

BRO DWYNWEN 22/02/2026
Sul Cytaf yn Y Garawys – First Sunday in Lent

Colect 42

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 ufudd-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 undod yr Ysbryd Glân,
yn un Duw, yn awr ac am byth.

Collect 42

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.

Genesis 2. 15-17; 3. 1-7

Cymerodd yr ARGLWYDD Dduw y dyn a'i osod yng ngardd Eden, i'w thrin a'i chadw. Rhoddodd yr ARGLWYDD Dduw orchymyn i'r dyn, a dweud, "Cei fwyta'n rhydd o bob coeden yn yr ardd, ond ni chei fwyta o bren gwybodaeth da a drwg, oherwydd y dydd y bwytei ohono ef, byddi'n sicr o farw."
Yr oedd y sarff yn fwy cyfrwys na'r holl fwystfilod gwyllt a wnaed gan yr ARGLWYDD Dduw. A dywedodd wrth y wraig, "A yw Duw yn wir wedi dweud, 'Ni chewch fwyta o'r un o goed yr ardd?'" Dywedodd y wraig wrth y sarff, "Cawn fwyta o ffrwyth coed yr ardd, ond am ffrwyth y goeden sydd yng

nghanol yr ardd dywedodd Duw, 'Peidiwch â bwyta ohono, na chyffwrdd ag ef, rhag ichwi farw.'" Ond dywedodd y sarff wrth y wraig, "Na! ni fyddwch farw; ond fe wŷr Duw yr agorir eich llygaid y dydd y bwyteu ohono, a byddwch fel Duw yn gwybod da a drwg." A phan ddeallodd y wraig fod y pren yn dda i fwyta ohono, a'i fod yn deg i'r golwg ac yn bren i'w dymuno i beri doethineb, cymerodd o'i ffrwyth a'i fwyta, a'i roi hefyd i'w gŵr oedd gyda hi, a bwytaodd yntau. Yna agorwyd eu llygaid hwy ill dau i wybod eu bod yn noeth, a gwnïasant ddail ffigysbren i wneud ffedogau iddynt eu hunain.

Genesis 2. 15-17; 3. 1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." ' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loin cloths for themselves.

Salm 32

Gwyn ei fyd y sawl y maddeuwyd ei drosedd, ac y cuddiwyd ei bechod. Gwyn ei fyd y sawl nad yw'r ARGLWYDD yn cyfrif ei fai yn ei erbyn, ac nad oes dichell yn ei ysbryd.

Tra oeddwn yn ymatal, yr oedd fy esgyrn yn darfod, a minnau'n cwyno ar hyd y dydd. Yr oedd dy law yn drwm arnaf ddydd a nos; sychwyd fy nerth fel gan wres haf.

Yna, bu imi gydnabod fy mhechod wrthyt, a pheidio â chuddio fy nrygioni; dywedais, "Yr wyf yn cyffesu fy mhechodau i'r ARGLWYDD"; a bu i tithau faddau euogrwydd fy mhechod.

Am hynny fe weddia pob un ffyddlon arnat ti yn nydd cyfyngder, a phan ddaw llifeiriant o ddyfroedd mawr, ni fyddant yn cyrraedd ato ef. Yr wyt ti'n gysgod i mi; cedwi fi rhag cyfyngder; amgylchi fi â chaneuon gwaredigaeth. Hyfforddraf di a'th ddysgu yn y ffordd a gymeri; fe gadwaf fy ngolwg arnat. Paid â bod fel march neu ful direswm y mae'n rhaid wrth ffrwyn a genfa i'w dofi cyn y dônt atat.

Daw poenau lawer i'r drygionus; ond am y sawl sy'n ymddiried yn yr ARGLWYDD, bydd ffyddlondeb yn ei amgylchu. Llawenhewch yn yr ARGLWYDD, a gorfoleddwch, rai cyfiawn; canwch yn uchel, pob un o galon gywir.

Psalm 32

Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the Lord imputes no iniquity, and in whose spirit there is no deceit.

While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

Then I acknowledged my sin to you, and I did not hide my iniquity; I said, 'I will confess my transgressions to the Lord', and you forgave the guilt of my sin.

Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. You are a hiding-place for me; you preserve me from trouble; you surround me with glad cries of deliverance.

I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you.

