

YMDDANGOS I'R DISGYBLION.

Emyn: 547 *'Mi wn fod fy Mhrynwr yn fyw.'*

Darlleniad: Luc 24:36-49.

A. YMDDANGOSIAD IESU.

'Wrth iddynt ddweud hyn, ymddangosodd ef yn eu plith, ac meddai wrthynt, "Tangnefedd i chwi," 36. **I bwy wnaeth ymddangos?** Yn ôl adnod 33, *'Cawsant yr un ar ddeg a'u dilynwyr wedi ymgynnull ynghyd.'* Ein deall yw bod Jwdas a Thomas yn absennol, felly deg o'r disgyblion oedd yno, ynghyd â'r ddau a wnaeth gerdded o Emaus, a rhai dilynwyr eraill. **Beth oedd eu siarad?** Ymddangosiad Iesu i Simon Pedr ac i eraill. Roedd eu tristwch yn troi'n obaith.

Ond roeddent dal *'yn eu dychryn a'u hofn.'* Meddai Ioan, *'Yr oedd y drysau wedi eu cloi lle'r oedd y disgyblion, oherwydd eu bod yn ofni'r Iddewon,'* 20:19. Nid yw'n syndod felly iddynt gael eu dychryn a thybio iddynt weld ysbryd! Ond fe ymddangosodd Iesu iddynt! Nid nhw oedd yn ei geisio ef, ond ef wnaeth eu ceisio hwynt. Ni wnaeth eu gadael mewn anghrediniaeth a heb gysur. O am ras!

B. TANGNEFEDD CRIST.

Geiriau cyntaf Iesu i'w ddisgyblion oedd, **'Tangnefedd i chwi.'** Roedd Iesu'n ceisio: a) Tawelu eu meddyliau a'u hofnau. b) Adfer eu perthynas ag ef. Dyma ddynion oedd wedi ei adael am gyfnod ac roedd un wedi ei wadu. Ni wnaeth Iesu eu ceryddu ond eu hadfer yn dyner.

Mae credinwyr yng Nghrist yn brofiadol o fod **mewn tangnefedd â Duw**. Nid ydynt fel y digred sydd mewn gwrthryfel â Duw ac o dan ddigofaint Duw, ond maent mewn perthynas â Duw ac yn profi o'i fendithion. Ond ceir hefyd **tangnefedd Duw**, sef tawelwch meddwl ac enaid, nerth a hyder i bwysu ar Dduw, pan mae amgylchiadau bywyd yn anodd. *'A bydd tangnefedd Duw, sydd goruwch pob deall, yn gwarchod dros eich calonnau a'ch meddyliau yng Nghrist Iesu,'* Philipiaid 4:7. Yng nghanol eu cynnwrf a'u hofn, ai dyma oedd yn absennol o'u calonnau – tangnefedd Duw? Gwnaeth Iesu eu cwestiynu. *"Pam yr ydych wedi cynhyrfu? Pam y mae amheuon yn codi yn eich meddyliau?"* 38. Nid oeddent yn disgwyl gweld Iesu eto! Roedd eu hymateb yn codi 'o'u meddyliau' ac nid o'r Beibl. Pwyso ar ddeall dynol oeddent – roeddent wedi gweld Iesu yn dioddef, yn marw ar y groes ac yn cael ei osod mewn bedd. Roedd wedi marw! Roedd geiriau'r Iesu am ei atgyfodiad yn angof iddynt ac roeddent mewn dryswch. Haeddiant y

disgyblion oedd cerydd ond yr hyn roedd Iesu'n ei gynnig iddynt oedd tangnefedd a phrofion pellach o'i atgyfodiad.

C. TYSTIOLAETH AM EI ATGYFODIAD.

Dyma Iesu yn rhoi tystiolaeth bellach o'i atgyfodiad.

- i) Dangosodd ei ddwylo a'i draed, 39. Nid ysbryd ydoedd oherwydd roedd olion clwyfau yr hoelion dal yno.
- ii) Gwahoddodd hwynt i'w gyffwrdd, 39. Roedd ganddo gnawd ac esgyrn, felly nid ysbryd ydoedd. Parhau i fod mewn dryswch oedd y disgyblion, *'yn llawen ond dal i wrthod credu,'* 41. iii) Bwytaodd darn o bysgodyn i ddangos mai corff ffisegol oedd ganddo. Roedd disgyblion Iesu yn gallu tystio iddynt ei weld a'i gyffwrdd!

I gynyddu ffydd y disgyblion gwnaeth Iesu *'agor eu meddyliau i ddeall yr Ysgrythurau,'* (45) a phwysleisiodd *'fod y Meseia i ddiodeff, ac i atgyfodi oddi wrth y meirw ar y trydydd dydd,'* gofyn canolog i'r ffydd Gristnogol. Cyn hir, yn dilyn ei esgyniad, ni fuasai Iesu gyda hwynt mwyach. **O ble daeth eu harweiniad a'u nerth?** a) Yr Ysbryd Glân: (49). b) Yr Ysgrythurau: Buasai Gair Duw yn dwyn dealltwriaeth iddynt am bethau Duw ac yn cynyddu eu ffydd yn Iesu. Er mor anodd ydoedd iddynt dderbyn bod yn rhaid i Iesu farw ac iddo gyfodi o'r marw yn fyw, dyna oedd yn rhaid iddo wneud i sicrhau iachawdwriaeth i bobl

colledig. Yn wir, cyflawnodd Iesu 'yr hyn a ysgrifennwyd amdano yn y Gyfraith, proffwydi a'r salmau,' 44.

