



Rwy'n ymrwymo i roi 10 munud am 10 diwrnod i Deyrnas Dduw

Diwrnod 6: 30 Mai '... os pecha yn dy erbyn saith gwaith mewn diwrnod, ac eto troi'n ôl atat saith gwaith gan ddweud, 'Y mae'n edifar gennyf, maddau iddo' (Luc 17:4): Pwy sydd angen ein maddeuant ar hyn o bryd? Cyflwynwch i Dduw y rhai y mae'n anodd i ni faddau iddyn nhw, fel drwy ei ras y daw cymod ac iachâd.

Diwrnod 7: 31 Mai 'Yr ARGLWYDD yw fy nghraig, fy nghadernid a'm gwaredydd' (Salm 18:2): Mae angen nerth Duw arnom i wynebu temtasiwn ac i sefyll yn erbyn ymosodiadau Satan. Beth yw'r meysydd gwendid lle mae angen amddiffyniad Duw?

Diwrnod 8: 1 Mehefin 'Cysegra hwy yn y gwirionedd. Dy air di yw'r gwirionedd' (Ioan 17:17): Ystyr cael eich cysegru gan Dduw yw cael eich gosod ar wahân ar ei gyfer yng ngwasanaeth ei Deyrnas. Pa agweddau ar ein bywydau sy'n dangos i eraill ein bod ni wedi ein cysegru yng ngwasanaeth yr Arglwydd?

Diwrnod 9: 2 Mehefin "Sanct, Sanct, Sanct yw'r Arglwydd Dduw hollalluog, yr hwn oedd a'r hwn sydd a'r hwn sydd i ddod!" (Datguddiad 4:8): Beth arall y mae angen i ni ei wneud er mwyn gwneud Duw yn ganolbwynt canolog ein haddoliad a thyfu wrth addoli Ei sancteiddrwydd?

Diwrnod 10: 3 Mehefin, Noswyl y Pentecost 'Iddo ef y perthyn y gallu am byth. Amen.' (1 Pedr 5:11): Ni fydd rheolaeth frenhinol Duw, ei nerth na'i ogoniant fyth yn dod i ben. Sut gallwn ni weithio gyda Christnogion eraill mewn tystiolaeth ar y cyd i droi hyn yn realiti yng Nghymru'r 21^{ain} ganrif?

Y weddi '10 diwrnod'

Dduw Dad, dysgodd dy Fab ni i weddi'o am ddyfodiad dy Deyrnas; dysga ni sut rwyf ti'n ein harwain, cryfha ni ar gyfer gwasanaeth eofn, una ni mewn cariad at dy Fab ac at y byd. Amen.

Gweddïwch **WEDDI'R ARGLWYDD** sy'n uno pob Cristion yng ngwasanaeth Teyrnas Dduw.



THY KINGDOM COME

Will you give 10 minutes for 10 days to the Kingdom of God?

An invitation from the Roman Catholic and Anglican bishops in Wales

The eight current Roman Catholic and Anglican bishops in Wales are jointly inviting Christians to set aside ten minutes for prayer every day for the ten days that lead up to Pentecost Sunday, beginning on Ascension Day (25th May – 3rd June inclusive).

This global initiative, sponsored by ecumenical leaders, including the Anglican Archbishops of Canterbury and York, and the Cardinal Archbishop of Westminster, encourages Christians to find ten minutes to prayerfully focus upon God and His Kingdom.

During these ten minutes you are invited to begin with a period of stillness, then to reflect on the question for the day based on The Lord's Prayer, before concluding with the special 'Ten Day' prayer and The Lord's Prayer.

The detachable prayer card opposite is all you need.

Will you join us?

- +George Stack, Archbishop of Cardiff
- +Thomas Burns, Bishop of Menevia
- +Peter Brignall, Bishop of Wrexham
- +John Davies, Bishop of Swansea and Brecon
- +Andrew John, Bishop of Bangor
- +Gregory Cameron, Bishop of St Asaph
- +Richard Pain, Bishop of Monmouth
- +Joanna Penberthy, Bishop of St Davids



I commit to give 10 minutes for 10 days to the Kingdom of God

1. Begin with a period of stillness,
2. Reflect on the question for each day,
3. Conclude your time by saying the special prayer followed by The Lord's Prayer.

Day 1: May 25th Ascension Day 'The Spirit of God testifies with our spirit that we are God's children' (Romans 8:16 NIV): With whom can we deepen our relationships in order to co-operate in God's work in the world?

Day 2: May 26th 'A good name is more desirable than great wealth' (Proverbs 22:1 JB): In what ways can we honour God's name in our daily lives as ambassadors of the gospel?

Day 3: May 27th 'I desire to do your will, my God' (Psalm 40:8 NIV): In what ways can we conform our lives to God's will to make our homes / places of work / community a better place?

Day 4: May 28th 'Jesus said, "I am the bread of life. Whoever comes to me will never go hungry"' (John 6:35 NIV): What are the real necessities that we need to ask the Father to give us on a daily basis?

Day 5: May 29th 'Wash away my iniquity and cleanse me from my sin.' (Psalm 51:2 NIV): What acts of sin and disobedience to God's law of love feature in our lives that frustrate the coming of God's kingdom in all its fullness?

The '10 Day' Prayer

Father God, your Son taught us to pray for the coming of your Kingdom; teach us how you are leading us, strengthen us for bold service, unite us in love for your Son and for the world. Amen.

Pray **THE LORD'S PRAYER** that unites all Christians in the service of God's Kingdom.



