

Top Picks

Check your online program guide for more choices!



Travel with Spirit

Travel with Spirit will speak to the many ways Christians are finding faith-based travel adventures through interviews from travel experts, authors, speakers and music artists — all from a Christian travel perspective.

Tuesdays and Thursdays

12pm ET/9am PT

Angel Two

Channel 102



Aspiring Women: Journeys in the Holy Land Pts. 1 & 2

Aspiring Women hosts Shirley Rose, Chonda Pierce and Valorie Burton discover deep truths about God and women as they tour the Holy Land.

Part 1 - Tuesday, Oct. 20

Part 2 - Tuesday, Oct. 27

**1pm ET/10am PT and 11:30pm ET/
8:30 pm PT**

TLN

Channel 113





NFL GameDay Highlights

Following the late afternoon games, NFL GameDay Highlights analysts Deion Sanders and Steve Mariucci join host Rich Eisen to analyze the events of the day.

Sundays
7:30pm ET/4:30pm PT
NFL Network
Channel 322



Grill Sergeant

The theme for this season is 'International Cuisine', highlighting some of the dishes troops stationed around the world may encounter in their travels.

Mondays
8:30am ET/5:30am PT
Pentagon Channel
Channel 338



THE BASEMENT 360

Join Matt Pitt for THE BASEMENT 360, a behind-the-scenes reality show featuring the lives of Matt and the whole BASEMENT crew!

Saturdays
11:30pm ET/8:30pm PT
INSP
Channel 131



Ask the Pastor

One of TCT's most popular programs where viewers can phone, write, or email in questions about the Bible or the Christian way. These questions get answered "live" on air by a panel of pastors from local churches.

Monday through Friday
2pm ET/11am PT
TCT
Channel 133