Many are the torments of the wicked, but steadfast love surrounds those who trust in the Lord. Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.

Rhufeiniaid 5. 12-19

Ein dadl yw hyn. Daeth pechod i'r byd trwy un dyn, a thrwy bechod farwolaeth, ac yn y modd hwn ymledodd marwolaeth i'r ddynolryw i gyd, yn gymaint ag i bawb bechu. Y mae'n wir fod pechod yn y byd cyn bod y Gyfraith, ond yn niffyg cyfraith, nid yw pechod yn cael ei gyfrif. Er hynny, teyrnasodd marwolaeth o Adda hyd Moses, hyd yn oed ar y rhai oedd heb bechu ar batrwm trosedd Adda; ac y mae Adda yn rhaglun o'r Dyn oedd i ddod.

Ond nid yw'r weithred sy'n drosedd yn cyfateb yn hollol i'r weithred sy'n ras. Y mae'n wir i drosedd yr un ddwyn y llawer i farwolaeth; ond gymaint mwy sydd ar yr ochr arall: helaethrwydd gras Duw a'i rodd raslon i'r llawer, o'r un dyn, Iesu Grist. Ac ni ellir cymharu canlyniad pechod un dyn â chanlyniad rhodd Duw. Ar y naill law, yn dilyn ar un weithred o drosedd, y mae dedfryd gyfreithiol sy'n collfarnu; ar y llaw arall, yn dilyn ar droseddau lawer, y mae gweithred o ras sy'n dyfarnu'n gyfiawn. Y mae'n wir i farwolaeth, trwy drosedd yr un, deyrnasu trwy'r un hwnnw; ond gymaint mwy sydd ar yr ochr arall: pobl sy'n derbyn helaethrwydd gras Duw, a'i gyfiawnder yn rhodd, yn cael byw a theyrnasu trwy un dyn, Iesu Grist.

Dyma'r gymhariaeth gan hynny: fel y daeth collfarn ar y ddynolryw i gyd trwy un weithred o drosedd, felly hefyd y daeth cyfiawnhad sy'n esgor ar fywyd i'r ddynolryw i gyd trwy un weithred o gyfiawnder. Fel y gwnaethpwyd y llawer yn bechaduriaid trwy anufudd-dod un dyn, felly hefyd y gwneir y llawer yn gyfiawn trwy ufudd-dod un dyn.

Romans 5. 12-19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who

receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Mathew 4. 1-11

Yna arweiniwyd Iesu i'r anialwch gan yr Ysbryd, i gael ei demtio gan y diafol. Wedi iddo ymprydio am ddeugain dydd a deugain nos daeth arno eisiau bwyd. A daeth y temtiwr a dweud wrtho, "Os Mab Duw wyt ti, dywed wrth y cerrig hyn am droi'n fara." Ond atebodd Iesu ef, "Y mae'n ysgrifenedig: 'Nid ar fara yn unig y bydd rhywun fyw, ond ar bob gair sy'n dod allan o enau Duw.'"

Yna cymerodd y diafol ef i'r ddinas sanctaidd, a'i osod ar dŵr uchaf y deml, a dweud wrtho, "Os Mab Duw wyt ti, bwrw dy hun i lawr; oherwydd y mae'n ysgrifenedig: 'Rhydd orchymyn i'w angylion amdanat; byddant yn dy godi ar eu dwylo rhag iti daro dy droed yn erbyn carreg.'" Dywedodd Iesu wrtho, "Y mae'n ysgrifenedig drachefn: 'Paid â gosod yr Arglwydd dy Dduw ar ei brawf.'"

Unwaith eto cymerodd y diafol ef i fynydd uchel iawn, a dangos iddo holl deyrnasoedd y byd a'u gogoniant, a dweud wrtho, "Y rhain i gyd a roddaf i ti, os syrthi i lawr a'm haddoli i." Yna dywedodd Iesu wrtho, "Dos ymaith, Satan; oherwydd y mae'n ysgrifenedig: 'Yr Arglwydd dy Dduw a addoli, ac ef yn unig a wasanaethi.'" Yna gadawodd y diafol ef, a daeth angylion a gweini arno.

Matthew 4. 1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."'

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down;

for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone." ' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him." 'Then the devil left him, and suddenly angels came and waited on him.

Ôl Gymun 43

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.

Post Communion Prayer 43

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.