I commit to give 10 minutes for 10 days to the Kingdom of God

Day 6: May 30th *'If your brother wrongs you seven times a day... and says, "I am sorry", you must forgive him'* (Luke 17:3,4 JB): Who currently needs our forgiveness? Offer to God those with whom we find it hard to forgive that through His grace reconciliation and healing may come.

Day 7: May 31st *'The Lord is my rock, my fortress and my deliverer'* (Psalm 18:2 NIV): We need God's power to face temptation and to stand against the attacks of Satan. What are the areas of vulnerability and weakness where God's protection is needed?

Day 8: June 1st *'Consecrate them in truth; your word is truth'* (John 17:17 JB): To be consecrated by God means to be set apart for Him in the service of his Kingdom. What aspects of our lives indicate to others that we are consecrated in the Lord's service?

Day 9: June 2nd *'Holy, Holy, Holy is the Lord God Almighty; who was, and is, and is to come'* (Revelation 4:8 NIV): What more do we need to do to make God the central focus of our worship and to grow in the adoration of His holiness?

Day 10: June 3rd The Eve of Pentecost *'God's power lasts for ever and ever. Amen.'* (1 Peter 5:11 JB): God's kingly rule, His power and His glory will never end. How can we work with other Christians in common witness to make this a reality in 21st century Wales?

The '10 Day' Prayer

Father God, your Son taught us to pray for the coming of your Kingdom; teach us how you are leading us, strengthen us for bold service, unite us in love for your Son and for the world. Amen.

Pray **THE LORD'S PRAYER** that unites all Christians in the service of God's Kingdom.

Bible texts from The Jerusalem Bible (JB) and the New International Version (NIV)



DELED DY DEYRNAS

Wnewch chi roi 10 munud am 10 diwrnod i Deyrnas Dduw?

Gwahoddiad gan esgobion Catholig Rufeinig ac Anglicanaidd Cymru

Mae'r wyth esgob Catholig Rufeinig ac Anglicanaidd yng Nghymru ar hyn o bryd gyda'i gilydd yn gwahodd Cristnogion i neilltuo deg munud ar gyfer gweddi' bob dydd am y deg diwrnod sy'n arwain at Sul y Pentecost, gan ddechrau ddydd Iau Dyrchafael (25 Mai - 3 Mehefin yn gynhwysol).

Mae'r fenter fyd-eang hon, a noddir gan arweinwyr eciwmenaidd, gan gynnwys Archesgobion Anglicanaidd Caergaint a Chaerfrog, a Chardinal Archesgob Westminster, yn annog Cristnogion i ddod o hyd i ddeng munud i ganolbwyntio'n weddigar ar Dduw a'i Deyrnas.

Yn ystod y deng munud hyn, gwahoddir chi i ddechrau gyda chyfnod o lonyddwch, ac yna myfyrio ar y cwestiwn ar gyfer y diwrnod yn seiliedig ar Weddi'r Arglwydd, cyn gorffen gyda gweddi arbennig y 'Deg Diwrnod' a Gweddi'r Arglwydd.

Y cerdyn gweddi gyferbyn, y gellir ei ddatod, yw'r cyfan fyddwch chi ei angen.

Wnewch chi ymuno â ni?

- +George Stack, Archesgob Caerdydd
- +Thomas Burns, Esgob Mynyw
- +Peter Brignall, Esgob Wrecsam
- +John Davies, Esgob Abertawe ac Aberhonddu
- +Andrew John, Esgob Bangor
- +Gregory Cameron, Esgob Llanelwy
- +Richard Pain, Esgob Mynyw
- +Joanna Penberthy, Esgob Tyddewi



Rwy'nymrwymo i roi 10 munud am 10 diwrnod i Deyrnas Dduw

1. Dechreuwch gyda chyfnod o lonyddwch,
2. Myfyriwch ar y cwestiwn ar gyfer pob diwrnod,
3. Gorffennwch drwy adrodd y weddi arbennig ac yna Gweddi'r Arglwydd.

Diwrnod 1: 25 Mai Dydd Iau Dyrchafael *'Y mae'r Ysbryd ei hun yn cyd-dystiolaethu â'n hysbryd ni, ein bod yn blant i Dduw'* (Rhufeiniaid 8:16): Gyda phwy allwn ni ddyfnhau ein perthynas er mwyn cydweithio yng ngwaith Duw yn y byd?

Diwrnod 2: 26 Mai *'Mwy dymunol yw enw da na chyfoeth lawer, a gwell yw parch nag arian ac aur'* (Diarhebbion 22:1): Ym mha ffyrdd y gallwn anrhydeddu enw Duw yn ein bywydau bob dydd fel llysgenhadon yr efengyl?

Diwrnod 3: 27 Mai *'... rwy'n hoffi gwneud ewyllys fy Nuw'* (Salm 40:8): Ym mha ffyrdd y gallwn gydymffurfio ein bywydau ag ewyllys Duw i wneud ein cartrefi / lleoedd gwaith / cymuned yn lle gwell?

Diwrnod 4: 28 Mai *'Meddai Iesu wrthynt, "Myfi yw bara'r bywyd. Ni bydd eisiau bwyd byth ar y sawl sy'n dod ataf fi.'* (Ioan 6:35): Beth yw'r angenrheidiau go iawn y mae angen i ni ofyn i'r Tad eu rhoi i ni o ddydd i ddydd?

Diwrnod 5: 29 Mai *'Golch fi'n lân o'm drygioni, a glanha fi o'm pechod.'* (Salm 51:2): Pa weithredoedd pechadurus ac anufudd-dod i gyfraith cariad Duw sy'n nodwedd yn ein bywydau sy'n rhwystro dyfodiad teyrnas Dduw yn ei holl gyflawnder?

Y weddi '10 diwrnod'

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