

Bywoliaeth Reithoral Y Bontfaen

Blwyddyn C – Sul Cyntaf Y Garawys

Y Colect

Hollalluog Dduw,
yr ymprydiodd dy Fab Iesu Grist
ddeugain diwrnod yn yr anialwch,
a'i demtio fel ninnau,
 ond eto heb bechod,
dyro inni ras i ddisgyblu ein hunain
mewn uffudd-dod i'th Ysbryd;
a chan wybod am ein gwendid,
bydded i ni felly adnabod
 dy allu achubol;
trwy Iesu Grist ein Harglwydd,
sy'n fyw ac yn teyrnasu gyda thi,
yn dod yr Ysbryd Glân,
yn un Duw, yn awr ac am byth.
Amen.

Deuteronomium 26. 1-11

Pan ddoi i'r wlad y mae'r Arglwydd
dy Dduw yn ei rhoi iti'n etifeddiaeth,
a thithau'n ei meddiannu ac yn byw
ynddi, yna cymer o flaenffrwyth holl
gnydau'r tir y byddi'n eu casglu yn y
wlad y mae'r Arglwydd dy Dduw yn
ei rhoi iti, a gosod hwy mewn cawell,
a mynd i'r lle y bydd yr Arglwydd dy
Dduw yn ei ddewis yn drifan i'w
enw. Dos at yr offeiriad a fydd yr
adeg honno, a dywed wrtho, "Yr wyf
heddiw'n datgan gerbron yr
Arglwydd dy Dduw imi ddod i'r wlad
yr addawodd yr Arglwydd i'n
hynafiaid y byddai'n ei rhoi inni." Yna
fe gymer yr offeiriad y cawell o'th

Year C – The Fourth Sunday Before Lent

The Collect

Almighty God,
whose Son Jesus Christ fasted forty
days in the wilderness,
and was tempted as we are,
 yet without sin:
give us grace to discipline ourselves
in obedience to your Spirit;
and, as you know our weakness,
so may we know your power
 to save;
through Jesus Christ
 your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Deuteronomy 26. 1-11

Moses spoke to the people, saying:
When you have come into the land
that the Lord your God is giving
you as an inheritance to possess,
and you possess it, and settle in it,
you shall take some of the first of
all the fruit of the ground, which
you harvest from the land that the
Lord your God is giving you, and
you shall put it in a basket and go
to the place that the Lord your
God will choose as a dwelling for
his name. You shall go to the priest
who is in office at that time, and
say to him, 'Today I declare to the
Lord your God that I have come

law, a'i osod gerbron allor yr
Arglwydd dy Dduw. Yr wyt tithau
wedyn i ddweud gerbron yr
Arglwydd dy Dduw, "Aramead ar
grwydr oedd fy nhad; aeth i lawr i'r
Aifft gyda mintai fechan, a byw yno'n
ddieithryn, ond tyfodd yn genedl
fawr, rymus a lluosog. Yna bu'r
Eiffiaid yn ein cam-drin a'n cystuddio
a'n cadw mewn caethiwed caled.
Wedi inni weiddi ar yr Arglwydd,
Duw ein hynafiaid, fe glywodd ein cri,
a gwelodd ein cystudd a'n llafur caled
a'n gorthrwm. Daeth â ni allan o'r
Aifft â llaw gadarn a braich estynedig,
a chyda dychryn mawr a chydag
arwyddion a rhyfeddodau. Daeth â ni
i'r lle hwn, a rhoi inni'r wlad hon,
gwlad yn llifeirio o laeth a mêl. Ac yn
awr dyma fi'n dod â blaenffrwyth
cnydau'r tir a roddaist imi, O
Arglwydd." Rho'r cawell i lawr
gerbron yr Arglwydd dy Dduw, a
moesymgryma o'i flaen. Yr wyt ti a'r
Lefiad, a'r dieithryn fydd yno gyda thi,
i lawenhau am yr holl bethau da a
roddodd yr Arglwydd dy Dduw i ti
a'th deulu.

Dyma air yr Arglwydd.
Diolch a fo i Dduw.

into the land that the Lord swore
to our ancestors to give us.' When
the priest takes the basket from
your hand and sets it down before
the altar of the Lord your God, you
shall make this response before the
Lord your God: 'A wandering
Aramean was my ancestor; he went
down into Egypt and lived there as
an alien, few in number, and there
he became a great nation, mighty
and populous. When the Egyptians
treated us harshly and afflicted us,
by imposing hard labour on us, we
cried to the Lord, the God of our
ancestors; the Lord heard our
voice and saw our affliction, our
toil, and our oppression. The Lord
brought us out of Egypt with a
mighty hand and an outstretched
arm, with a terrifying display of
power, and with signs and
wonders; and he brought us into
this place and gave us this land, a
land flowing with milk and honey.
So now I bring the first of the fruit
of the ground that you, O Lord,
have given me.' You shall set it
down before the Lord your God
and bow down before the Lord
your God. Then you, together with
the Levites and the aliens who
reside among you, shall celebrate
with all the bounty that the Lord
your God has given to you and to
your house.

