wrth Ioan Fedyddiwr?
 3. Beth yw ystyr adn. 7-8 yn eich barn chi?
-
1. What is the good news?
 2. What do you learn from John the Baptist?
 3. What do you think vs. 7-8 mean?

Rhagfyr 2 December
Marc | Mark 1: 16-28

One of the words that Mark uses a lot is 'immediately'.

1. Beth fyddai wedi ei olygu i'r pysgotwyr fod wedi gadael popeth ar unwaith?
2. Beth wyt ti'n sylwi am lesu pan mae'n iacháu'r person â'r ysbryd aflan?

3. Adn. 27-28. Beth sy'n digwydd yn yr adnodau hyn?
 1. What would it have meant for the fishermen to have immediately left everything?
 2. What do you notice about Jesus when he is healing the person with the unclean spirit?
 3. Vs 27-28. What is happening in these verses?

Rhagfyr 3 December

Marc | Mark 1: 40-45

1. Paham yr oedd gwahanglwyfus yn aflan?
 2. Iesu yn cyffwrdd ag ef. Pa mor arwyddocaol fyddai hynny?
 3. Pam y dywedodd Iesu wrtho am ddweud dim, a pham felly y dywedodd y sawl a iachawyd wrth bawb?
1. Why was a leper unclean?
 2. Jesus touches him. How significant would that have been?
 3. Why did Jesus tell him to say nothing, and why then did the healed person tell everyone?

Rhagfyr 4 December

Marc | Mark 2: 1-11

1. Pan welodd Iesu eu ffydd nhw, beth yw ystyr hynny, yn eich barn chi?
 2. Pam roedd yr hyn a wnaeth Iesu, yn gabledd?
 3. Nid oedd ynt erioed wedi gweled dim fel hyn o'r blaen. Sut byddai hynny'n teimlo bod llawer o wahanol grwpiau a oedd yno?
1. When Jesus saw their faith, what do you think that means?
 2. Why was what Jesus did, blasphemy?
 3. They had never seen anything like this before. How would that have many different groups who were there feel?

Rhagfyr 5 December

Marc | Mark 2: 13-17

1. Yr Iesu yn galw Lefi. Lefi yn codi ac yn dilyn. Beth fyddai wedi

- ei gestio i Lefi godi a dilyn Iesu (Mewn efengylau eraill, gelwir Lefi weithiau yn Mathew).
2. Pam byddai'r ysgrifenyddion a'r Phariseaid wedi beirniadu Iesu am fwyta gyda Lefi a'i ffrindiau? (Pechadur oedd unrhyw un aflan)
 3. Beth ydych chi'n ei wneud o ymateb Iesu yn adn.17?

 1. Jesus calls Levi. Levi gets up and follows. What would it have cost Levi to get up and follow Jesus (In other gospels, Levi is sometimes called Matthew).
 2. Why would the scribes and Pharisees have criticised Jesus for eating with Levi and his friends? (A sinner was anyone who unclean)
 3. What do you make of Jesus' response in v.17?

Rhagfyr 6 December
Marc | Mark 3:1-6

1. Pam roedd y Phariseaid ac eraill yn gwyllo Iesu?
2. Darllenwch vn 4-5, beth mae Iesu, y Phariseaid, a'r dyn yn ei wneud?
3. Pam mae'r Phariseaid a'r Herodianiaid eisiau lladd Iesu?

1. Why were the Pharisees and others watching Jesus?
2. Re-read vs 4-5, what are Jesus, the Pharisees, and the man doing?
3. Why do the Pharisees and the Herodians want to kill Jesus?

(Beth ydych chi'n ei wybod am y Phariseaid a'r Herodianiaid?
what do know about the Pharisees and the Herodians?)

Rhagfyr 7 December
Marc | Mark 3: 13-19, 31-35

1. Beth y penodwyd yr apostolion i'w wneuthur ? Pam ydych chi'n meddwl bod hynny'n bwysig?
2. Edrychwch ar eu henwau, beth ddigwyddodd iddyn nhw i gyd ar ôl atgyfodiad Iesu?
3. Sut wyt ti'n teimlo wrth ddarllen am ryngweithiad Iesu gyda'i deulu?

1. What were the apostles appointed to do? Why do you think that is important?
2. Look at their names, what happened to them all after Jesus' resurrection?
3. How do you feel when you read about Jesus' interaction with his family?

Rhagfyr 8 December

Marc | Mark 4: 1-9

1. Pam rydych chi'n meddwl bod Iesu wedi dysgu mewn Damhegion?
 2. Beth wyt ti'n sylwi am y ffermwr?
 3. Ydych chi'n meddwl bod y ffermwr yn wastraffus?
1. Why do you think Jesus taught in Parables?
 2. What do you observe about the farmer?
 3. Do you think the farmer is wasteful?

Rhagfyr 9 December

Marc | Mark 4:10-20

1. Ailddarllen adn. 11-12, beth oedd Iesu yn ei feddwl yn eich barn chi?
 2. Beth yw y gair?
 3. Pa mor anodd ydyw clywed y gair ?
1. Re-read vs. 11-12, what do you think Jesus meant?
 2. What is the word?
 3. How difficult is it to hear the word?

Rhagfyr 10 December

Marc | Mark 4:26-34

1. Beth yw teyrnas Dduw a sut beth yw hi?
 2. Sut ydych chi'n ymateb i'r ddameg gyntaf?
 3. Sut ydych chi'n ymateb i'r ail?
1. What is the kingdom of God and what is it like?

