

BRO DWYNWEN 01/04/2026
Dydd Mercher yr Wythnos Fawr
Wednesday in Holy Week

Colect 53

Hollalluog a thragwyddol Dduw,
a anfonaist dy Fab ein Hiachawdwr Iesu Grist
o'th gariad tyner at yr hil ddynol
i gymryd ein cnawd
ac i ddiodef angau ar y groes,
caniatâ inni ddilyn esiempl
ei amynedd a'i ostyngeddwrwydd
a bod hefyd yn gyfrannog o'i atgyfodiad;
trwy Iesu Grist ein Harglwydd,
sy'n fyw ac yn teyrnasu gyda thi, yn undod yr Ysbryd Glân.

Collect 53

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
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.

Eseia 50. 4-9a

Rhoes yr ARGLWYDD Dduw i mi dafod un yn dysgu, i wybod sut i gynnal y diffygiol â gair; bob bore y mae'n agor fy nghlust i wrando fel un yn dysgu. Agorodd yr ARGLWYDD Dduw fy nghlust, ac ni wrthwynebais innau, na chilio'n ôl. Rhoddais fy nghefn i'r curwyr, a'm cernau i'r rhai a dynnai'r farf; ni chuddiais fy wyneb rhag gwaradwydd na phoer. Y mae'r Arglwydd DDUW yn fy nghynnal, am hynny ni chaf fy sarhau; felly gosodaf fy wyneb fel callestr, a gwn na'm cywilyddir. Y mae'r hwn sy'n fy nghyfiawnhau wrth law. Pwy a ddadlau i'm herbyn? Gadewch i ni wynebu'n gilydd; pwy a'm gwrthwyneba?

Gadewch iddo nesáu ataf. Y mae'r Arglwydd DDUW yn fy nghynnal: pwy a'm condemnia?

Isaiah 50. 4-9a

The Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens - wakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious, I did not turn backwards. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting.

The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord God who helps me; who will declare me guilty?

Salm 70

Bydd fodlon i'm gwaredu, O Dduw; O ARGLWYDD, brysia i'm cynorthwyo. Doed cywilydd, a gwaradwydd hefyd, ar y rhai sy'n ceisio fy mywyd; bydded i'r rhai sy'n cael pleser o wneud drwg imi gael eu troi yn eu holau mewn dryswch. Bydded i'r rhai sy'n gweiddi, "Aha! Aha!" arnaf droi yn eu holau o achos eu gwaradwydd. Ond bydded i bawb sy'n dy geisio di lawenhau a gorfoleddu ynot; bydded i'r rhai sy'n caru dy iachawdwriaeth ddweud yn wastad, "Mawr yw Duw." Un tlawd ac anghenus wyf fi; O Dduw, brysia ataf. Ti yw fy nghymorth a'm gwaredydd; O ARGLWYDD, paid ag oedi.

Psalm 70

Be pleased, O God, to deliver me. O Lord, make haste to help me! Let those be put to shame and confusion who seek my life. Let those be turned back and brought to dishonour who desire to hurt me. Let those who say, 'Aha, Aha!' turn back because of their shame. Let all who seek you rejoice and be glad in you. Let those who love your salvation say evermore, 'God is great!' But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!

Hebreaid 12. 1-3

Am hynny, gan fod cymaint torf o dystion o'n cwmpas, gadewch i ninnau fwrw ymaith bob rhwystr, a'r pechod sy'n ein maglu mor rhwydd, a rhedeg yr yrfa sydd o'n blaen heb ddiffygio, gan gadw ein golwg ar Iesu, awdur a pherfffeithydd ffydd. Er mwyn y llawenydd oedd o'i flaen, fe oddefodd ef y groes heb ddiffygio, gan ddiystyru gwarth, ac y mae wedi eistedd ar ddeheulaw gorseddfainc Duw. Meddylwch amdano ef, a oddefodd y fath elyniaeth ato'i hun gan bechaduriaid, rhag i chwi flino na digalonni.

Hebrews 12. 1-3

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God. Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.

Ioan 13. 21-32

Wedi iddo ddweud hyn, cynhyrfwyd ysbryd Iesu a thystiodd fel hyn: "Yn wir, yn wir, rwy'n dweud wrthy ch fod un ohonoch yn mynd i'm bradychu i." Dechreuodd y disgyblion edrych ar ei gilydd, yn methu dyfalu am bwy yr oedd yn sôn. Yr oedd un o'i ddisgyblion, yr un yr oedd Iesu'n ei garu, yn nesaf ato ef wrth y bwrdd. A dyma Simon Pedr yn rhoi arwydd i hwn i holi Iesu am bwy yr oedd yn sôn. A dyma'r disgybl hwnnw yn pwyso'n ôl ar fynwes Iesu ac yn gofyn iddo, "Pwy yw ef, Arglwydd?" Atebodd Iesu, "Yr un y gwlychaf y tamaid yma o fara a'i roi iddo, hwnnw yw ef." Yna gwlychodd y tamaid a'i roi i Jwdas fab Simon Iscariot. Ac yn dilyn ar hyn, aeth Satan i mewn i hwnnw. Meddai Iesu wrtho, "Yr hyn yr wyt yn ei wneud, brysia i'w gyflawni." Nid oedd neb o'r cwmni wrth y bwrdd yn deall pam y dywedodd hynny wrtho. Gan mai yng ngofal Jwdas yr oedd y god arian, tybiodd rhai fod Iesu wedi dweud wrtho, "Pryn y pethau y mae arnom eu heisiau at yr ŵyl", neu am roi rhodd i'r tlodion. Yn union wedi cymryd y tamaid bara aeth Jwdas allan. Yr oedd hi'n nos. Ar ôl i Jwdas fynd allan dywedodd Iesu, "Yn awr y mae Mab y Dyn wedi ei ogoneddu, a Duw wedi ei ogoneddu ynddo ef. Ac os yw Duw wedi ei ogoneddu ynddo ef, bydd Duw yntau yn ei ogoneddu ef ynddo'i hun, ac yn ei ogoneddu ar unwaith.

John 13. 21-32

After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' The disciples looked at one another, uncertain of whom he was speaking. One of his disciples - the one whom Jesus loved - was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, 'Lord, who is it?' Jesus answered, 'It is the one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' Now no one at the table knew why he said this to him. Some thought that, because Judas had the common purse, Jesus was telling him, 'Buy what we need for the festival'; or, that he should give something to the poor. So, after receiving the piece of bread, he immediately went out. And it was night. When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once.'

Ôl Gymun 54

Arglwydd Iesu Grist,
darostyngaist dy hun
trwy gymryd ffurf gwas,
ac mewn ufudd-dod buost farw ar y groes
er ein hiachawdwriaeth:
dyro i ni'r bwriad i'th ddilyn di,
ac i'th gyhoeddi di yn Arglwydd ac yn Frenin,
er gogoniant i Dduw y Tad.

Post Communion Prayer 54

Lord Jesus Christ,
you humbled yourself in taking the form of a servant,
and in obedience died on the cross for our salvation:
give us the mind to follow you
and to proclaim you as Lord and King,
to the glory of God the Father.