This is the word of the Lord.
Thanks be to God.

Salm 91.1-2, 9-16

A Byddaf fi gyda thi mewn cyfyngder.

Y mae'r sawl sy'n byw yn lloches y Goruchaf, ac yn aros yng nghysgod yr Hollalluog, yn dweud wrth yr Arglwydd, "Fy noddfa a'm caer, fy Nuw, yr un yr ymddiriedaf ynddo." **A**

Ond i ti, bydd yr Arglwydd yn noddfa; gwnaethost y Goruchaf yn amddiffynfa; ni ddigwydd niwed i ti, ac ni ddaw pla yn agos i'th babell. **A**

Oherwydd rhydd orchymyn i'w angylion i'th gadw yn dy holl ffyrdd; byddant yn dy godi ar eu dwylo rhag iti daro dy droed yn erbyn carreg. **A**

Byddi'n troedio ar y llew a'r asb, ac yn sathru'r llew ifanc a'r sarff. "Am iddo lynu wrthyf, fe'i gwaredaf; fe'i diogelaf am ei fod yn adnabod fy enw. **A**

Pan fydd yn galw arnaf, fe'i hatebaf; byddaf fi gydag ef mewn cyfyngder, gwaredaf ef a'i anrhydeddu. Digonaf ef â hir ddyddiau, a gwnaf iddo fwynhau fy iachawdwriaeth." **A**

Psalm 91.1-2, 9-16

R: I will be with you in trouble.

He who dwells in the shelter of the Most High, abides under the shadow of the Almighty. He shall say to the Lord, 'You are my refuge and my stronghold, my God in whom I put my trust.' **R**

Because you have made the Lord your refuge, and the Most High your habitation, There shall no evil happen to you, neither shall any plague come near your dwelling. **R**

For he shall give his angels charge over you, to keep you in all your ways. They shall bear you in their hands, lest you dash your foot against a stone. **R**

You shall tread upon the lion and adder; you shall trample the young lion and the serpent under your feet. Because he is bound to me in love therefore will I deliver him; I will protect him, because he knows my name. **R**

He shall call upon me and I will answer him; I am with him in trouble, I will rescue him and bring him to honour. With long life will I satisfy him, and show him my salvation. **R**

Rhufeiniaid 10.8b-13

"Y mae'r gair yn agos atat, yn dy enau ac yn dy galon." A dyma'r gair yr ydym ni yn ei bregethu, gair ffydd, sef: "Os cyffesi Iesu yn Arglwydd â'th enau, a chredu yn dy galon fod Duw wedi ei gyfodi ef oddi wrth y meirw, cei dy achub." Oherwydd credu â'r galon sy'n esgor ar gyfiawnder, a chyffesu â'r genau sy'n esgor ar iachawdwriaeth. Y mae'r Ysgrythur yn dweud: "Pob un sy'n credu ynddo, ni chywilyddir mohono." Nid oes dim gwahaniaeth rhwng Iddewon a Groegiaid. Yr un Arglwydd sydd i bawb, sy'n rhoi o'i gyfoeth i bawb sy'n galw arno. Oherwydd, yng ngeiriau'r Ysgrythur, "bydd pob un sy'n galw ar enw yr Arglwydd yn cael ei achub, pwy bynnag yw."

Dyma air yr Arglwydd.
Diolch a fo i Dduw.

Luc 4.1-13

Gwrandewch Efengyl Crist yn ôl Sant Luc

Gogoniant i ti, O Arglwydd.

Dychwelodd Iesu, yn llawn o'r Ysbryd Glân, o'r lорddonen, ac arweiniwyd ef gan yr Ysbryd yn yr anialwch am ddeugain diwrnod, a'r diafol yn ei demtio. Ni fwytaodd ddim yn ystod y dyddiau hynny, ac ar eu diwedd daeth arno eisiau bwyd. Meddai'r diafol wrtho, "Os Mab Duw wyt ti, dywed wrth y garreg hon am

Romans 10. 8b-13

'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

This is the word of the Lord.
Thanks be to God.

