

Living Room Advent Prayer 2019

An Advent Prayer based on Psalm 18

“The cords of death entangled me; the torrents of destruction overwhelmed me.
In my distress I called to the LORD; I cried to my God for help ...”

Lord God, as we come to you this Advent season, we acknowledge that many of us are not filled with joy or anticipation of Christmas. We lift up to you those who feel trapped by the cords of addiction, those to whom death seems the only way out. We pray for those whose lives have been overwhelmed by torrents of destruction, those who look around them and wonder how it happened that family, work and housing, all that once seemed so stable and secure, has been swept away. In the distress and the dark we cry out to you, O Lord, and declare by faith:

Resp: You, Lord, keep my lamp burning; my God turns my darkness into light.

“He reached down from on high and took hold of me; he drew me out of deep waters.

He rescued me from my powerful enemy, from my foes, who were too strong for me.

They confronted me in the day of my disaster, but the Lord was my support.
He brought me out into a spacious place; he rescued me because he delighted in me.”

Lord God, this Advent, as in every Advent, we remember that you came down from on high to dwell among us. Your Son Jesus has come and taken hold of us with an embrace of love that not even death could destroy. Through his resurrection Jesus has rescued us from our powerful enemies, both within and without. We thank you that even though we still have our days of disaster, you bring us out into a spacious place. We thank you especially that you delight in us, even when we do not delight in ourselves. We declare by faith:

Resp: You, Lord, keep my lamp burning; my God turns my darkness into light.

“I pursued my enemies and overtook them; I did not turn back till they were destroyed ... You armed me with strength for battle.”

We thank you Lord for the work of the Living Room, and for all who, like them, help bring about your kingdom work of setting people free from the dark forces of poverty, addiction, abuse and mental ill-health. Arm them with strength, and fill them with your Spirit as they work to turn darkness into light. You are our rock, our fortress and our deliverer, and so we declare by faith:

**Resp: You, Lord, keep my lamp burning; my God turns my darkness into light.
Amen.**



Gweddi Adfent y Stafell Fyw 2019

Gweddi Adfent, ar sail Salm 18

“Roedd rhaffau byd y meirw o’r cwmpas;
Ro’n i’n boddi dan donnau marwolaeth;
roedd llifogydd dinistr yn fy llethu.
Gelwais ar yr ARGLWYDD o ganol fy helynt,
a gweiddi ar fy Nuw....”

Arglwydd Dduw, down atat yr Adfent yma, ac adnabod nad ydy rhai ohonom yn llawn llawenydd neu ddisgwyliad wrth i ni aros am y Nadolig. Codwn atat y rhai sy’n teimlo bod rhaffau byd o’u cwmpas, a’r rhai sy’n gweld marwolaeth fel yr unig ffordd allan o’u trafferth. Gweddiwn dros y rhai sydd wedi cael eu llethu gan lifogydd dinistr, sy’n edrych o gwmpas a gofyn sut oedd popeth a oedd yn edrych mor ddiogel wedi diflannu. Yng nghanol ein helynt, rydyn ni’n galw arnat, Arglwydd, a datgan trwy ffydd:

**Ateb: ti sy’n goleuo fy lamp, o ARGLWYDD;
fy Nuw sy’n rhoi golau i mi yn y tywyllwch**

“Estynnodd i lawr o’r uchelder a gafael ynof fi; tynnodd fi allan o’r dŵr dwfn. Achubodd fi o afael y gelyn ffyrnig, a’r rhai sy’n fy nghasáu oedd yn gryfach na mi. Dyma nhw’n ymosod pan roeddwn mewn helbul, ond dyma’r ARGLWYDD yn fy helpu i. Daeth â fi allan i ryddid! Achubodd fi am ei fod wrth ei fodd gyda mi.”

Arglwydd, yr Adfent yma, fel bob Adfent, cofiwn dy fod ti wedi dod lawr o’r uchelder i aros gyda ni. Daeth dy Fab Iesu i afael ynom gyda chofleidiad cariadus nad oedd marwolaeth yn gallu ei dinistrio. Trwy ei atgyfodiad gwnaeth Iesu ein hachub o’n gelynyddion nerthol o’r tu allan a’r tu mewn. Er ein bod ni’n ffeindio ein hunain mewn helbul, diolchwn i ti dy fod ti’n dod â ni allan i ryddid. Diolchwn i ti yn arbennig dy fod ti wrth dy fodd gyda ni, hyd yn oed pan nad ydyn ni wrth ein boddau gydag ein hunain. Rydyn ni’n datgan trwy ffydd:

**Ateb: ti sy’n goleuo fy lamp, o ARGLWYDD;
fy Nuw sy’n rhoi golau i mi yn y tywyllwch**

“Es ar ôl fy ngelynyddion, a’u dal nhw; wnes i ddim troi’n ôl nes roedden nhw wedi darfod. Dyma fi’n eu taro nhw i lawr ... Ti roddodd y nerth i mi ymladd”

Diolchwn i ti Dad am waith y Stafell Fyw, a phawb sy’n helpu gyda gwaith dy deyrnas o ryddhau pobl rhag nerthoedd tywyll tlodi, caethwasiaeth, cam-drin neu salwch meddwl. Rho’r nerth iddyn nhw i ymladd, a llanw nhw gyda’th Ysbryd tra maen nhw’n gweithio i oleuo’r tywyllwch. Rydyn ni’n datgan trwy ffydd:

**Ateb: ti sy’n goleuo fy lamp, o ARGLWYDD;
fy Nuw sy’n rhoi golau i mi yn y tywyllwch. Amen**