

| Time | Series | Episode | Synopsis |
|-------|--------------------------------|-----------------------------|--|
| 00:20 | Storyline | Peter Walks on Water | A relatively unknown sport, 'Liquid Mountaineering' leads groups of enthusiasts to attempt to walk on water. But long ago Jesus called it 'Faith'. (G) |
| 01:10 | Everlasting Gospel | Washed In the Jordan | The Bible is filled with stories that help us understand the principles of salvation, and today's old testament story is about Naaman, a Syrian and a leper. (G) |
| 02:00 | Lifestyle Magazine | A Diet Free Life | The word 'Diet' has a lot of different connotations, most of them negative. But what if you could really lose weight, and live healthily, without dieting? (G) |
| 02:30 | Unhooked | Anger | Anger can affect one's life, creating distrust and clouding judgment. Its vicious control creeps into all aspects of life. In her own words, Tina explains how childhood anger grew into rage. (PGR) |
| 03:00 | Live at Psalter Studio | Three Chords | Josh Cunningham shares the history to writing his song "Three Chords", which he then sang to his wife at their wedding. (G) |
| 03:30 | It Is Written | The Mouth of Truth | There have been some very famous lies told over the years. From politicians to sports people, news reporters to actors, many have lied for different reasons. So how important is truth to God? (G) |
| 04:00 | Revelation Today | From Gangs to God | Ron Halvorsen shares his compelling personal story of how his life was changed from a gang life on the streets of New York, to a completely different life of faith, security, hope and salvation. (PGR) |
| 05:10 | Go Healthy For Good | An End to Dieting | Surprisingly, Americans of all ages have poorer health than their counterparts in other wealthy countries. Dr Nerida asks why, and how we can stem the tide of chronic disease? (G) |
| 06:05 | Disclosure | Jesus and the Old Testament | Can we really find Jesus in the Old Testament? Many say that ancient prophets foresaw the crucifixion of Christ, yet many read the same passages and they don't connect the dots. (G) |
| 07:00 | My Story, My Song - Concerts | Drs Albert and Brynne Reece | Join your host Kandus Thorp to hear powerful stories of how God has used music to bless both listeners and performers alike. Today's guest is Drs Albert and Brynne Reece. (G) |
| 08:00 | Kids' Time | The Lifeboat | Join Miss Brenda and children of all different ages as they play music; sing a wide variety of songs of praise; listen to stories from the Bible; and play! (G) |
| 08:30 | Parker's Puzzle | Bean | Join Mr Richie and his friend Parker the parrot as they follow the clues to answer this week's puzzle - Today's clue is a Bean. (G) |
| 09:00 | After God's Heart | Appointed | A new series of studies on the life of David, from shepherd boy to broken king. (G) |
| 09:30 | Missions Today | Malawi | A team of volunteers head to Malawi to get to know the people, meet some of their needs, and share saving grace. The team are surprised to find how green the country is. (G) |
| 10:00 | Hope Sabbath School | Judgement On Babylon | The Hope Sabbath School team continue this series of studies in the book of Revelation, finding out about the judgement on Babylon. (G) |
| 11:00 | New Perceptions | Game of Hearts | Game of Hearts. (G) |
| 11:35 | Hope Concert Series | Majesty | Bill and Gloria Gaither have more than 700 songs that have been sung for generations worldwide. (G) |
| 12:00 | Tracing the Footsteps of Jesus | Miracle By the Water | Take a fascinating and insightful journey with presenter Tony Moore as he retraces the footsteps of Jesus through the ancient Bible lands. (G) |
| 12:30 | It Is Written | Effective Prayer | What's the secret to effective prayer? Can anyone pray effectively, or do you have to be specially qualified to get your prayers answered? Join John Bradshaw to explore the answers from the Bible. (G) |

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| 13:00 | Table Talk - Revelation | Full Disclosure | The team at Lightbearers continue into season 4 of answering hard questions about God, the Bible, and the book of Revelation. (G) |
| 13:55 | Biography | The People's Pilgrim | The story of John Bunyan, who survived the horrific English Civil War, only to be jailed during an era of religious persecution. From his jail he wrote his great allegory of the Christian life. (PGR) |
| 14:45 | In Tables of Stone | Lies and the Lying Liars Who Tell Them | Shawn Boonstra explains what the Bible says about lying and liars. (PGR) |
| 15:15 | Loma Linda 360 | At Home and Abroad | Loma Linda's impact in the local and international community is far and wide. From working with local homeless youth to protected endangered turtles in Honduras to taking healthcare to the next level. (PGR) |
| 15:45 | Wild Britain | Deciduous Forest | In this series, Ray Mears explores some of Britain's most beautiful habitats, and uncovers some of the fascinating wild life that lives there. This week he starts in the ancient Forest of Deane. (G) |
| 16:30 | Incomparable | Go Ahead and Dance | David Asscherick continues this chapter-by-chapter series of studies on the book of Matthew, today in chapter 11. (G) |
| 17:30 | Live at Psalter Studio | Three Chords | Josh Cunningham shares the history to writing his song "Three Chords", which he then sang to his wife at their wedding. (G) |
| 18:00 | Cross Connection | Hypocrisy | Hypocrisy is everywhere, yet no-one likes it. So what did Jesus teach us about hypocrisy, and how can we eradicate it from our lives? (G) |
| 19:00 | Zoo Days | Penguins and Samara | It's a stressful day for the keepers and vets at Chester Zoo as Samara, a fourteen-foot tall giraffe, must be anaesthetised for an operation. (G) |
| 19:25 | It Is Written Oceania | He Washed Away My Anger | Have you noticed how many people get angry in the name of God and religion? What lies behind the raging voices? Is it righteous indignation or something more sinister? (PGR) |
| 19:50 | Garden Pantry | Companion Planting, Bees, and a Geothermal Hot-House | Be self-sustainable from your own backyard. Grow and harvest fruit and veggies; cook, preserve and freeze produce for winter; get back to the basics of healthy eating and grow and process your own f. (G) |
| 20:15 | Wilderness Walks | The Oxfordshire Thames | Ray Mears has explored some of the wildest places on earth, but in this series he carves some spectacular trails through diverse landscapes in Britain. Today, he is on the Thames in Oxfordshire. (G) |
| 20:35 | A Matter of Faith - Movie | A Matter of Faith | A Christian girl goes off to college and is influenced by her Biology professor who teaches that evolution is the answer to the origins of life. When her father examines the situation, what he disco. (PGR) |
| 22:05 | Ephesus - City of Apostles | Ephesus - City of Apostles | Combining adventure with rich biblical scholarship and spiritual insights, Drs Mark Wilson and Andrew Jackson, leading experts on biblical Turkey, journey to this hub of the early church. (G) |
| 23:05 | Masterstroke | The Mystery of Miracles | This week, Masterstroke examines what the greatest art in history tells us about the mystery of miracles. (PGR) |
| 23:35 | Unhooked | Workaholics | Working long hours is a subtle addiction that creates an imbalance between work, home and God. In her own words, Adrianna shares the negative consequences of working long hours. (PGR) |