Luke 4.1-13

Listen to the gospel of Christ according to St Luke

Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command

droi'n fara." Atebodd Iesu ef, "Y mae'n ysgrifenedig: 'Nid ar fara yn unig y bydd rhywun fyw.'" Yna aeth y diafol ag ef i fyny a dangos iddo ar amrantiad holl deyrnasoedd y byd, a dywedodd wrtho, "I ti y rhof yr holl awdurdod ar y rhain a'u gogoniant hwy; oherwydd i mi y mae wedi ei draddodi, ac yr wyf yn ei roi i bwy bynnag a fynnaf. Felly, os addoli di fi, dy eiddo di fydd y cyfan." Atebodd Iesu ef, "Y mae'n ysgrifenedig: 'Yr Arglwydd dy Dduw a addoli, ac ef yn unig a wasanaethi.'" Ond aeth y diafol ag ef i Jerwsalem, a'i osod ar dŵr uchaf y deml, a dweud wrtho, "Os Mab Duw wyt ti, bwrw dy hun i lawr oddi yma; oherwydd y mae'n ysgrifenedig: 'Rhydd orchymyn i'w angylion amdanat, i'th warchod di rhag pob perygl', a hefyd: 'Byddant yn dy godi ar eu dwylo rhag iti daro dy droed yn erbyn carreg.'" Yna atebodd Iesu ef, "Y mae'r Ysgrhythur yn dweud: 'Paid â gosod yr Arglwydd dy Dduw ar ei brawf.'" Ac ar ôl iddo ei demtio ym mhob modd, ymadawodd y diafol ag ef, gan aros ei gyfle.

Dyma Efengyl yr Arglwydd.
Moliant i ti, O Grist.

this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

This is the Gospel of the Lord.
Praise to you, O Christ.

Yr Ymbiliau

Gweddiwn dros Eglwys Dduw yng Nghrist Iesu, a thros bob un yn ôl eu hangen.

O Dduw, creawdwr a chynhaliwr pawb, gweddiwn dros bobloedd o bob hil ac ym mhob math o angen: hysbysa dy ffyrdd ar y ddaear, dy allu achubol ymhlith yr holl genhedloedd ...

Arglwydd, yn dy drugaredd,
gwrando ein gweddi.

Gweddiwn dros dy Eglwys ledled y byd a thros June ein hesgob: llywia ac arwain ni trwy dy Ysbryd Glân, fel y tywysir pob Cristion i ffordd y gwirionedd a chynnal y Ffydd mewn undeb ysbryd, rhwymyn tangnefedd, ac uniondeb buchedd.

Arglwydd, yn dy drugaredd,
gwrando ein gweddi.

Cyflwynwn i'th dadol ymgeledd y rhai hynny sydd mewn pryder neu argyfwng corff, meddwl neu ysbryd; cysura a chynorthwya hwy yn eu hangen; dyro iddynt amynedd yn eu dioddefiadau, a dwg ddaioni o'u helbulon ...

Arglwydd, yn dy drugaredd,
gwrando ein gweddi.

Ymddiriedwn i'th ofal grasol bawb a fu farw yn ffydd Crist, a molwn di am dy holl ffyddloniaid, gan ymlawenhau gyda hwy yng nghymundeb y saint.

The Intercessions

Let us pray for the Church of God in Christ Jesus, and for all people according to their needs.

O God, the Creator and Preserver of all, we pray for people of every race and in every kind of need: make your ways known on earth, your saving power among all nations.

Lord, in your mercy
Hear our prayer

We pray for your Church throughout the world and for June our Bishop: guide and govern us by your Holy Spirit, that all Christian people may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace and in righteousness of life.

Lord, in your mercy
Hear our prayer

We commend to your fatherly goodness all who are anxious or distressed, in body, mind, or spirit; comfort and relieve them in their need; give them patience in their sufferings, and bring good out of their troubles.

Lord, in your mercy
Hear our prayer

We entrust to your gracious keeping all who have died in the faith of Christ, and we give you praise for all your faithful ones with

Dad Trugarog,
**derbyn y gweddiâu hyn
er mwyn dy Fab,
ein Gwaredwr Iesu Grist. Amen.**

Ôl Gymun

Arglwydd trugarog,
dyro i'th bobl ras
i wrthsefyll temptasiynau'r byd,
y cnawd a'r diafol,
ac â chalon a meddwl pur
dy ddilyn di,
yr unig Dduw;
trwy Iesu Grist ein Harglwydd.
Amen.

*Yr Eglwys yng Nghymru: Gair yr
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yng Nghymru 2011.*

whom we rejoice in the
communion of saints.

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

Post Communion Prayer

Merciful Lord,
grant your people grace
to withstand the temptations
of the world, the flesh and the
devil,
and with pure hearts and minds
to follow you,
the only God;
through Jesus Christ our Lord.
Amen.

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