Beth oedd y gofyn i'r disgyblion? Roeddent i gyhoeddi i eraill, bod *'edifeirwch a maddeuant i'w gael yn ei enw (Iesu) i'r holl genhedloedd,'* 47. Os am wir adnabod Duw a phrofi o fywyd bythol, rhaid edifarhau, sef troi o'r hunan a throi at Iesu. Rhaid galw arno am faddeuant i bob pechod. A wnawn gredu yn atgyfodiad Iesu? A ydym yn brofiadol o dangnefedd Duw? A wnawn dystio i atgyfodiad Crist?

Gweddi: O Dduw Dad, wele ni'n troi atat Ti, yn yr wythnos ar ôl atgyfodiad Iesu ar Sul y Pasg. Diolch am ei aberth drud drosom, am iddo gymryd y bai am ein gwrthryfela a thalu'r dyled am ein drwg. Fe ddiodeffodd ar y groes nid oherwydd unrhyw ddrwg a wnaeth ef ond i ddangos ei fawr gariad tuag at rai fel ni. Yn y dyddiau rhyfedd yma rydym yn byw ynddi, helpa ni i beidio ag anghofio'r Pasg, ac i beidio a diystyru trugaredd a chariad yr Arglwydd Iesu tuag atom. Diolch am ein cadw a'n cynnal yn y misoedd diwethaf, yn gorfforol ac yn ysbrydol. Helpa ni i gofio am y sawl sydd dal yn ofnus oherwydd y feirws ac o ganlyniad yn methu gweld teulu a ffrindiau fel mewn dyddiau cynt. Boed i ni fod yn fwy parod i helpu eraill a chofio amdanynt yn ein gweddiau. Amen.

JESUS APPEARS TO HIS DISCIPLES.

Hymn: 930 *'Thine be the glory, risen, conquering Son.'*

Reading: Luke 24:36-49.

A. JESUS APPEARS.

'As they were talking about these things, Jesus himself stood among them, and said to them, "Peace to you!" To whom did Jesus appear? Verse 33 tells us, *'And they found the eleven and those who were with them gathered together.'* Our understanding is that Judas and Thomas were absent, therefore ten of the disciples were there, some other followers and the two who had walked from Emmaus. What were they talking about? The appearance of Jesus to Simon Peter and to others. Their despair was turning to hope.

Yet, they were still 'startled and frightened,' 37. John's gospel reads, *'the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them,'* 20:19. It was not surprising therefore, with 'the doors locked', that the disciples were frightened and thought that they had seen a ghost. It was Jesus who appeared to them. They were not seeking him; it was

Jesus who came to comfort them! Jesus did not want them to remain in unbelief. He offered grace.

B. JESUS' PEACE.

Jesus' first words to his disciples were, *"Peace to you!"* Jesus was seeking to: a) Calm their minds and their fears; b) Restore their relationship with Him. These men had run away when Jesus was arrested, and one even denied him. Jesus did not rebuke them, but restored them gently.

Believers in Christ know of **peace with God**. Unlike unbelievers who are in rebellion with God and under His wrath, they are in a living relationship with God and experience of his blessings. There is also '**the peace of God**,' a calmness of mind and soul, and the strength to rest with God during life's journey, particularly troubled times. *'And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus,'* Philipians 4:7. Is it possible that in the midst of their fears the disciples had forgotten about 'the peace of God'? Jesus questioned them. *"Why are you troubled, and why do doubts arise in your hearts?"* 38. Their response arose from their 'hearts/minds' and not from the Bible! Resting on human understanding – they had seen Jesus suffer, die on a cross and be placed in a tomb. He had

died! Jesus' words about his resurrection had disappeared from their minds. They deserved to be rebuked, but Jesus offered them peace.

C. JESUS' RESURRECTION.

Jesus offered them further proof of his resurrection: i) He showed them his hands and his feet, 39. He was no ghost, for they could see the nail marks on his hands and feet. ii) He invited them to touch him. He had flesh and bones therefore he wasn't a ghost! The disciples continued to be confused, *'they still disbelieved for joy and were marvelling'* 41. iii) He ate a piece of fish in their presence to show that he had a physical body. The disciples could testify that they had seen and touched Jesus.

To increase their faith, Jesus *'opened their minds to understand the Scriptures,'* 45, and emphasised *'that he had to suffer and on the third day rise from the dead,'* 46. This truth was central to the early church. Before long, he would ascend to heaven, and would not be with his disciples as he had been during his earthly ministry. **From where would they receive guidance and strength?** a) The Holy Spirit; b) The Scriptures. God's word would teach them the things of God and increase their faith. Though it was hard for them to accept that Jesus had to die and rise

again, He had to do so to gain salvation for lost people. **What was required of the disciples?** They were to proclaim that people needed to repent and that forgiveness of sins was to be found in Jesus and was available to people from all nations! To truly know God, a person had to turn from self and turn to Jesus. Those who confessed their sins would receive the forgiveness of Jesus and become God's children. **Do we believe in Jesus' resurrection? Are we at peace with God? Will we testify to His resurrection?**

Prayers: Heavenly Father, we give thanks that Jesus rose from the dead, on Easter morning, taking the punishment for our wrongdoings and paying the debt of our sins. He suffered on the cross, not because of any wrong that he had done, but to show his great love and mercy for us. Now that Easter has passed, let us not forget the extent of Jesus' suffering on our behalf and the sacrifice that he made to secure for us everlasting joy, peace and love.

We give thanks for your continued blessings to us in recent months, both physical and spiritual. Help us to remember those who have not seen loved ones for so long, those who are frightened by the pandemic and those who are missing fellowship with fellow members. Help us to show Jesus' love to all who are in need. Amen.