2. How do you react to the first parable?
3. How do you react to the second?

Rhagfyr 11 December

Marc | Mark 4: 35-41

1. A oedd y disgyblion wir yn meddwl nad oedd ots gan Iesu?
 2. Ydyn nhw'n ofni oherwydd bod Iesu'n llonyddu'r storm?
 3. Pwy mae nhw'n meddwl yw Iesu?
1. Did the disciples really think that Jesus did not care?
 2. Are they afraid because Jesus stills the storm?
 3. Who do they think that Jesus is?

Rhagfyr 12 December

Marc | Mark 5: 1-20

1. Beth sydd o ddiddordeb i chi fwyaf yn y stori hon?
 2. Paham y mae y bobl yn ofni fod y dyn wedi ei iachau ?
 3. Mae'r dyn eisiau mynd gyda Iesu. Pam mae Iesu yn ei anfon adref?
1. What interests you most in this story?
 2. Why are the people afraid that the man is healed?
 3. The man wants to go with Jesus. Why does Jesus send him home?

Rhagfyr 13 December

Marc | Mark 5: 31-43

1. Jairus oedd arweinydd y synagog. Beth allai fod wedi ei gostio iddo ddod at Iesu?
 2. Iachawyd y wraig. Pam ydych chi'n meddwl y treuliodd Iesu amser gyda hi?
 3. Mae'r ferch fach yn fyw. Pam y dywedir wrth ei rhieni am ddweud dim?
1. Jairus was the leader of the synagogue. What could it have cost him to come to Jesus?
 2. The woman was healed. Why do you think Jesus spent time

with her?

3. The little girl is alive. Why are her parents told to say nothing?

Rhagfyr 14 December

Marc | Mark 6:1-6

1. Iesu yn mynd adref. Sut mae pobl yn ei dderbyn o?
2. Adn. 3: Beth ydych chi'n ei wybod am deulu Iesu?
3. Pam ydych chi'n meddwl eu bod wedi cael trafferth i gredu?

1. Jesus goes home. How do people receive him?
2. Vs. 3: what do you know about Jesus' family?
3. Why do you think they may have struggled to believe?

Rhagfyr 15 December

Marc | Marc 6: 6-13

1. Beth yw eich barn am gyfarwyddiadau Iesu i'r Deuddeg?
2. Ail-ddarllen adn. 11: pa mor anodd yw hynny?
3. Ydy iachâd yn rhan o weinidogaeth yr eglwys heddiw?

1. What do you think of Jesus' instructions to the Twelve?
2. Re-read vs 11: how difficult is that?
3. Is healing part of the church's ministry today?

Rhagfyr 16 December

Marc | Mark 6: 14-29

1. Pwy oedd Ioan Fedyddiwr? Pam roedd o yn y carchar?
2. Pam nad yw Herod yn lladd Ioan ar unwaith?
3. Pa mor bwysig yw Ioan Fedyddiwr yn eich barn chi?

1. Who was John the Baptist? Why was he in prison?
2. Why doesn't Herod kill John immediately?
3. How important do you think John the Baptist is?

Rhagfyr 17 December
Marc | Mark 6: 30-44

1. Pam mae lesu yn mynd i ffwrdd i le unig?
 2. Bwytaodd pawb – a chawsant eu bodloni. Beth yw eich meddyliau uniongyrchol?
 3. Beth yw eich barn am y wyrth hon?
-
1. Why does Jesus go away to a solitary place?
 2. They all ate – and were satisfied. What are your immediate thoughts?
 3. What do you think about this miracle?

Rhagfyr 18 December
Marc 6: 45-56

Iesu'n mynd i ffwrdd gweddio eto ar ei ben ei hun. | Jesus goes off pray again by himself.

1. Y disgylion yn arswydo Pam?
 2. Ailddarllenwch adn. 51-52, beth sy'n digwydd yma?
 3. Beth fyddai'r disgylion wedi'i feddwl am iachâd lesu?
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1. The disciples are terrified. Why?
 2. Re-read vs. 51-52, what is happening here?
 3. What would the disciples have thought about the healings of Jesus?

Rhagfyr 19 December
Marc | Mark 7: 1-19

1. A wnaeth lesu ddatgan bod pob bwyd yn lân?
 2. Am beth roedd y Phariseaid yn beirniadu lesu a'i ddisgylion?
 3. Pwy oedd y Phariseaid?
-
1. Did Jesus declare all foods clean?
 2. What were the Pharisees criticising Jesus and his disciples for?
 3. Who were the Pharisees?

Rhagfyr 20 December
Mark | Mark 7: 24-30

1. Sut mae Iesu yn ymateb i'r wraig hon?
 2. Ydy Iesu'n ei galw hi'n 'gi'? Beth ydych chi'n feddwl ei fod yn ei olygu?
 3. Beth yw eich barn am y wraig hon? Cofiwch, roedd hi'n Genedl-ddyn.
-
1. How does Jesus respond to this woman?
 2. Does Jesus call her a 'dog'? What do you think he meant?
 3. What do you think of this woman? Remember, she was probably a Gentile.

Rhagfyr 21 December
Marc | Mark 7: 31-37

1. Roedd Iesu yn ardal y Decapolis. Roedd yn ardal lle roedd Iddewon a Cenhedloedd yn cymysgu? Ydy hyn yn bwysig, ydych chi'n meddwl - a pham?
 2. Sut mae Iesu yn iacháu'r dyn?
 3. Pam mae'n dweud wrtho am ddweud dim byd?
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1. Jesus was in the region of the Decapolis. It was a region where Jews and Gentiles mixed? Is this important, do you think – and why?
 2. How does Jesus heal the man?
 3. Why does he tell him to say nothing?

Nodiadau | Notes



Yr Eglwys Yng Nghymru yn Mro Madryn
The Church in Wales in Bro Madryn