

# The Solid Rock Ministry International

*"Truth Driven Family Life Groups".*

Desperate to join God in what He is doing, *"Let this mind be in you, which was also in Christ Jesus..."*  
Philippians 2:5 KJV

## A Pre-Meditated Praise! Psalm 34:1-3

**Also:** 1 Samuel 21-22; Psalm 110:1; Luke 20:43; Acts 2:35; 2 Timothy 1:7; Psalm 27; Psalm 122:1; Psalm 34:4-9, 15, 22

**Opening Prayer:** Pray for the members of Solid Rock to come out of their "Cave of Adullam".

1. In your own words, what is a pre-meditated praise, and how can you share this with the unsaved?
2. What made the difference for David when he found himself amongst his enemies and in a bad situation?  
What makes the difference for you in a tight situation?
3. Explain the phrase, "Turn your **Prison to Purpose.**" Is the phrase passive or active?

**Closing Prayer:** Don't allow situations in life to rob you of your praise! Pray for Solid Rock and those in our circle of influence, who are bound by circumstances and remain imprisoned, to be set free by a pre-meditated praise!